

Squiggly Careers PodSheet



How to take control of your career

What we mean when we say control

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.

“ A sense of control over our own destinies ensures a sense of self-esteem and a feeling of empowerment. ”

Bruce Daisley, author of Fortitude

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

You're a passenger on the rollercoaster



You're driving the rollercoaster



You're designing your own rollercoaster



Ideas for action

1. Create an Amazing If mind-map

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?

2. Think about your possibility people

Using your mind map for inspiration, write down 3 career possibilities you're interested in exploring over the next 12 months.

Then ask yourself:

- Who has **INSIGHT** about each area?
- Who has **INFLUENCE** in each area?
- Who can make an **INTRODUCTION** to someone in each area?

3. Create some skills scenarios

Write down 3 career scenarios over the next 12 months.

Then:

- Identify the skills that would most help you to respond to those scenarios.
- Prioritise the skills you could invest in now. Look out for whether any super skills that go across all scenarios.

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?

Coach Yourself Questions

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

What factors do you feel you are **not** 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