

Squiggly Careers PodSheets



How to find role models at work

“

You can't be what you can't see.

”

Marian Wright Edelman

What might you be missing in your career that you need to be role modelled?

3 ways role models can help you in your career



Role models can help you see the art of the possible.



Role models can be a source of inspiration to boost your belief.



Role models can help you activate your ambition.

Types of role models



Personal role models: these include people you know intimately.



Situational role models: people connected to your career or life context.



Aspirational role models: aspirational people whose stories might help you reach your future desired state.

5 Ideas for Action to find the best role model for you

1

Work out what you're missing: starting with the inspiration you need can help you to focus on the role models you might need most right now.

2

Be open to who and where your role models might be: spending time with new people in new places can help you find a range of role models.

3

Find your resilience role models: these are role models who have found their way through a situation you relate to. Their experience can increase your grit and confidence.

4

Know you are your anti-role models?: being clear of what behaviours you don't aspire to can be as helpful as finding the people you admire. Anti-role model insights can give you a greater sense of identity of what you want to be known for.

5

Avoid role model reliance: try to have multiple role models across the types rather than relying on a single role model in your career. Think about who these role models are and what you admire about them. Collate your insights into a role model mood board.

Coach Yourself Questions

1

Who could you add to your role model moodboard?

2

What do you admire most about these role models? What can you learn from them?

Recommended resources



Mirror Thinking: How Role models make us human

Fiona Murden



Who inspires you? Why heroes, role models, and mentors matter Dyan deNapoli, TedX



Don't tell me the score Podcast

A podcast that uses sport to explore life's bigger questions. This episode provides lots of role model moments for Sarah.

Amazing if