

## Assignment 8 - Build Your Bio

### Warm up tasks:

- With your assessment results in mind, how important is the chapter subject matter to you?
- What were the highlights for you from the chapter 8 lecture?
- Consider the career equity, unique skills and goodwill you have built up over time.

### Primary assignment:

In order to start writing the latest chapter in your story -

#### **Draft a compelling description for yourself in your third chapter**

- Picture yourself at a social event, and you have to introduce yourself. What do you say?
  - As this is an imaginary exercise, rather than state the facts, project what could be. What could you do and how can you make it as inspiring to others and yourself as possible. 'Inspiring' doesn't have to mean the conventional sense of achievement, it could simply be something very authentic and honest that you are happy to own.
- Consider these to help you draft ideas
  - How much work and activity do you intend to undertake in your third chapter and therefore how professional should it be?
  - Do you want to acknowledge that you are retired or semi retired or refocusing in some way?
  - Do you want to mention the full-time career that you may have stepped away from?
  - Does it paint a positive picture of what you're doing and push you to do more?
  - Does it honor your purpose and the goals you set out in Chapter 3?
  - What kind of activity do you aim to fill your time with in your next life phase?
- Once you have the building blocks for your draft, start to construct a flow.
  - Often stripping away the less important parts makes stories work better - also, you are not obliged to explain yourself to others, it can be very simple.
- Once you have a working version you can test and refine it as follows:
  - Is it sufficiently appealing?
  - Does it stretch you but still feel attainable?
- When you're happy with what you want to say, memorise it in essence. Having this prepared and on hand can make many interactions easier for you.
- Consider publishing your new bio on appropriate social media profiles, like linkedin or professional directories.

**Well done. You have begun to literally write the next chapter of your story.**

Note: please keep all your assignment output for review during your final assignment.