

Career Storytelling

Instructions: What is the story of your career? What influenced the decision to choose this specific?

Step 1 | CAREER JOURNEY

Instructions: What is the story of your career? What influenced the decision to choose this specific career path? How did you know you were made for this work?

(If you are a more visual person, feel free to draw this out: Google '*Career Maps*' to see how)

Step 2 | STORYTELLING

Think about a challenging or perfect day when you knew you were meant to do this work. What was going on and who was there? What were you (and/or others) doing, how were you feeling in that moment? What difference were you making?

Where did this happen? What was your job title?

What difference did you make? Can you quantify it?

If you could give one word to the skill you used to do this, what would you call it?

Write out 2-3 more stories in the above style to get a feel of your skills/strengths.

Step 3 | STORY SHOWING

Let's dive a bit deeper with your achievements and challenges in relation to the roles you are now looking at - Within each of your roles in the last ten years:

Can you set the scene for when you first started in this job?

What were the things you saw that needed improvement?

Something, or a series of things, that you wanted to "make your own" in the first couple of months, in this role?

List between two and five quantifiable results that set you apart from others (you can list more than five results if you have them - especially if you have numerous projects/sites/roles).

Achievement 1:

What do you believe was or is a significant challenge in this role?

Thinking of that challenge, what did you do to resolve it?

Thinking of the action you took, how did it improve things?

Achievement 2:

What do you believe was or is a significant challenge in this role?

Thinking of that challenge, what did you do to resolve it?

Thinking of the action you took, how did it improve things?

Achievement3:

What do you believe was or is a significant challenge in this role?

Thinking of that challenge, what did you do to resolve it?

Thinking of the action you took, how did it improve things?

3Rs | CAREER RECALIBRATION

Review all aspects of your life/career – write them all down, get them out of your head

- Your jobs (no matter how short/long)
- Your volunteering/work for free
- Your travels
- Your personal/family challenges

Reflect on the your job experience – the likes/dislikes, people, your super skills, and any patterns

- What is the legacy you left?
- What results have helped other people or organizations achieve?
- What are you most proud of in your career?

Realign once you are done working through this process and answering these (and more) questions, you will start to see what you have done, the kind of people you work well with (if any!), what you are good at, and what impact you want to make.

From this place you can start to shape an idea about possible next career chapters for you.

Feel free to reach out to Marlene Cole, if you need a career coach to help!