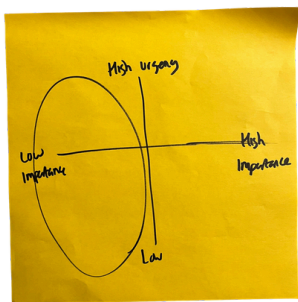


How to use 3 frameworks for your time, strengths and team

Frameworks can help you zoom out and see the bigger picture. In a squiggly career, they can help you take control of your time and priorities, stretch your strengths, and make it easier to start meaningful conversations.

Three frameworks to try

Try the Eisenhower Matrix to take control of your time



Map your work from the past week into urgent vs. important, and add the direction of work - has it come to you or are you creating urgency for yourself?

Zoom out to see where your time is really going, and where you might be stuck in low-impact busyness. Use it to refocus on what matters most, and for priority conversations with your manager.

Try an AI prompt to deepen your thinking

Act as a squiggly careers coach, help me prioritise my work and development using the Eisenhower matrix (urgent versus important). Start by asking me 4-5 questions to understand how I currently spend my time and what matters most in my career.

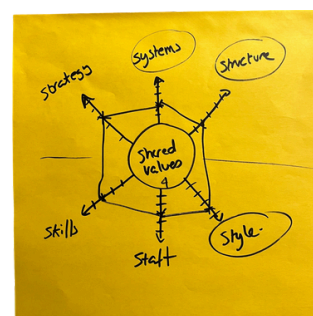
Use the Ansoff Matrix to stretch your strengths



Map your existing strengths (and new ones you want to build) across existing and new contexts.

For each quadrant, try to add a way to use your strengths differently or develop new ones. Use it as a simple plan to keep your development moving forward.

Use the McKinsey 7S Framework to spot team strengths and gaps



Plot the 7 areas (strategy, structure, systems, skills, staff, style, and shared values). Score yourselves as a team on each 'S', then turn into a spider diagram to see your team profile.

Compare perspectives and use the gaps to agree on what to improve together.