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| --- |
| **Name:**  **Duration of the insertion contract :**  **Job occupied:** |

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| ***Contour upright lift*Description of the personal & professional project** :  *Desired situation in the long term, both professionally and personally*  *Detail the objectives to be achieved* |

|  |  |
| --- | --- |
| **Obstacles to the implementation of the project** | |
| **Skills & Qualifications** | **Mobility** |
|  |  |
| **Housing** | **Finance & Budget** |
|  |  |
| **Family / Childcare** | **Health** |
|  |  |
| **…** | **…** |
|  |  |

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| **Strengths & Assets for this project** |
| *What I already have & my existing resources to get there* |

**Action plan to carry out this project:**

|  |  |  |
| --- | --- | --- |
| **Action to be taken and why?** | **Contact to make, resources to mobilize, ...** | **Information to remember, note, remark, ...** |
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