

Career Canvas

A decorative graphic consisting of several thick, bright yellow lines that form overlapping loops and curves, resembling a stylized path or a series of interconnected circles. The lines are set against a solid teal background.

Career Canvas

Amazing
If

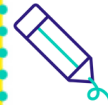
Values

What motivates & drives you?



Strengths

What do you want to be known for?



Confidence

What gremlins get in your way?



Community

Who helps you to learn & grow?



Possibilities

What opportunities are you curious to explore?



Career Canvas

Coach Yourself Questions

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Life

Values

What motivates & drives me?

1. What's most important to me about what I work on, who I work with and where I work?
2. What do my career highs have in common and what can I learn from my lows?
3. How could I spend more time living my values (at work and at home)?

Strengths

What do I want to be known for?

1. What gives me the most energy at work?
2. What do I want to build a reputation, and be recommended, for?
3. How could I make my strengths stronger?

Confidence

What gremlins get in my way?

1. What gremlins (beliefs that hold me back) are getting in my way?
2. What am I proud of over the past few months?
3. Who is supporting me to build my belief?

Community

Who helps me to learn & grow?

1. What can I give to my career community and what would I like to gain?
2. When am I building relationships beyond the ones I need for my day job?
3. What gaps have I got on my personal board (challenger, supporter, ideator, questioner, empathiser, connector)?

Possibilities

What opportunities am I curious to explore?

1. What roles am I curious to learn more about?
2. What am I learning to support my career development?
3. Who could I have a curious career conversation with?

Career Canvas

Coaching Questions

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Values

What motivates & drives you?

1. When are you at your happiest at work?
2. What moments have you found hard in the past couple of months?
3. What 1 change could you make that would make a difference to how motivated you feel at work?

Strengths

What do you want to be known for?

1. What is the work that gives you the most energy?
2. How frequently do you feel you're using the strengths you enjoy in your role today?
3. How could you use your strengths more and increase the value you add?

Confidence

What gremlins get in your way?

1. How confident are you feeling in your role at the moment?
2. What gets in the way of your self-belief?
3. How could I support you to do something that scares you?

Community

Who helps you to learn & grow?

1. Who are you spending time learning with and from?
2. What relationships would you like to invest in to support your career?
3. What communities could you connect with that would help you learn and develop?

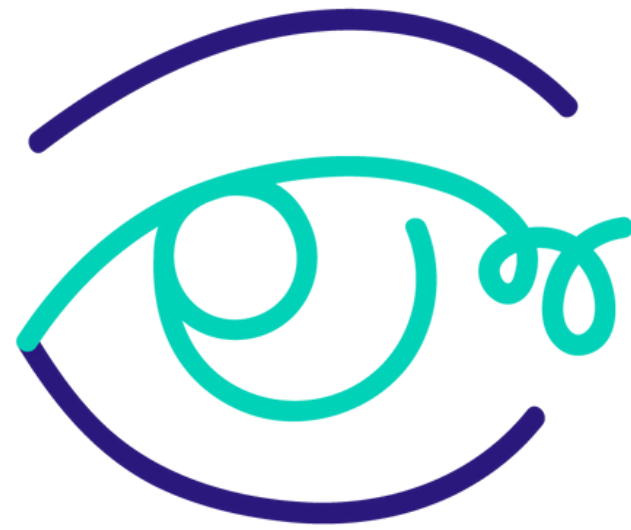
Possibilities

What opportunities you're curious to explore?

1. What roles, teams or departments are you curious to learn more about?
2. What do you think your transferable talents might be (if someone gets stuck prompt people to think about how they do their role)?
3. How can I support you to explore options for your future?

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Celeste Headlee



Read

Book:
You Coach You
*Helen Tupper
& Sarah Ellis*



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Episode 109:
Career
Conversations

We hope you've found the Career Canvas tool useful

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