



Stop Career Misery Webinar Series

Step #2 – Assess Your Career

January 18, 2023

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Integrative Career Counsellor & Coach

Acknowledgement

Where I live, work and play, is located on the unceded traditional territories of the Coast Salish Peoples of the QayQayt First Nations.



***If you don't have clarity of ideas,
you're just communicating sheer sound.***

Cellist Yo Yo Ma

I created this for you if...

You are not where you want to be in your career

You are leaving something on the table

Feel there has to be more than the daily grind

Not aligned with your work

You feel stuck/ trapped

Feel shackled by Golden Handcuffs

Lacking meaning/ fulfillment in your career

Feel under-valued at work







Harry*

40 something

Unfulfilled

Senior Technology Officer

Consulting Services

Boundary Setting

More Empowered

Increased Personal Fulfillment

*Actual name and photo withheld for confidentiality.

In Harry's words...

"I came to see Rachel because I felt stuck in my job and noticed repetitive, destructive patterns in my career. The regular sessions with Rachel have set in motion a whole chain of events that eventually helped me find the answers that were buried inside me.

I walked away with a new realization or alternative perspective about my career, life and attitudes towards work. Our meetings also made me realize false beliefs I held about myself over many years.

Rachel has made this possible by actively listening to me, asking questions and providing me with links to further resources like audiobooks and web pages when appropriate. I wish I had reached out to her earlier and would highly recommend Rachel's services to anyone seeking career-related advice."

*Actual name withheld for confidentiality.





3 Steps to Career Magnificence:

The #1 Career Hack Toward Your Dream Career
The Secret to Get Off the Career Hamster Wheel
How to Discover your True North and Work Your Dream

itinerary

intention

career criteria – quick recap

why assess?

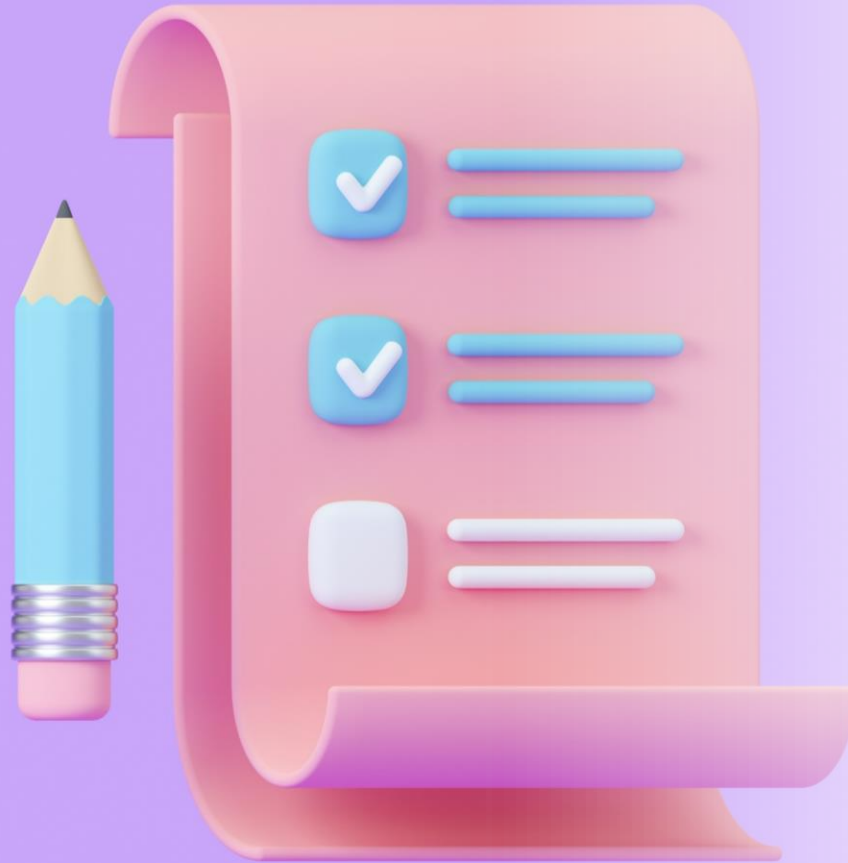
assess your career toolkit

career framework

questions

take aways

next steps







When I have Clarity I...

- **Feel less stressed.**
- **I can sleep at night.**
- **Can have long term vision.**
- **Am in tune with myself and where I'm going.**
- **Feel more grounded.**

Just like you make a list for going on a vacation, moving house or buying a car, now do this for your **Ideal Career!**



Career Criteria Activity

Walk through all the different aspects of your ideal work day.

1. Starting at the beginning of your ideal work day.
2. List the criteria as you move through your day all the way to the end of the day.
3. Include broader aspects such as salary, vacation time, benefits, etc.
4. Write down this list of career criteria as you think of them.
5. Use this list to help focus on the career you ideally want to have.

Discuss with friends!



You are here! 



1,234.56	2,345.67	3,456.78	4,567.89	5,678.90
6,789.01	7,890.12	8,901.23	9,012.34	10,123.45
11,234.56	12,345.67	13,456.78	14,567.89	15,678.90
16,789.01	17,890.12	18,901.23	19,012.34	20,123.45
21,234.56	22,345.67	23,456.78	24,567.89	25,678.90
26,789.01	27,890.12	28,901.23	29,012.34	30,123.45
31,234.56	32,345.67	33,456.78	34,567.89	35,678.90
36,789.01	37,890.12	38,901.23	39,012.34	40,123.45
41,234.56	42,345.67	43,456.78	44,567.89	45,678.90
46,789.01	47,890.12	48,901.23	49,012.34	50,123.45
51,234.56	52,345.67	53,456.78	54,567.89	55,678.90
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216,789.01	217,890.12	218,901.23	219,012.34	220,123.45
221,234.56	222,345.67	223,456.78	224,567.89	225,678.90
226,789.01	227,890.12	228,901.23	229,012.34	230,123.45
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321,234.56	322,345.67	323,456.78	324,567.89	325,678.90
326,789.01	327,890.12	328,901.23	329,012.34	330,123.45
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336,789.01	337,890.12	338,901.23	339,012.34	340,123.45
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361,234.56	362,345.67	363,456.78	364,567.89	365,678.90
366,789.01	367,890.12	368,901.23	369,012.34	370,123.45
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401,234.56	402,345.67	403,456.78	404,567.89	405,678.90
406,789.01	407,890.12	408,901.23	409,012.34	410,123.45
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531,234.56	532,345.67	533,456.78	534,567.89	535,678.90
536,789.01	537,890.12	538,901.23	539,012.34	540,123.45
541,234.56	542,345.67	543,456.78	544,567.89	545,678.90
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571,234.56	572,345.67	573,456.78	574,567.89	575,678.90
576,789.01	577,890.12	578,901.23	579,012.34	580,123.45
581,234.56	582,345.67	583,456.78	584,567.89	585,678.90
586,789.01	587,890.12	588,901.23	589,012.34	590,123.45
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616,789.01	617,890.12	618,901.23	619,012.34	620,123.45
621,234.56	622,345.67	623,456.78	624,567.89	625,678.90
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656,789.01	657,890.12	658,901.23	659,012.34	660,123.45
661,234.56	662,345.67	663,456.78	664,567.89	665,678.90
666,789.01	667,890.12	668,901.23	669,012.34	670,123.45
671,234.56	672,345.67	673,456.78	674,567.89	675,678.90
676,789.01	677,890.12	678,901.23	679,012.34	680,123.45
681,234.56	682,345.67	683,456.78	684,567.89	685,678.90
686,789.01	687,890.12	688,901.23	689,012.34	690,123.45
691,234.56	692,345.67	693,456.78	694,567.89	695,678.90
696,789.01	697,890.12	698,901.23	699,012.34	700,123.45
701,234.56	702,345.67	703,456.78	704,567.89	705,678.90
706,789.01	707,890.12	708,901.23	709,012.34	710,123.45
711,234.56	712,345.67	713,456.78	714,567.89	715,678.90
716,789.01	717,890.12	718,901.23	719,012.34	720,123.45
721,234.56	722,345.67	723,456.78	724,567.89	725,678.90
726,789.01	727,890.12	728,901.23	729,012.34	730,123.45
731,234.56	732,345.67	733,456.78	734,567.89	735,678.90
736,789.01	737,890.12	738,901.23	739,012.34	740,123.45
741,234.56	742,345.67	743,456.78	744,567.89	745,678.90
746,789.01	747,890.12	748,901.23	749,012.34	750,123.45
751,234.56	752,345.67	753,456.78	754,567.89	755,678.90
756,789.01	757,890.12	758,901.23	759,012.34	760,123.45
761,234.56	762,345.67	763,456.78	764,567.89	765,678.90
766,789.01	767,890.12	768,901.23	769,012.34	770,123.45
771,234.56	772,345.67	773,456.78	774,567.89	775,678.90
776,789.01	777,890.12	778,901.23	77	

career au·dit

noun

1. an **intentional** inspection of an individual's **career journey**.

verb

1.1.

conduct an **in-depth** examination of (an individual's **career journey**).



Career Audit Toolkit

- 1. Career Mindset**
- 2. Confident Momentum Inventory**
- 3. Career Retrospective**



CAREER MINDSET

- ▶ Career Agility.
- ▶ Career is a sum total of ALL life experience.
- ▶ How can I UPCYCLE my Career?



CONFIDENT MOMENTUM INVENTORY

- ▶ Include as many aspects as possible in your life and career.
- ▶ Write down your progression forward achievements.
- ▶ When the reward outweighed the risk/fear.

Confident Momentum Inventory Client Sample

- 01 Moving out of my childhood home, moving back when I failed, moving out again**
- 02 Breaking up with my high school sweetheart of 5.5 years (both toxic and beautiful in many ways.)**
- 03 Moving out to Vancouver for a year long trip (I never left. Hehehe.)**



CAREER RETROSPECTIVE

Step One: Brainstorming Alone

Think of all the responsibilities and experience you have gained at work and/or activities such as raising a family, being a caregiver, volunteer work, coaching children or adults, being part of a strata or part of any team sports, etc..



CAREER RETROSPECTIVE

STEP ONE: BRAINSTORMING ALONE

Write down all the skills that you have developed from various types of roles that you have had.



CAREER RETROSPECTIVE

STEP ONE: BRAINSTORMING ALONE

Find specific examples from your work/life experience to back up the skills you have listed.



CAREER RETROSPECTIVE

STEP ONE: BRAINSTORMING ALONE

List your educational, professional, personal development training/courses/workshops, etc.. Learning experiences - formal and informal.



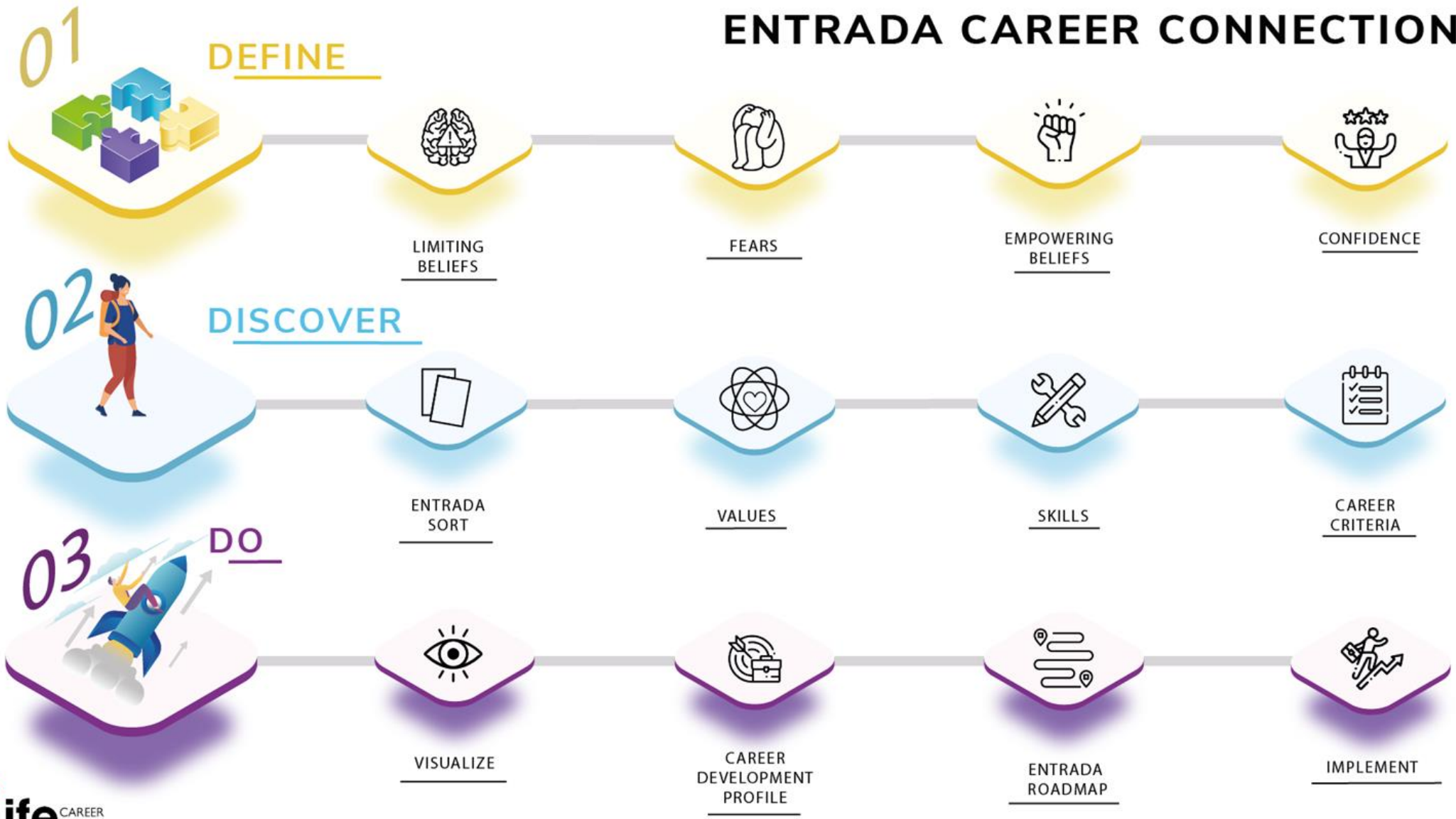
The Five W's

- 1. When?**
- 2. What?**
- 3. Where?**
- 4. Who?**
- 5. WHY?**

ENTRADA CAREER CONNECTION



ENTRADA CAREER CONNECTION





”

**ALONE,
WE CAN DO SO LITTLE;
TOGETHER,
WE CAN DO SO MUCH.**

HELEN KELLER

**Recap of Career Criteria towards Career Clarity –
future vision for your Ideal Career.**

Why you should Assess Your Career.

Career Audit Toolkit

- 1. Career Mindset**
- 2. Confident Momentum Inventory**
- 3. Career Retrospective**

Step 2 – Career Clarity.



MIND THE GAP



Career Strategy Prep

- + Career Criteria
- + Clarity Tool
- + Career Audit



Step #3 - Career Strategy

Creating a Career Strategy to close the gap
Strategic Career Management
Bringing all 3 Steps together
Next steps for you

Wednesday, January 25
@ 5pm PST





in brief

intention

case study

career criteria recap

assess your career

career audit toolkit

questions

take aways


next steps

Thank you!!!



3 D's of Career Clarity:

1. Define
2. Discover
3. Do



Step #3
Career Strategy
Wednesday, January 25
@ 5pm PST



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