

PROFESSIONAL STORY EXERCISE

This exercise will help you identify elements of your background, qualities and career vision that can help you land your dream job. Your answers will form the basis of the story you will tell throughout the job search process.

Your Background

What are your professional and personal interests?

What are you passionate about? What do you love doing?

What relevant training and education have you completed? (E.g., Courses or in-house training)

- Why did you choose to pursue it?
- What did you gain?
- Did you gain skills, a degree, or a certificate?
- Did it contribute to your success?
- What did you learn?

What relevant experiences have you had? E.g., Job-shadowing, internships, observerships, jobs, volunteering, serving on a board of directors

- Why did you choose to pursue it?
- What did you gain?
- Did it contribute to your success?
- What did you discover about yourself?
- Why did the experience end?

What are potential problems or weaknesses about your background?

- What is the context of the situation?
- How did you or can you address the problem or weakness?
- What lessons did you learn as a result?

Your Best Qualities

What are your best qualities? E.g., Punctuality, strong work ethic, dependability, a positive attitude, ambition, honesty

How have you put your qualities into action?

How have your qualities led to success?

Your Professional Career Vision

What is your career vision statement?

How do you plan to achieve your career vision?

How would the position you're seeking help you fulfill your career vision?

Your Professional Story

Turn your answers about your background along with your best qualities into a story about your professional life. Incorporate items that you believe employers would be most interested in with regards to the role you are currently pursuing.