

PATH – 5-Hour Personalized Wellness & Career Workshop

Hour	Focus Area	Learning Outcome (LO)
1	Self-Discovery & Strengths	Identify personal strengths, interests, and values
2	Career Exploration	Explore career options aligned with self-assessment results
3	Workplace Skills & Values	Understand key workplace skills and values for career satisfaction
4	Goal Setting & Planning	Set meaningful short- and long-term career goals
5	Action Planning & Next Steps	Develop an actionable career plan and feel confident about next steps