WELCOME

Your Career:
Reflect, Recharge, Reboot
Your Career

Reflect (pages 4 – 6)

- What do you find satisfying?
- **What is NOT satisfying** (look for root causes vs. symptoms)?
- What is one thing you’d most like to change (stated as what you’d like to see vs. problem)?
Your Career: Reflect, Recharge, Reboot

Locus of Control

Where does control of your Career rest?

- Internal Locus of Control?
- External Locus of Control?
Your Career: Reflect, Recharge, Reboot

Locus of Control

“There is a growing body of evidence that human accomplishments...require an optimistic sense of personal efficacy...ordinary social realities are strewn with difficulties...People must have a robust sense of personal efficacy to sustain the effort needed to succeed.”

Albert Bandura, Stanford University
Your Career

Self-Assessment

- Reflect on your current beliefs, attitudes & habitual patterns.
- Circle your response to the statements on pages 8 & 9.
- (Be honest with yourself. This is for your eyes only.)
Which beliefs or habits block you from taking constructive action?

Are you willing to change?

What might be helpful in changing this belief or habit?
Your Career: Options

Recharge or Reboot?

1. Revitalize your Current Position
2. Cultivate Work/Life Balance
3. Change Positions/Internal Move
4. Change Careers
**Your Career**

Integrated Plan (page 12)

- My career is in the __________ zone
- **The major change I want is...**
- I will be helped by my tendency to...
- **And by looking for areas over which I have control**
- I need to watch out for... (beliefs, patterns that block me from taking action page)
- **I intend to...** (revitalize current position, work/life balance, change positions, change careers.)
Your Career: Explore Options

Recharge or Reboot?

1. Revitalize your Current Position (page 13)
2. Cultivate Work/Life Balance (page 14)
3. Change Positions/Internal Move (page 14)
4. Change Careers (page 16)
Please identify what you learned today that you’d like to try moving forward (page 18).

“Sometimes the voyage of discovery lies not in finding new landscapes, but in having new eyes.”

~ Marcel Proust