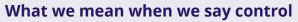
Squiggly Careers PodSheet

How to take control of your career



Control doesn't mean: *pre-empting* or *predicting* everything that will come. **Control does mean:** being *prepared* and *proactive* about your development.

When we are in control of our career we can better adapt to the inevitable change and challenge.

2. Think about your

Using your mind map for

inspiration, write down 3

career possibilities you're

over the next 12 months.

• Who has INSIGHT about

Who has INFLUENCE in each

INTRODUCTION to someone

interested in exploring

Then ask yourself:

• Who can make an

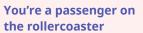
in each area?

each area?

area?

possibility people

Does your career, today, feel more like...







3. Create some

skills scenarios

Write down 3 career

• Identify the skills that

• Prioritise the skills you

would most help you to

respond to those scenarios.

could invest in now. Look

out for whether any super

skills that go across all

scenarios.

scenarios over the

next 12 months.

Then:

You're designing your

A sense of control over our own

destinies ensures a sense of

self-esteem and a feeling of empowerment.

Bruce Daisley, author of Fortitude

own rollercoaster



4. Identify your reputation readiness

What do you want to be known for? Create 3 bios to believe it:

- One for today
- One for 12 months
- One for 24 months' time

Ask yourself:

What could you create or communicate to build the belief in your bio?

1. Create an **Amazing If mind-map**

Ideas for action

Part 1: Do a 5-minute mind map to end this sentence 'wouldn't my career be amazing if......'

Part 2: Answer these two coach yourself questions:

- What knowledge do I need to GROW?
- What strengths do I need to SHOW?

Coach Yourself Questions

What factors do you feel you are in control of at work right now?

What factors do you feel you are <u>not</u> in control of at work right now?

Who could you approach to challenge your assumptions about your control factors?

Recommended resources



Your Career Needs a Little Luck. Here's How to Cultivate It. An article discussing how progressing with our careers might not work as we think.

Join PodPlus on Thursdays, 9 - 9.30am

Join Helen & Sarah virtually at PodPlus every Thursday morning, to dive deeper into the Squiggly Careers podcast topic of the week.

How to tackle uncertainty Squiggly Careers Episode #237

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