



Gesellschaft CH-Q
Association CH-Q
Associazione CH-Q

Schweizerisches Qualifikationsprogramm zur Berufslaufbahn
Programme suisse de qualification pour le parcours professionnel
Programma svizzero delle qualifiche per il percorso professionale

CERTIFICATE CH-Q 1B

CH-Q Management of competences

P. Michalíčková

Has accomplished:

CH-Q self-management of competences

Subject: positioning and career designing at level 1B.

CH-Q trainers

Peter van Deursen and Ellen Hanselman on behalf of the foundation of
Management of Competences CH-Q NL/B

Organised by

CINOP (Centre for the Innovation of Education and Training)
Den Bosch



Wageningen, 16 December 2010

On behalf of Gesellschaft CH-Q

A. Calonder Gerster

A.E. Calonder Gerster
Die Präsidentin

On behalf of Foundation CH-Q NL/B

C.C.M. Schuur

C.C.M. Schuur
Chairman



This certificate confirms the competence description, the learning targets and the content of
the training meet the conditions of the quality of the Foundation CH-Q.

Certificate number: NL-CH-Q-1B-EN00153-10



CH-Q self-management of competences 1B

Subject: positioning and career designing

Training

The training gives insight and provides the basic for a career orientation of own competences by using the tools of CH-Q. The time of the training was in total 40 hours:

- 20 contact hours, with theoretical-methodical instructions and practical assignments which were commented and discussed
- 20 hours intensification and self-study.

Competence

The participants are capable of:

- handling their competences and qualifications consciously, responsible and durable
- taking career steps, and planning and accomplish career steps congruent with their own possibilities and set targets .

Learning targets

The participants are able to:

- register, value, proof and document their competences and qualifications
- estimate their achievements in all learning environments
- formulate their personal strengths and (core) competences within a specific situation
- draw conclusions about designing their career, based on learning experiences
- recognise perspective of their career and formulate plans for further personal and professional development
- to manage their competences durable by using the portfolio-methods.

Content

- Steps of process within the management of competences:
 - career steps (course of life / development of values), how to handle changes in your life, strength / weakness analyses
 - analyses of activities in learning, work, hobbies en voluntary work
 - personal profile, external profiles of competences and -demands
 - reflection of processes of learning, recommendations for professional development
- Transfer (handover) put into practice:
 - bases for job applications, recognition of acquired competences, documentation of (learning) proofs
 - career perspective, aims and drawing up a personal action plan.