Career Tips Thursday - 27 April 2023
Dealing with your saboteurs to manage your career

Exercise 1: My key accomplice Saboteur

1.1 Self-assessment

On a scale of 1-10 (1 being the weakest and 10 being the strongest), please listen to the characteristics and thoughts to mark the strength of each Saboteur.

___ Avoider	___ Pleaser
___ Controller	___ Restless
___ Hyper-achiever	___ Stickler
___ Hyper-rational	___ Victim
___ Hyper-vigilant	

1.2 Complete the Saboteur assessment

1. There will be 52 statements, you need to select how much you agree with each statement.
2. Move quickly and go with the first response that comes to your mind.
3. Don't worry about being consistent when you notice similar or overlapping.
4. Click on the assessment link to get started.
5. Your assessment will be emailed to you directly. It might take up to 10 minutes to obtain your results (please check your junk inbox).
6. After receiving the email, click on the "Your Saboteur Report" to view your results.

Exercise 2: Saboteur assessment results and reflection

1. Based on the assessment my top accomplice Saboteur is: _____

2. My other Saboteurs are:

   * _____

   * _____

   * _____

3. The emotions my main Saboteur triggers in me are: _____

4. The lies my main Saboteur is telling me:

   * I am your friend. You need me because _____

   * You are _____

   * Other people are _____

   * Life is _____

5. Other limiting beliefs: _____

6. What triggers my top accomplice Sabouteur is: _____

Exercise 3: Sage power game – Innovate

Take a moment to think about 3-5 new ideas for boosting your career:

1. _____

2. _____

3. _____

4. _____

5. _____

Follow each new idea you have by completing the "Yes, what I love about that idea is … and …" sentences below. With this approach, every idea is appreciated rather than judged before the next thought is generated in reaction to it.

1. Yes, what I love about that idea is _____ and _____ and _____ and _____

2. Yes, what I love about that idea is _____ and _____ and _____ and _____

3. Yes, what I love about that idea is _____ and _____ and _____ and _____

4. Yes, what I love about that idea is _____ and _____ and _____ and _____

5. Yes, what I love about that idea is _____ and _____ and _____ and _____