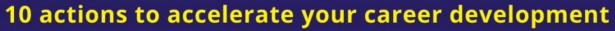
Squiggly Careers PodSheets







Learning and development doesn't happen by accident, we have to be really intentional about making it happen.

Amazing If



10 actions to accelerate your career development

- Start with your strengths
 Ask a variety of 3 people: When do you think I am at my best?
- Reframe a limiting to a limitless belief
 Start with the words that hold you back. Reframe these into positive statements to help you move forward.
- Have regular curious career conversations
 Set up a virtual meeting with someone you haven't met before and explore their world of work. What does a 'day in their work life' look like?
- Figure out your mindset magnets
 In order to stay in growth mindset mode, know the triggers that pull you towards a fixed mindset.

 Who or what stops you making progress?
- Record your very small successes
 Increase your optimism by recognising all the wins you achieve along the way. Make it a habit to write down 1 thing that has gone well each day.

Choose active rest

Make time for activities you enjoy that positively absorb your energy and attention. This 'active rest' helps to increase our resilience.

- 7 'Even better-if' your work week

 Activate a 'work-in-progress' intention by ending each
 day reflecting on how work could be 'even better if'
 tomorrow. Focus on the factors that are in your control.
- Overcome your fears

 Acknowledging your fears helps you to move forward with your development. What are the worries getting in your way?
- Share a 'career development playlist'
 What inspiring things have you read / watched or listened to recently? Share this with your team to contribute new sources of self-development others could learn from.
- Co-design your team development

 Agree on shared learning goals as a team and create a learning agenda that addresses your collective what/when/why and how.

Coach Yourself Questions

What would help you to prioritise your development?

Who could be a brilliant accountability partner for you?

Recommended resource

Download our Squiggly Career Calendar, a practical tool to help you stay on track.



Download calendar here

