

Squiggly Careers PodSheet

How to explore your progression possibilities



Key principles of progression

- ≈ Progression doesn't just mean promotion
- ≈ Everyone can develop in different directions
- ≈ People progress at their own pace
- ≈ There is no 'blueprint' for a successful career

Why is progression important to you?

4-stage process to help you explore your progression possibilities

stage 1

Develop a mind map of your possibilities

Brainstorm all the ways you might be able to progress in your career. Take off the career constraints and think about what your progression possibilities might look like.



Could you embark on a career pivot? Could you look outside your organisation?

stage 2

Prioritise your possibilities

Don't progress for progression's sake. Instead, reflect on why progression is motivating for you. Connect your values to a vision for your future that feels meaningful.



Use your values as a reflection point. How can you grow and stretch in a new direction?

stage 3

Prototype your progression priorities

Explore the ideas generated from your mind map. Which do you get most excited or energised about and which feel more relevant and realistic for you right now?



Rank your top 3 progression possibilities.

stage 4

Signal the support you need

Remember that others can support and influence your progression possibilities. Showing your commitment to your career growth creates commitment from others.



Involve others you trust in your thinking. Who could you learn more about your priority possibilities?

How to respond when your progression doesn't go to plan



Acknowledge your emotions but focus on the actions that will help you to make positive progress.



Start small and specific. Think about what's in your control and start there.



Don't be afraid to reach out and spend time with people who will inspire you.

Coach Yourself Questions

1

Whose career progression are you inspired by?

2

What can you learn from their journey?

Recommended resources



[The Long win: The search for a better way to succeed](#)
Cath Bishop



[The Secret Leaders Podcast on YouTube](#) Hear founders' stories about the realities of being an entrepreneur today



[How knowing your values unlocks career happiness](#)
Squiggly Careers Episode 42

Amazing if