



**OPSA CONFERENCE 2023**  
**REBOOT YOUR LIFE AND ENERGISE YOUR CAREER**  
**New Attitude. New Career Path. New You.**

**JOHANNESBURG (SANDTON): 29-30 JUNE 2023**

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The OPSA 2023 conference is focused on **you and your career**. The last few years have been a challenge and many aspects of our personal and workplace have changed. The programme is designed to give you a chance to **reflect, refocus and motivate you to re-energise personally and professionally**.

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### **FINDING A BALANCE**

It can be challenging to balance the demands of a full-time job and personal responsibilities. Identifying the important areas in your life and looking at the gaps that exist between your current and your ideal life balance will help you find where you need to focus and make changes to find a balance.

This session includes a practical session where you complete your Wheel of Life.

At the end of this session, you will be able to:

- Create your wheel of life
- Evaluate each area
- Compare the results to your idea levels
- Take steps to address the areas you would like to improve

### **PERSONAL DEVELOPMENT PLAN**

Do not wait for others – take charge and change the way you think about your career. When you take control, you will realise that the only way to achieve what you want, personally or professionally, is to think about where you want to go, put in place a plan to get there, and then start moving.

This session includes a practical session where you complete a Personal Development Workbook.

At the end of this session, you will be able to:

- Understand the importance of a personal development plan
  - Complete a SWOT and PEST analysis
  - Create a career mission statement and major career goals
  - Conduct a skills audit
  - Plan steps to take action
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For more information:

Visit: [www.opsa.org.za](http://www.opsa.org.za) | Phone or WhatsApp: 064 518 7993 | Email: [info@opsa.org.za](mailto:info@opsa.org.za)



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### **BECOMING THE BEST VERSION OF YOU**

Your best self means taking control of your life. When you are in charge, you become more empowered to make decisions towards your success.

At the end of this session, you will be able to:

- Understand your emotions and the emotions of others
- Take steps to leading a healthy lifestyle
- Embrace the fear of failure
- Stop negative self-talk, people pleasing and procrastinating
- Offer yourself unconditional love

### **SELF CARE BEYOND THE PANDEMIC**

Self-care, health, and wellness are some of the most critical aspects of our lives and at times we fail ourselves. How can we successfully take care of others if we cannot take care of ourselves.

After this session, you will be able to:

- Take time to focus inward on your physical, mental, and emotional self
- Understand the concepts and importance of self-care, mental health, wellness, nutrition, physical wellness, and relationships.

### **STANDING OUT IN A CROWD**

A personal brand is the unique combination of skills and experiences that make you who you are. It is what makes you unique and sets you apart from everyone else. By developing a personal brand, you are giving yourself a competitive advantage.

At the end of this session, you will be able to:

- Identify the steps to building a personal brand
  - Define your personal brand
  - Continue to grow and stretch
  - Validate your brand by 'paying it forward'
  - Be authentic in an uncertain world
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### **STAYING RELEVANT IN A CHANGING WORKPLACE**

We all know the impact the pandemic and technology had on the workplace. It is not hard to see that jobs will change tremendously in the coming years. How can you stay relevant in a world that is changing by the hour? How do you prepare for the future workplace?

After this session you will be able to:

- Recognise future challenges and how to adapt to them
- Identify what skills you need and where to focus your efforts
- Embrace change and stay positive
- Enhance your career opportunities through self-development
- Step outside your box and take on new challenges

### **PAYING IT FORWARD**

Mentorship can provide benefits for mentors and their mentees. Developing this relationship can help both of you learn new things, build your networks, and grow as professionals. Understanding the benefits can help you decide whether to find a mentor or become one.

After this session, you will be able to:

- Know the importance of mentorship and what makes a great mentor
- Understand why it is important to become a mentor or mentee
- Understand the difference between coaching and mentoring
- Pay it forward in the workplace and your industry

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