

Career Kickstarter

WEEK 1



Amazing if



Welcome to Week 1 of your Career Kickstarter programme. Over the next 4 weeks, you'll learn key skills that will help you to succeed in the increasingly squiggly careers we now all face.

We think these squiggly careers are full of opportunity, but we recognise they are not always easy. Our aim is to share our tried and tested tools with you so can take control of this opportunity and craft a career that means you can be your best self at work,

Over the next 4 weeks, we'll teach you about:

- What makes you happy at work?
- What are you great at?
- What are your career options?
- Who can help you in your career?

Each week, you'll get a Toolkit just like this one which will contain the templates for each of the exercises we discuss. At the end of the Toolkit will be a Reflect and Action Plan. These are designed to help you focus in on the actions that are most meaningful to you and your career. Finally, we share 3 resources with you which we think will help you learn even more.

In this week of the programme, we're covering 'What makes you happy at work?' It's a big question and the 'do what you love' phrase that we often see doesn't really help. So, we're getting practical about things!

In this Toolkit, you'll find 2 exercises which are designed to help you understand your drivers at work. Knowing your drivers will help you to better decisions in your career that will lead to you being happier and more connected to your work.

Doing these exercises with someone else can really help too, so see if anyone else wants to join you on the Career Kickstarter journey!

See you soon,

Helen & Sarah



Your Drivers – Part 1

In this exercise, we're trying to understand what things are present when you're having a great day at work and what things might get in the way on the not-so-great days.

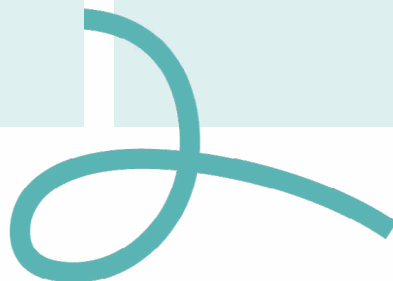
Start with describing what is happening on your best and worst days and then reflect on why these things are so important to you. Try the '5 whys' trick to really get to the heart of what is important to you.

What makes a great day at work?

Why?

What makes a bad day at work?

Why?



Your Drivers – Part 2

In this exercise, we're trying to understand what things are present when you're having a great day at work and what things might get in the way on the not-so-great days.

Now have a look at everything you wrote in Part 1. Can you see any themes emerging? Write these down as 'The things you need at work'.

The things I need at work...



Visionary Pictionary

Drawing can help to unlock our thinking. In this exercise, we'd like you to draw the things you enjoy doing at work. It can also help to capture some of the words that come to mind when you think about these activities.

Using the template below, draw the 6 things you most enjoy spending your time on at work.

- Highlight the activities which you feel you are getting to spend the right amount of time on in your job
- Once you have done this, highlight the activities that you would like to spend more time on in your job right now.
- With these 'more' activities, think of 1 action you could take in the next month that would enable you to spend more time doing them and write it down next to your drawing of that activity.

1

2

3

4

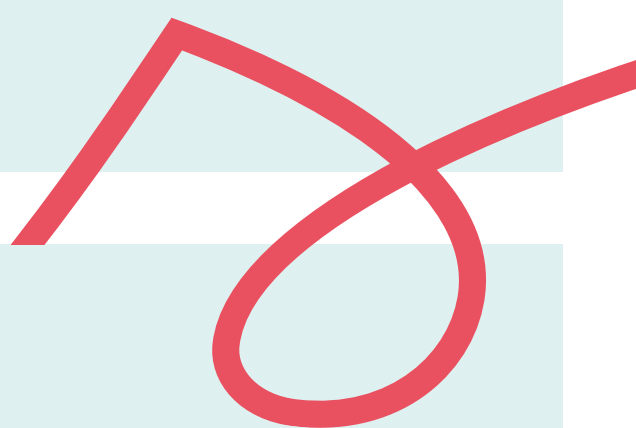
5

6

Reflect /Action Plan

What would you like to spend more time on?

What action am I going to take before next week's course?



Resources

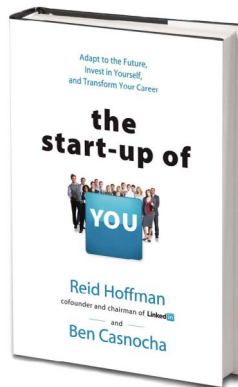
If you'd like to spend more time thinking about what makes you happy at work, here are some things you might like to explore.



WATCH

'The Happy Secret to Better Work'

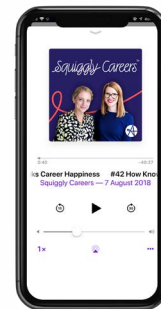
TED Talk, Shaun Achor



READ

'The Start Up of You'

Reid Hoffman and Ben Casnocha



LISTEN

'How Knowing Your Values Unlocks Career Happiness'

Squiggly Careers Podcast - Episode 42

