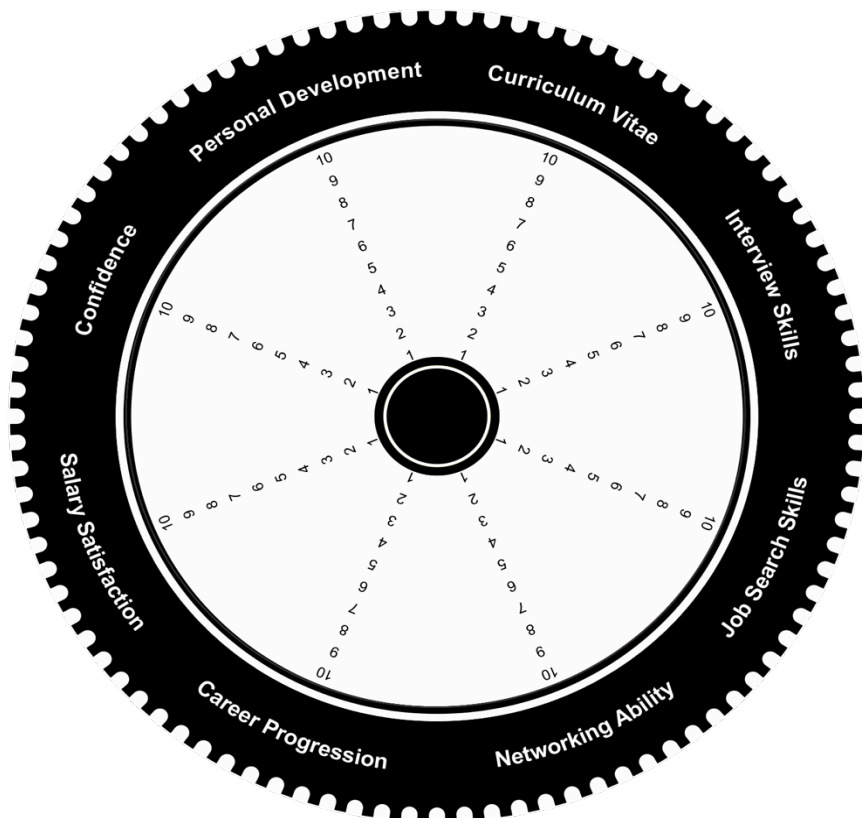




The Career Lens



The Career Lens

“Find a job you love, and you’ll never work again”

Are you saying yes to any of the following questions?

- Stuck in a job that’s not really making you feel 100% satisfied?
- Feel like you have ground to a halt with your career?
- Bored with your role but haven’t done anything about it yet?
- Don’t quite know what to do first, so you’ve ended up doing nothing!

Then it’s time to take some action! But before you do anything drastic, put the kettle on, and take 15 minutes just to reassess where you are with this fabulous Career Lens.

“Nothing happens until something moves ...”

How to Complete the Career Lens

Step 1 – Set time aside when you are not rushing and can do this exercise without interruption

Step 2 – Print off the Career Lens and Action Planning Table on the two following pages

Step 3 – Looking at each of the headers in the outer circle, mark a cross on the appropriate number of how you feel about that aspect of your career at this moment (1 = unsatisfied, 10 = extremely satisfied)

Step 4 – When you have scored each section, then link up the crosses to give a clear visual interpretation of how balanced your career is (it will resemble a spider's web)!

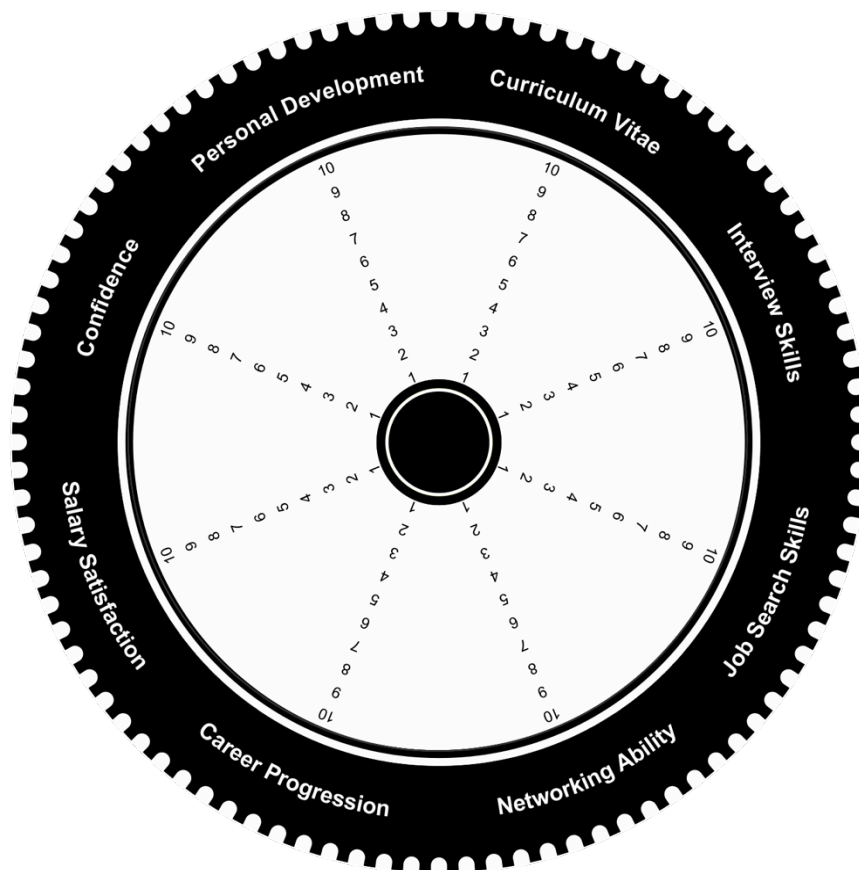
Step 5 – Then using the '**Power of 3**', think of 3 small actions you could make in each of the areas, that will take you closer to the score of 10 and further towards your ideal role

Step 6 - Write those actions down in the Action Planning Table and remember to add a completion date

Step 7 – Take action to move yourself forward ...

The Career Lens

Career Lens © of high10



Action Planning Table

Curriculum Vitae

- 1.
- 2.
- 3.

Interview Skills

- 1.
- 2.
- 3.

Job Search Skills

- 1.
- 2.
- 3.

Networking Ability

- 1.
- 2.
- 3.

Career Progression

- 1.
- 2.
- 3.

Salary Satisfaction

- 1.
- 2.
- 3.

Confidence

- 1.
- 2.
- 3.

Personal Development

- 1.
- 2.
- 3.

Over to You!

I hope you have enjoyed using this interactive tool to assess your current career situation.

Need help?

Please feel free to contact me if you need help with any of the topics on the Career Lens, or any aspects of your career.

Email: christine@high10.co.uk



About Me

Christine Ware – high10's Career Doctor

Christine lives and works in East Yorkshire and is known locally as 'The Career Doctor'. With a background in HR she enjoys helping individuals achieve their careers goals, whether just starting out or climbing the career ladder.



Email: christine@high10.co.uk

***Twitter - @ChristineWare
FB – The Career Doctor***

www.thecareerdoctor.co.uk