

Squiggly Careers PodSheet

Kickstart your career



Career development doesn't have to be time consuming. There are lots of small and simple actions you can take to invest in yourself and give you a greater feeling of ownership.

We believe there are 5 core career skills that can help everyone and we've shared some insights and ideas for action to support you with these skills.

Strengths



The things that energise you and that you want to be known for.



Ask 3 people to share when they see you at your best.

Stretch a strength by using in a new way or with new people.

Values



The things that make you, you and matter most in your work and life.



Collect images that visualise the things that matter to you.

Use the common themes to reflect on your work today.

Confidence



The self-belief that guides your growth and builds your bravery at work.



Create a pride postcard to focus on what's gone well.

Write down one daily success each day for a week.

Network



The community you create to support your career development.



Grow your giving by doing a daily '5 minute favour'

Be an advocate of someone's work and share their impact.

Future



The ability to explore possibilities and define your own version of success.



Think what you want to be true at work in 6 months time?

Have a curious conversation about someone's career.

Coach Yourself Questions

1 Which of the 5 skills needs the most attention right now?

2 How can you stay committed to your career development?

Recommended resources



[Squiggly Career Knowledge Navigator](#)

Free resources to help you grow



[Build better relationships](#)

Helen & Sarah share insights



[DIY Career Development](#)

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Amazing if