



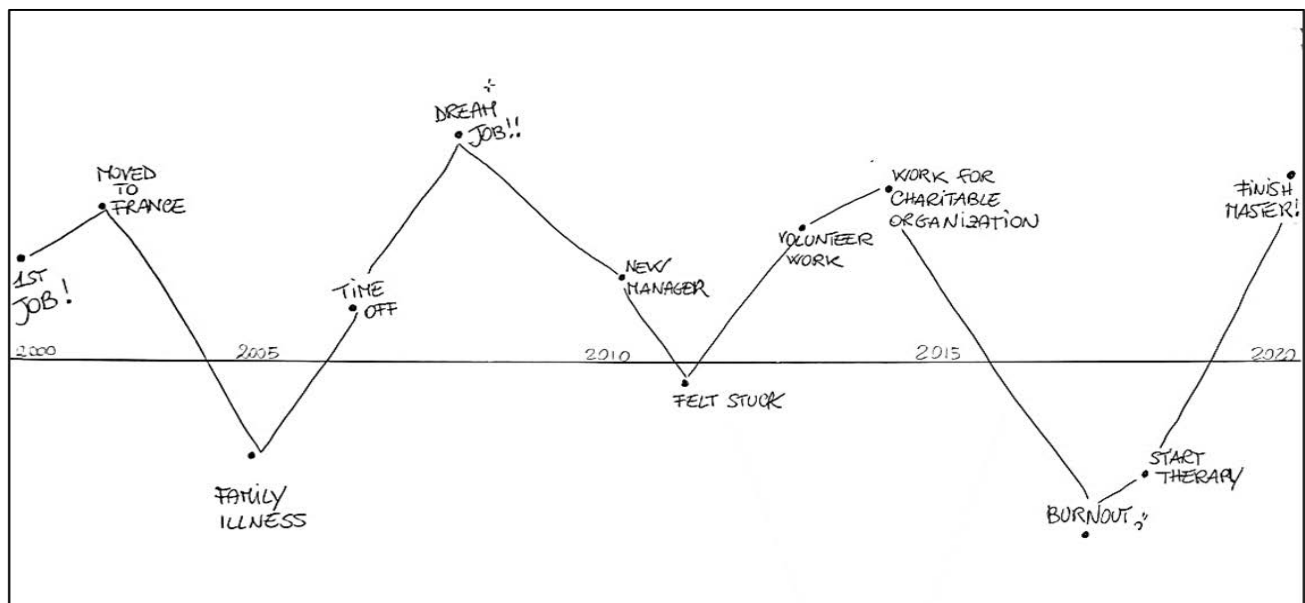
Career Tips Thursday – 30 November 2023

Feeling Stuck Professionally - Resilience from a Career Perspective (Session II)

Your Career Lifeline

1. Draw a horizontal line across your paper or screen, representing your career timeline. On the left side, mark the beginning of your career, and on the right side, mark the present or a future point.
2. Identify High Points: Mark the high points of your career above the line. These could be achievements, promotions, or moments of personal growth. Consider what made these moments stand out.
3. Identify Low Points: Mark the low points below the line. These might include challenges, setbacks, or periods of difficulty.

For Example:





Guiding questions for your reflection

The High Points

1. **What made it a high point?** *Reflect on the specific achievements or moments that made this moment a high point in your career. What were the contributing factors?*
2. **Which strengths did you leverage?** *Consider the skills, strengths, and personal qualities you utilized during this high point. How did these attributes contribute to your success?*
3. **What values did you manifest in those high points?** *Explore the values that were in alignment with your actions and decisions during this positive period. How did your values shape your success?*
4. **Who was part of your support network?** *Identify the individuals or groups who played a supportive role during this high point. How did your support network contribute to your achievements?*
5. **How did this high point impact your growth?** *Reflect on the long-term effects of this positive period on your personal and professional growth. How did this high point shape your career path?*



The Low Points

When examining low points on the career lifeline, it's important to explore the challenges faced and the strategies employed for bouncing back. Here are six guiding questions to help you reflect:

1. **What were the challenges during this low points?** *Identify and describe the main challenges or setbacks you faced during this period. What made it a low point in your career?*
2. **How did you feel emotionally and professionally?** *Reflect on your emotional and professional state during this low point. What were the predominant feelings, and how did they impact your work? What did you do to feel better?*
3. **What strategies did you use to overcome challenges?** *Explore the strategies and coping mechanisms you employed to overcome the challenges. What actions did you take to navigate through the difficulties?*
4. **Who offered support during the low points?** *Identify the individuals or groups in your support network who played a role during this challenging time. How did their support contribute to your ability to bounce back?*
5. **What did you learn from this low points?** *Consider the lessons and insights gained from experiencing this low point. How did it contribute to your personal and professional development?*
6. **How did you bounce back?** *Delve into the specific resources and approaches you used to bounce back from this low point. What skills or strengths did you discover in the process?*



A new perspective: identify patterns and next Steps

What can you learn from your career lifeline, to identify your next steps? Here are some guiding questions for your reflection:

1. **What patterns do you notice?** *Examine the patterns in your high and low points. Are there common themes, skills, or values that contributed to your success? How can you leverage these patterns moving forward?*
2. **What strengths emerged consistently?** *How can you leverage these strengths to move yourself forward in your career?*
3. **What Support Networks Were Effective?** *Analyze the effectiveness of your support networks during both high and low points. Are there specific individuals or groups that consistently provide valuable support? How can you nurture these relationships?*
4. **Do You See Patterns in Overcoming Challenges?** *Explore the strategies and resources you consistently used to overcome challenges. What patterns emerge in your ability to bounce back, and how can you apply these strategies in current situations?*
5. **Based on the patterns you've identified, what concrete steps can you take to navigate your current career situation?** *How can you apply your strengths, values, and support networks to move forward?*