

London Business School Professor Lynda Gratton uses the metaphor of weaving to help visualise what it takes to build a career that lasts.

Every choice you make strengthens a different thread to help create a career that's resilient, fulfilling and uniquely your own.



[Listen](#)

THE 100-YEAR LIFE

Living and Working in an Age of Longevity



[Read](#)

Three threads to try strengthen

Mastery thread

Mastery is about building the things you're good at, love doing and create value.

Strengthening your mastery thread also means looking for adjacencies – opportunities to use your strengths in new directions.

Try: Spotting one skill or strength that people consistently come to you for. Then ask yourself: *"Where else could this skill create value?"*

Adventure thread

Adventure opens up new career possibilities by encouraging you to explore and experiment with new things.

It doesn't have to be big – it can also involve trying small experiments and staying open to what happens next.

Try: Saying yes to one new thing. It could be a new project, attending an event, or testing a new idea before committing to something bigger.

Amplification thread

AI can amplify your impact, but your own human experiences and stories are what make you unique.

Keep experimenting with AI, while building the skills and experiences that AI can't replace.

This could look like:

Using AI to support one task this week, then adding something only you could contribute, like your own opinion or real-life example.

Coach yourself

What is one small action you could take to strengthen one of your threads?

