

EXPLORATION

CAREER ARCHETYPE WORKBOOK



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CONTENTS

Welcome 03

Exploration Career Archetype 04

Coaching Questions 05

Body & Mind Experience 06

Goals 07

Search Process 08

Conclusion 09



Our careers evolve in fluid and distinct ways. I identified four: exploration, transition, mastery, and legacy. Progression within the categories is not always linear. As we pivot to new functional areas or take new roles, we flow through the stages.

This workbook was designed to help ignite your career while honoring your exploration archetype.

let's begin

WE'LL COME



EXPLORATION

The Exploration archetype often involves early career choices, educational decisions, and the search for one's interests and passions. It's a time of discovery and self-exploration. While it is the natural stage at the beginning of our careers, it is also the place we return to when we make a significant career change.

Trying out different industries, functional areas, or roles are not limited to early career. The World Economic Forum 2023 Future of Jobs report highlighted three skills as critical for workers: resilience, flexibility, and agility. All are essential to the exploration archetypical stage. Embracing lifelong learning will enable us to explore emerging fields with more ease, absorbing lessons as we go.

COACHING QUESTIONS

Coaching questions can help us gain deeper insights into our goals and aspirations. Here's a list of coaching questions for each of the four career archetypes.

- What new opportunities or fields have you been curious about exploring in your career?

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- What excites you about trying new things and embracing novelty in your professional life?

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- How can you incorporate more inquiry into your current career or work environment?

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- What steps can you take to balance the desire for exploration with the need for stability and continuity?

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- What are the potential risks and rewards of pursuing a less linear career path?

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BODY & MIND EXERCISE

This exercise aims to identify and overcome limiting beliefs that hinder career exploration.

01

Identify Limiting Beliefs

- Set a timer for 3 minutes.
- Answer the following questions:
 - What limiting beliefs about work or life, in general, do you have?
 - How are those beliefs preventing you from achieving your dreams?

02

Breath and Affirmation

- Take a deep breath and close your eyes.
- Inhale saying/thinking: "I am aware of the limiting beliefs that block my career success."
 - Exhale saying/thinking: "I set myself free."
 - Inhale: "I am ready to explore my career dreams."
 - Exhale: "I am open to whatever the future holds."
- Repeat the exercise at least 5 times while taking deep breaths. After the 5th time, open your eyes.

03

Freeform Expression

- Set a timer for 3 minutes.
- Write anything that comes to mind. Do not edit or overthink, just let your thoughts flow freely.
- Note that it could be sentences, statements, single words, or drawings—anything that emerges from your mind.

04

Action Plan (SMART Method)

- Based on the insights from the previous exercise, identify at least one action to advance your career exploration and create a plan using the SMART method. Use the template to document your goals.

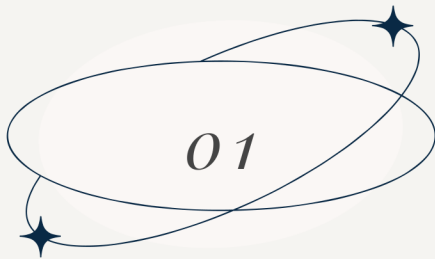
GOALS

When setting goals, make sure they follow the SMART structure.
Use the questions below to create your goals.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	

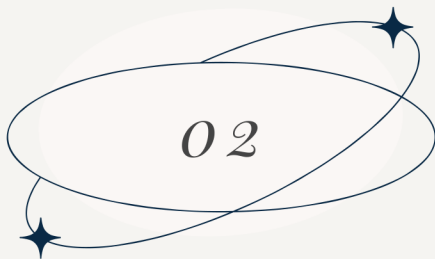
SEARCH PROCESS

Once you have a better understanding of the types of roles and firms you want to explore, use the following steps to get started with the search process.



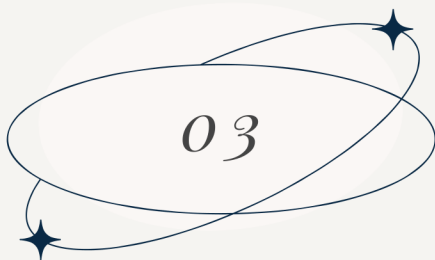
STEP ONE: UPDATE YOUR PROFILE

CUSTOMIZE YOUR RESUME AND LINKEDIN PROFILE FOR THE ROLES AND FIRMS YOU'RE TARGETING.



STEP TWO: IDENTIFY KEY STAKEHOLDERS

DETERMINE THE INDIVIDUALS WHO CAN SUPPORT YOUR NETWORKING EFFORTS.



STEP THREE: NETWORKING

BEGIN NETWORKING WITH PEERS, PROFESSIONALS, AND DECISION-MAKERS IN YOUR TARGET INDUSTRY.



CONCLUSION

Congratulations on completing the Exploration Career Archetype Workbook! You've taken the essential steps to understand yourself, identify your ideal firms, and prepare for the job search process. Remember, a successful career transition takes time and effort, and with determination and the right strategies, you can achieve your goals. Best of luck on your journey!



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