**Career Exploration**

*Self-Reflection vs Information Gathering*

**Self-Reflection**

* What things matter the most to me in my career and life?
* How do I want my career to fit into the great vision of my life?
* What impact am I hoping to make in my career?
* Who do I want to serve?
* How does my current and past work experience play a role in my future career?
* What am I good at?
* What do I want to be good at?
* What have I been recognized for?
* What do I want to be recognized for?
* How do my work values play a role in my career? Refer to your assessment results
* How do my work skills play a role in my career? Refer to your assessment results
* How do my work interests play a role in my career? Refer to your assessment results

**Information Gathering**

* What are the popular/in-demand jobs?
* What are some growing fields/industries?
* Do organizations have a need for my skills and experience?
* Are there opportunities in my desired region/geography for the fields that I’m considering?
* What is the salary for the fields that I’m considering?
* What are the specific skills and competencies needed for the fields that I’m considering?
* What is the trend/expectation for education or credentials for the fields that I’m considering?
* What is the day in the life of the fields that I’m considering?
* What is the organization culture of the companies in the fields that I’m considering?
* What are the job titles of the fields that I’m considering?

Rank 1 – 10, how qualified you are for the fields you’re most interested in. **(Result =**

Rank 1 – 10, how clear you understand your own career goals. **(Result =**

Rank 1 – 10, how well you understand the workforce trends for the careers you're interested in. **(Result =**

Rank 1 – 10, confident you feel in beginning the job search process. **(Result =**

**Career Development Cycle**

**Self-Reflection** – Taking an internal inventory by assessing innate traits, needs, & personal qualities all for the purpose of gaining clarity and confidence for career decision making

**Information Gathering** – Taking an external inventory of workforce dynamics that impact career decision making

**Gaining & Maximizing Work Experience** – Strategically enhancing career opportunities by intentionally leveraging self-reflection & information gathering data in the workforce

**Advancement & Reframing** – Reaping the fruits of steps 1 – 3 & beginning to consider holistic needs to reimagine and reform goals

