

Job Start Course November 2024

	Content	Responsible Organization	Time
November 12	Welcome and introduction		
Day 1 Morning			8:30 - 11:15
Registration	Registration and Coffee	Welcome Hub Agder (WHA)	8:30 - 8:45
Welcome	Get to know each other session, ice breaker bingo	WHA	8:45 - 09:45
Session 1	Introduction, course goals and plan for sessions	WHA	9:45 - 10:00
Session 2	From job start to job success: My journey to employment in Agder	NORSE	10:00 - 10:15
Break	15 minutes break		10:15 - 10:30
Session 3	Personality quiz assignment	WHA	10:30 - 11:15
	LUNCH / Profile pictures		11:15 - 12:00
November 12	Competence - Myself in context		
Day 1 Afternoon			12:00 - 15:00
Session 4	CV - Norwegian standard	Karriere Agder	12:00 - 12:30
Session 5	Formal and informal competence	Karriere Agder	12:30 - 13:00
Break	15 minutes break		13:00 - 13:15
Session 6	Approval of education from abroad	WHA	13:15 - 14:00
Workshop	Workshop About me & Talent Hub Database	WHA	14:00 - 14:50
End	Wrap up and "homework"	WHA	14:50 - 15:00
November 14	Applying for a job		
Day 2 Morning			8:30 - 11:15
Registration	Registration and coffee	WHA	8:30 - 8:45
Welcome	Evaluation day 1 and expectation day 2	WHA	8:45 - 9:00
Session 1	CV and Cover letter - tips & tricks to remember	Caritas	9:00 - 9:15
Workshop	Workshop - CV and Cover letter	WHA, Caritas	9:15 - 10:15
Break	15 minutes break		10:15 - 10:30
Session 2	What to expect from NAV as a job seeker? How to register in NAV?	NAV Arendal	10:30 - 11:15
	LUNCH / profile pictures / NAV registration Q&A		11:15 - 12:00

November 14	Job market in Agder & workplace culture		
Day 2 Afternoon			12:00 - 15:00
Session 3	Job market in Agder - where are the possibilities?	NHO Agder	12:00 - 12:45
Session 4	Recruitment company - market needs and recruitment process	Personalthuset	12:45 - 13:15
Break	15 minutes break		13:15 - 13:30
Session 5	Norwegian workplace & Culture	NAV Agder	13:30 - 14:15
Workshop	Workshop - sharing experience - Norwegian Culture	WHA	14:15 - 14:45
End	Wrap up and "homework"	WHA	14:45 - 15:00

November 19	Recruitment process & employees rights		
Day 3 Morning			8:30 - 11:15
Registration	Registration and coffee	WHA	8:30 - 8:45
Welcome	Evaluation day 2 and expectation day 3 + Presentation	WHA	8:45 - 9:15
Session 1	Recruitment process - Business perspective	CISCO	9:15 - 9:45
Break	15 minutes break		9:45 - 10:00
Session 2	Interview - tips & tricks	CISCO	10:00 - 10:30
Session 3	The Norwegian model and the trade unions - labor rights for employees	TEKNA	10:30 - 11:15
	LUNCH / Profile pictures / Q&A		11:15 - 12:00

November 19	Norwegian language and how to use LinkedIn		
Day 3 Afternoon			12:00 - 15:00
Presentation	Short presentation	Participants	12:00 - 12:15
Session 4	The value of learning Norwegian & sharing ideas	AVO	12:15 - 13:00
Break	15 minutes break		13:00 - 13:15
Session 5	LinkedIn - Personal branding and job search	Frameworks	13:15 - 14:00
Session 6	Role model - Sharing experience	Role model	14:00 - 14:15
Workshop	Workshop - LinkedIn and job search	WHA, Frameworks	14:15 - 14:55
End	Wrap up and "homework"	WHA	14:55 - 15:00

November 21		Mental Well-being	
Day 4 Morning			8:30 - 11:15
Registration	Registration and coffee	WHA	8:30 - 8:45
Welcome	Evaluation day 3 and expectation day 4	WHA	8:45 - 9:00
Session 1	Mental well-being - ups and downs	Role model	9:00 - 9:15
Break	15 minutes break		9:15 - 9:30
Session 2	Mental well-being - It's up to you!	Coach	9:30 - 10:00
Session 3	Sharing experience and inspiration to overcome challenges	Coach, WHA	10:00 - 11:15
LUNCH			11:15 - 12:00
November 21		Professional networks and volunteering	
Day 4 Afternoon			12:00 - 15:00
Welcome	Short introduction	WHA	12:00 - 12:05
Workshop	Workshop - mapping of interests	WHA	12:05 - 12:45
Break	15 min break		12:45 - 13:00
Presentations	Talents - 5 min presentation	All	13:00 - 13:30
Session 4	The power of professional networks	Not confirmed	13:30 - 13:40
Presentations & Coffee talks	Presentation (5 min) + coffee talks with: Clusters Volunteer organisations and networks Professional networks	MHFA/Volunteer organisations Eyde, NODE, Digin TEDxArendal, Canalstreet ANF Ung	13:40 - 14:50
End	Closing - reflections and thank you	WHA	14:50 - 15:00