

# Squiggly Careers PodSheet



## How to create your career criteria

### The what...

A career criteria is a list of things that are important to you about the work that you do. This can include the what, when, where, how and why of your work.

### ...and the why

Having a career criteria helps you to look beyond job titles and explore possibilities that are a better fit for you.


They can also help you explain to other people what's important to you so they can better support you and your career.

### What career decisions do you need to think about?

### What are your work wants?

Getting clear about what you want from work can help you make better decisions about the direction you develop your career in.




 Reflect on a career high and a career low and identify your **must haves** and **must nots** at work.

### What's getting in your way?

Don't ignore your career constraints. Thinking about them can help you be more specific about the support you need.


I want....  
Because....  
But....

 Generate insight by thinking about **why** your 'want' matters to you and **what** is holding you back.

### What help do you need?

Your commitment to action creates commitment to act from other people. Summarise what you've already done before seeking support.

Intros & Inputs

 Ask for introductions 'Do you know anyone who...?'  
Ask for input 'What do you think I might be missing?'

### Coach Yourself Questions

1 What opportunities could you create if your career wasn't constrained?

2 Who do you most need to be introduced to now?

### Recommended resources



#### How to write an insight

Useful article by Tash Walker, founder of The Mix



#### PodPlus: Progression

Watch back our PodPlus session on how to explore your progression possibilities



#### Career conversations

Listen to Squiggly Careers #104 on how to have a career conversation.

Amazing if