Squiggly Career

Knowledge Navigator

HOW ARE YOU FEELING IN YOUR CAREER?

Stuck

Do you know how to get unstuck?

- **YES** → Do you know what's holding you back?
  - **YES** → Motivation / Bias / Opportunity / Confidence
  - **NO** → How to get unstuck
- **NO** → Do you know what's holding you back?
  - **YES** → Motivation / Bias / Opportunity / Confidence
  - **NO** → How to get unstuck

Energised

Do you want to use your energy to...

- Grow yourself? → Squiggly Careers PodSheets
- Grow yourself? → Do you know what's holding you back?
- Grow others? → Squiggly Careers PodSheets
- Grow others? → Do you know what's holding you back?

Ambitious

Do you know what you want to achieve?

- **YES** → How to grow your grit
- **NO** → Do you know what's holding you back?

Lost

Has something triggered this?

- **YES** → Have you been made redundant?
  - **YES** → Redundancy Reset Programme
  - **NO** → Whole Life Career Management
- **NO** → Is self-doubt getting in your way?
  - **YES** → Confidence
  - **NO** → Whole Life Career Management

Isolated

Do you have an active career network?

- **YES** → Would you like to join a career learning community?
  - **YES** → PodPlus
  - **NO** → Squiggly Careers PodSheets
- **NO** → Would you like to join a career learning community?
  - **YES** → PodPlus
  - **NO** → Squiggly Careers PodSheets

Motivation

Bright Sparks & Black Holes

Bias

Ask The Expert: Sophie Williams

Opportunity

3 ideas for progression at work

Confidence

How to Overcome Your Confidence Gremlins

How to get unstuck

Squiggly Careers PodSheet: Growth Mindset in Action

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How to get unstuck