

JUMP START YOUR JOB SEARCH



POST EVENT WORKSHEET

The average person spends 90,000 hours at work throughout their lifetime, which is approximately one third of their life.

It used to be that people picked a job at 17, spent their entire working life at the same organization, provided for their families, built up a great pension, and then retired. The question was rarely about whether or not they liked the job, but if it would provide for their families.

We know this is no longer the case but people entering the job market today are still expected to pick a program out of high school that will determine what they will do for the “rest of their lives”.

This is where we need to do some self reflection....

How does self reflection impact your career you ask? It's a great way to set realistic and achievable career goals, and match them to the person you really are, and the things you really need. The job market has become very dependent on transferable skills because in most cases, companies aren't as concerned about what you studied or that you have done the exact same job before. What matters is what you can do and have done with your skills, knowledge and abilities. The rest can be taught!

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These questions will help you identify your wants and needs. We often don't take time to reflect on who we are, what we like, and what our goals are, and since your priorities and goals have likely changed since you were picking your path out of high school, it's a great time to take a look at what you want out of your career!

1. Why are you looking for a change?
2. What do you like about your current or most recent position?
3. What do you dislike about your current or most recent position?
4. What is important to you in your life (Flexibility, Family Structure, Income Level, etc)?
5. What is a compliment related to your professional abilities that you often receive but never think twice about?
6. What do people come to you for help with? (Work or outside of work)
7. What are the 3 skills you are most proud of?
8. Who do you currently follow on social media that posts interesting content? What is that content and who are they?
9. This is a big one, but try to answer the question "what do you want from your job/career?"

Need more support? Reach out to us for personalized career coaching at any step in your career journey!

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