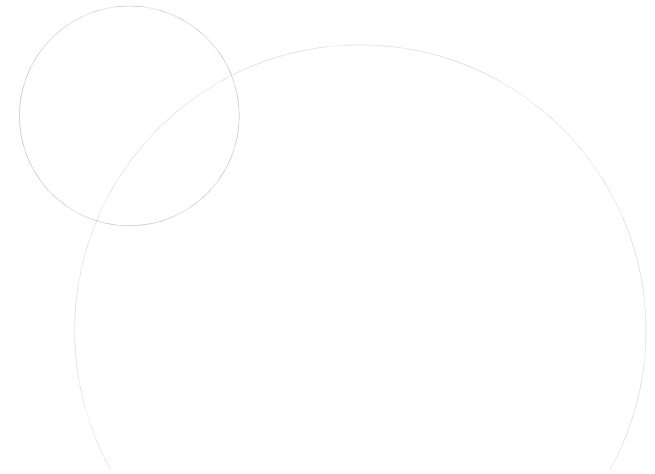




CAREER DEVELOPMENT

AN INTROSPECTIVE AND ANALYTICAL VIEW



HOW TO REDUCE BARRIERS TO CAREER ADVANCEMENT?



WHAT IS CAREER DEVELOPMENT



Career development is the process of self-knowledge, exploration, and decision-making that shapes your career. It requires successfully navigating your occupational options to choose and train for jobs that suit your personality, skills, and interests.

WHAT DOES THAT MEAN?

Start with getting to know yourself

Look into your options

Focus in on what you want and need

Go for it





GETTING TO KNOW YOU

Everything we do when it comes to work and careers is helped by our understanding of ourselves.

It begins with getting to know who you are, what you want, and where you want to go.

Finding work you love can be challenging if you don't know what you love.

Start with yourself and go from there.



16 PERSONALITIES

Begin by going to 16personalities.com

Take your time to complete the questions and send me your results



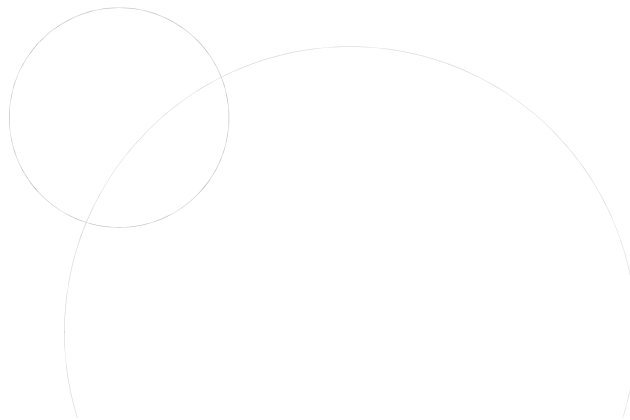


16 PERSONALITIES

What did you find out?

What are your takeaways?

Do you Agree or Disagree with the results and why?





GROWTH

The results you get are not you but an understanding of who you are today.

These results are flexible and changing as so are you and your results in months from now can be vastly different.

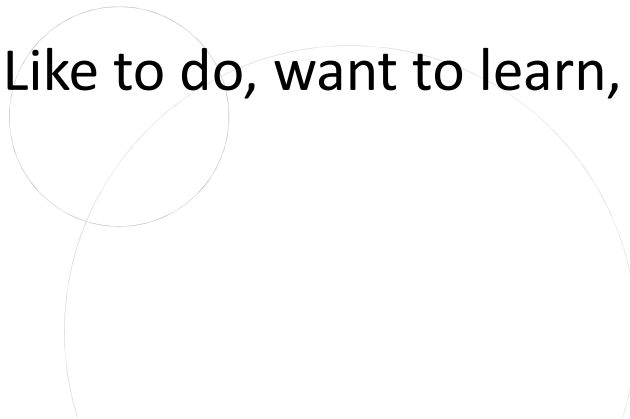
Reflect on the information provided and see where you can grow.





Values and Skills Assessment

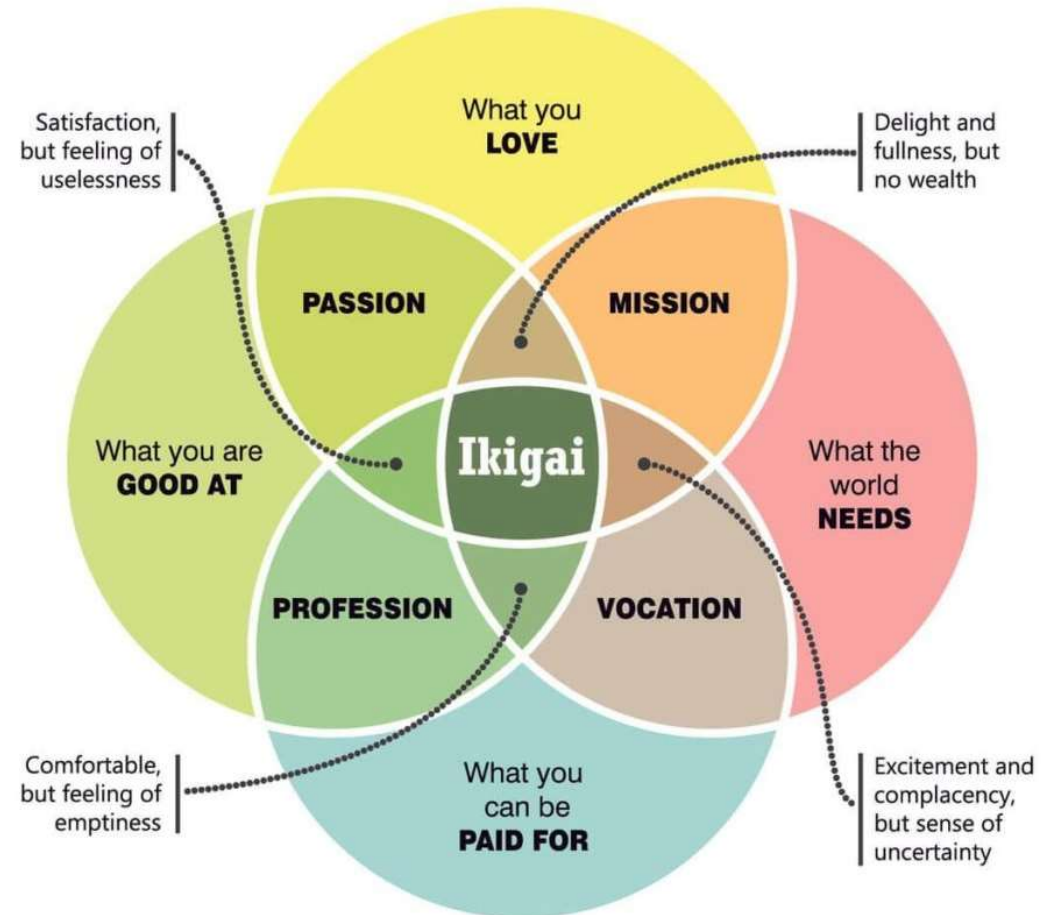
- We are going to take some time to assess the values and Skills on the sheet provided.
- You'll want to identify whether you strongly value, value at times, or don't value at all.
- For the Skills Identify Like to do, want to learn, don't like to do.



IKIGAI

Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"





PERSONAL BRANDING

PERSONAL BRANDING

Personal Branding is the idea that we start with a framework of who we are based on these 3 aspects.

A personal mission statement.

3 words that define and guide us.

Your personal mentors.



PERSONAL BRANDING

PERSONAL BRANDING

Your Personal Mission statement should be a short one or two sentence statement that helps identify your goals and purpose.

My mission is to live a life without resentment. I will use my mind and all my talents and skills to keep my life focused on gratitude, love, and forgiveness — to live my best life and to help others do the same. I have no room in my life for negative self-talk, grudges, or pointless regret. Every morning, my goal is to take another step forward, keeping my mind and heart trained on the present and on the words, "Thank you," I want everyone in my life to know exactly how they've made it better.



PERSONAL BRANDING

PERSONAL BRANDING

Create 3 words that will guide you such as

Hope Love Knowledge

Happiness Intent Intrigue

Victory Learning Fun

Skill Virtue Enjoyment

Understanding Belief Joy

Success Goals Vision

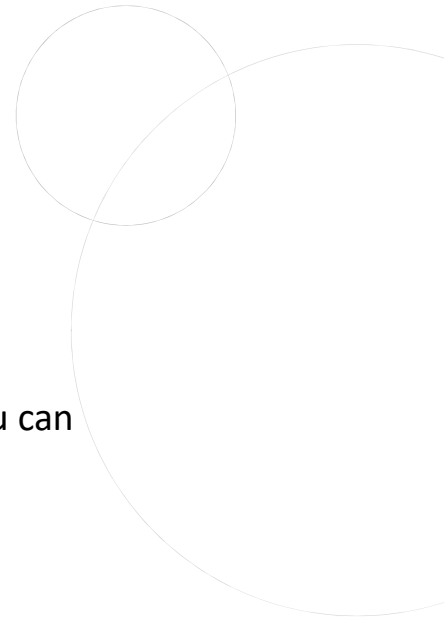


PERSONAL BRANDING

PERSONAL BRANDING

Find Mentors

People who encourage you and who you can learn from as you grow.





Exploring Options

- Now that we know a little bit more about ourselves how can we use that information to explore our options for the future?
- What kind of training will you require?
- Skills?
- Lifestyle?
- Location?
- Fulfillment?





Exploring Options

- Create a pros and cons list of different options and see how they compare to your ideal life.
- Ask yourself serious questions about your abilities to fit within that role.





Exploring Options

- Take a variety of different classes
- Complete a few self-assessment tests
- Develop a career inventory: type of organization you want to work for, type of environment you prefer?
- Research different careers
- Use available resources
- Do some volunteer work
- Join a professional association
- Network
- Arrange some informational interviews
- Look into free training that might be provided by organizations or the government

CREATING A PLAN





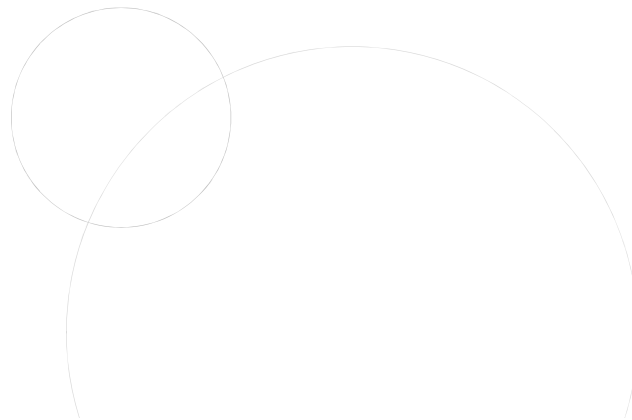
Creating a SMART Career Plan





Creating a Plan

Once you've had the time to look through and figure out what you want it's time to start breaking it down further.





Creating a Plan

What do you need to do to reach that goal? List all the action steps that you will have to take to reach your goal. Be attentive to timing here: some actions may need to happen before others (like getting formal training before looking for a job).





Creating a Plan

While you are developing your action plan, do you anticipate any challenges or barriers that you may have to overcome in implementing your action plan? It is important to be aware of the possible difficulties ahead of you so you can be prepared and overcome them faster.





Creating a Plan

While you may start your plan with a lot of enthusiasm, for many reasons, you may experience a decrease of motivation over time. Is there anything that would help you stay motivated along the way? It could be a periodic reminder of your goal, a reward for a successful step, a friend who could encourage you, etc. List ways that you think may help you to keep motivated and moving forward to reach your goal.

TAKE ACTION

THE TIME IS NOW

DO IT

