

Navigating Your Career During Uncertainty

Thursday, May 21st



Introduction

- Welcome / Grounding Exercise
- Introductions
- What would you like to walk away with today?

Industry Distinctions

- Therapy
- Consulting / Mentoring
- Coaching

Purpose

- To clearly identify and articulate to ourselves the things we believe ourselves to be committed to
- To see if our actions are in line with our stated goals, or in line with feeling better
- To create a short list of actions to move our goals forward

Clarify Your Goals

- What are your top goals for your career?
- Write them to be as specific and measurable as you can
- List the top 5 actions you've taken recently in pursuit of these goals

Navigate Uncertainty

- What are your intentions in this moment of time?
- What are the facts about your situation vs. your feelings about it?
- How are you managing through the change? What's working? What's not working?
- What do you want to adjust / modify / choose differently (if anything) to move your goals forward?

Map Your Immunity To Change

Visible Commitments (stated goals)	Doing / Not Doing (behaviors that work against the goals)	Hidden Competing Commitments	Big Assumptions
<p>Criteria:</p> <ul style="list-style-type: none">• True for you• Implicates you• Room for Improvement• Important to you	<p>Criteria:</p> <ul style="list-style-type: none">• Behaviors (not inner states)• That work against column 1• Not why? Or what you should do about it	<p>Criteria:</p> <ul style="list-style-type: none">• Follows from the fear / worry• Commitment to self protection• Shows why column 2 behaviors make good sense!	<p>Criteria:</p> <ul style="list-style-type: none">• See how it sustains immunity to change system• Has a 'Big-Time Bad' conclusion for you• Shows a bigger world for you ("I must not enter")

What's Next

- Identify where you are in action towards feeling better, rather than your stated goals
- Create a short list of actions (specific and tangible) to move your goals forward
- If you choose to focus on your emotional wellbeing, modify your goals to reflect that choice AND create a short list of actions towards that goal

Thank You

Text **GUIDE** to **66866** to receive:

- List of career resources
- Link to book your complimentary consult

