



Career Tips Thursday Session 50: How to Spark Career Conversations

Self reflection exercise – Knowing yourself is a very important step



How satisfied are you?

What changes do you want?

How do you make them happen?

What stops you from getting what you want?

What are your most deeply held values?

What are your interests? These will most likely be your strengths as well

What are your job satisfiers: recognition, promotion, opportunity for personal growth, etc.

In what type of work environment can you make the greatest contribution?

How do you work with and learn from others?

How do you respond to change?