Becoming Empowered & Proactive in Your Career & Life Choices

Begin

YOUR STORY
What you liked and learned in each chapter of your career and life

YOUR QUESTION
What next? How do I get there?

YOUR CHOICE
I'm confident & hopeful!

YOUR CAREERCYCLLES EXPERIENCE

YOUR FUTURE
Life and career cycles of stability and change

CAREER & LIFE CLARIFICATION

YOU!
Desires, Strengths, Natural Interests, Personal Qualities, Assets

OTHER PEOPLE
How friends, family & other people influence your situation

POSSIBILITIES
Internal Jobs, Self-Employment, Volunteer, Travel, Personal

Generate Possibilities

INTENTIONAL EXPLORATION

TOOLS
- CAREER SKETCH
- CAREER STATEMENT
- EXPLORATION PLAN
- ONLINE STORYTELLER
- WHO YOU ARE MATTERS?

Prioritize Possibilities

WELCOME OPPORTUNITIES!
Recognize meaningful moments; Pivot, embrace and fully explore them

WATCH FOR CLUES
Be profoundly receptive to clues to live your Career Statement

TAKE INSPIRED ACTION
Follow the clues to guide your exploration or job search

INTENTIONAL EXPLORE

Your thoughts & feelings: Becoming aware