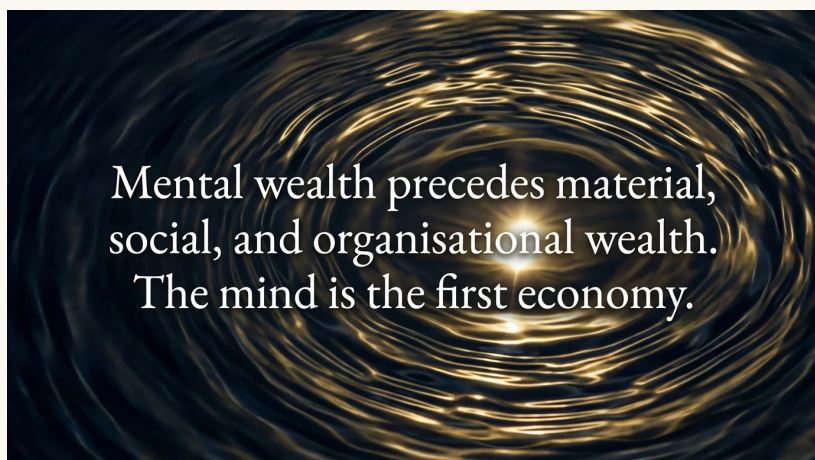


EMERGING PROFESSIONALS • COURSE BRIEF

Life skills for graduates and new professionals

Handle the pressure and responsibilities of starting work.

A practical course for graduate trainees, interns and professionals completing articles, pupillage or similar training. It helps them handle workplace pressure, speak up about concerns and make sound decisions early in their careers.



Conceptual campaign artwork from the supplied programme presentations. Not a photograph of course participation.

Why this course is useful

Starting work means applying technical knowledge around real deadlines, clients and senior colleagues. This course prepares new professionals to raise concerns, respond to mistakes, manage boundaries and resist shortcuts without acting beyond their authority.

Who this is for

Early-career employees, graduate trainees, interns and formal professional pipelines, including accounting articles, legal pupillage and engineering training. Defined by career context, not a blanket age limit.

A practical short course from The Greatness Project. It builds life and leadership skills alongside academic or technical education.

CURRICULUM

What you will practise.

Six areas of learning. Each includes a practical exercise linked to the responsibilities participants face.

01 Build your professional identity

Move from student achievement to service, accountability and professional standards.

In practice: Articulate principles beyond title, salary and approval.

02 Make decisions under workplace pressure

Separate facts, fear and assumptions when demands compete and power structures are unfamiliar.

In practice: Choose a defensible action when responsibility exceeds decision rights.

03 Respond to ethical dilemmas

Name tension, recognise conflicts and use appropriate advice and escalation routes.

In practice: Rehearse responding to a supervisor or client expecting an unacceptable shortcut.

04 Handle criticism and pressure to prove yourself

Respond to criticism and competence anxiety while sustaining realistic working practices.

In practice: Examine the Email Storm: own a mistake, learn and recover after public criticism.

05 Have difficult conversations and set boundaries

Handle disagreement, build support and set proportionate boundaries.

In practice: Prepare a difficult feedback or workload conversation.

06 Take responsibility within your role

Move beyond quiet compliance into responsible action within your role.

In practice: Choose a practical commitment for personal growth and a healthier culture.

The examples and emphasis are adapted to the group. The course supplements academic and technical education.

ACTIVITIES AND OUTCOMES

What participants practise and take away.

A guided workshop, private reflection and practical exercises. Follow-up support depends on the option selected.

What happens during the course

Participants work through realistic situations in a guided workshop (Leadership Lab), use a private reflection workbook (Red Sea Journal) and rehearse a responsible response. Guided group discussions (Crossroads Dialogues) and follow-up practice are included according to the chosen option.

Skills and practical tools to take away

- A private professional reflection workbook (Red Sea Journal).
- Language for ethical tension and appropriate support.
- A principles and pressure-response plan.
- Rehearsed conversations about mistakes and boundaries.
- Peer dialogue and application according to the selected option.

What the organisation is investing in

- Strengthen judgement alongside technical onboarding.
- Support standards, client trust and sustainable performance.
- Add a deliberate life skills course to graduate and professional training.

A situation participants could practise

A respected senior normalising an ethical shortcut.

Ask: What is happening? What am I assuming? Who could be affected? What is the responsible next step, and who should I speak to?

How results develop

These are skills the course is designed to build. Lasting change depends on participation, practice, support and the conditions people return to. Employment, business and leadership results are not guaranteed.

OPTIONS AND BOOKING

Choose the course and level of support.

Before booking, the proposal confirms who will attend, the dates, facilitators, hours, format and price.

Workshop and next steps - Ignition

A guided workshop uses practical dilemmas and a private reflection workbook to help participants plan their next actions. Workshop length is agreed before booking.

Workshop + 90-day practice - Formation

The workshop is followed by 90 days of practice, guided group discussions, scheduled check-ins and a basic review. Participants apply what they learn in their everyday responsibilities.

Workshop + 180-day support - Stewardship

The workshop is followed by 180 days of deeper practice and agreed support. This can include reviewing progress, helping the organisation use the programme and preparing future groups. The exact scope depends on the course; certification is not automatic.

Who arranges the course

An employer or firm commissions through HR, L&D or its people-development owner. A professional body may commission where the course fits an approved development route. Eligibility and group size are scoped.

What this course does and does not include

This is a life skills course, not technical training, coaching, performance management, therapy or a readiness credential. Employers and sponsors do not inspect private workbooks or reports identifying who said what in discussions. CPD credit is not assumed.

Does this replace technical training or carry CPD? It supplements technical preparation. No general CPD approval is claimed; any credit arrangement must be confirmed by the relevant body. Private reflection is not an HR appraisal.

Ask about this course

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