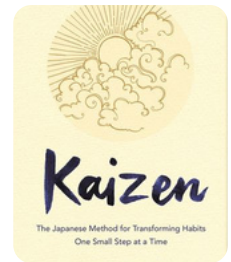


How to Kaizen your Squiggly Career

Kaizen is a Japanese philosophy meaning good change or improvement. It's about making small, consistent changes that build momentum over time.

In a squiggly career, Kaizen techniques can help you focus on making small, incremental changes to keep learning and growing at work.



Deeper Dive

Kaizen techniques to try for your growth

GEMBA

Observation is stronger than speculation.

Before making a career change or following a new opportunity, get closer to the real situation.

This could look like job shadowing, volunteering, joining a new project, or talking to people doing the work.

MUDA

Notice where your time and energy are being wasted.

It might be waiting, being busy without making progress, or not using your strengths as much as you could be.

Try picking one area this week, then decide what you could stop, start or change.

HANSEI

Structured reflection helps you decide what to improve.

Try building a regular reflection rhythm into your week, and use the time to ask yourself:

"What have I learned this week?", "What's worked well?" and "What would be even better if?"

PDCA

A practical way to turn reflection into action.

Plan a small change, do it, check (reflect on) what happened, and act on what you've learned.

If something works well, standardise it so you keep doing what's working and then improve what isn't.

Coach yourself

What's one small change I could make this week to improve how I work?

