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# Signposts

— Self-examination  
for your career goals —

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# Agenda

Introduction

Beliefs

Values

Skills

Plan

Act

Closing



Write it  
down now



Work on  
it later

**Please go grab a  
pen/paper or laptop**

# Tell the Truth - Challenge Your Beliefs

Identify and Strip Away False Narratives

“You have one ruling passion”

“You should know by now”

“There is only one best version of yourself”

“I’m not good enough”

“What others think matters”

“Failure is a negative”



# Find the Truth - Part A: Self- Assessment Exercise

- **WHAT** first got you excited about your field of study/profession? 

(Enter in chat)


(If you were not excited about your field what were you excited about?)

- **WHY** did you get excited about that “thing”?  
- **HOW** did it make you feel?  

**I'm so excited.**



# Find the Truth - Part A: Self- Assessment Exercise

- Consider your career path 
  - **WHAT** do you enjoy most and least in the work you do or in your field of study?
- Consider your career path
  - **WHAT** benefits (internal and external) did you expect?

**I'm so excited.**



# Breakout Discussion - 5 Minutes

What first got you excited about your field of study/career?

Why?

What benefits did you expect?

Currently, what do you like most? least?

# Find the Truth - Part B: Self- Assessment Exercise


- Examine your younger self's life goals



- **WHAT** are they?
- Still true? **WHY/WHY NOT?**



# Find the Truth - Part B: Self- Assessment Exercise

- Examine your younger self's life goals 
  - What are they?
  - Still true? Why / Why not?
  - Did they:
    - change - **WHY?** Are these changes from within yourself or external to you?
    - or are they simply on hold? - **WHY?** Are these additions from within yourself or external to you?
    - or blocked? - **WHAT put them on hold?** - is this real?
    - or were added to? **WHAT is blocking them?** - is this real?





# Find the Truth - Part B: Self- Assessment Exercise

- Examine your younger self's life goals



- What are they?
- Still true? Why / Why not?

- Consider when you were/are happy and motivated/es you - **WHY?**

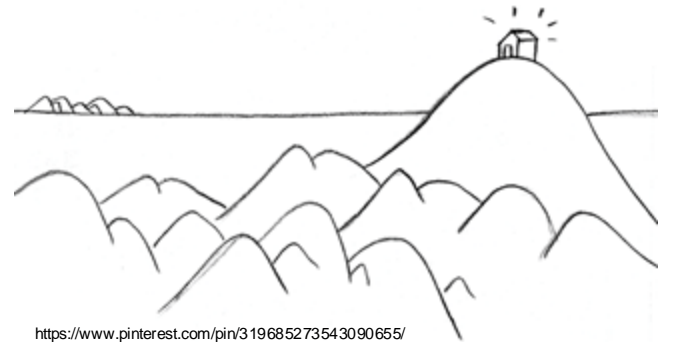


- **WHAT** was it that acted upon you?
- **WHEN** would others say you are at your happiest?



# Find the Truth - Part C: Self- Assessment Exercise

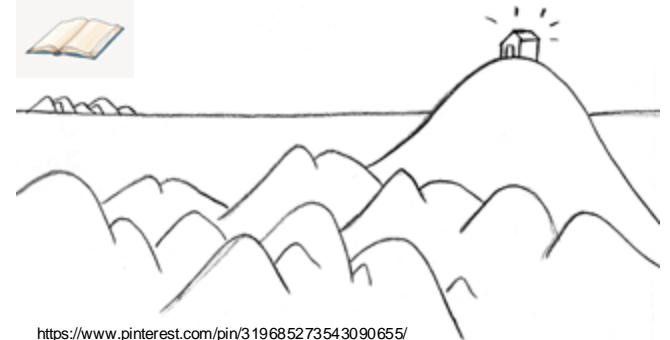
- Imagine a free day - no commitments and **WHAT** draws you?



<https://www.pinterest.com/pin/319685273543090655/>

# Find the Truth - Part C: Self- Assessment Exercise

- Imagine a free day - no commitments and what draws you?
- If you could live anywhere
  - **WHERE** would that be (Enter in the chat)
  - **WHAT** does that say about you? (Enter in the chat)



<https://www.pinterest.com/pin/319685273543090655/>

# Find the Truth - Part D: Self- Assessment Exercise

- Consider someone you'd ask for advice - **WHY**? (past and or present)



- **WHAT** makes you certain you'd get good advice?



- **HOW** would you approach them for advice?





# Find the Truth - Part E: Self- Assessment Exercise

- Consider the people you enjoy most - **WHAT** is it you value in them?
  - Favorite person to collaborate with?
    - **WHY?** (if comfortable enter archetype in chat)



# Find the Truth - Part E: Self- Assessment Exercise

- Consider the people you enjoy most - **WHAT** is it you value in them?
  - Favorite person to collaborate with?
    - **WHY?** (if comfortable enter archetype in chat)
  - Who would you live with? Who would you never live with?
    - **WHY?** (if comfortable enter archetype in chat)



# Find the Truth - Part E: Self- Assessment Exercise

- Consider the people you enjoy most -**WHAT** is it you value in them?
  - Favorite person to collaborate with?
    - Why? (if comfortable place in chat)
  - Who would you live with? Who would you never live with?
    - Why? (if comfortable place in chat)
  - **Who couldn't you work with in your past?**
    - **What was frustrating, why misaligned, conflict points? (enter in chat)**
    - **What does this say about you? (if comfortable enter in chat)**
      - (Be curious not judgmental ~ Walt Whitman)





# Values and Beliefs

Values together with beliefs are causal factors that drive your decisions

**Beliefs:** Thoughts you keep on thinking

- Contextual - arise give your circumstances
- Beliefs affect morals and values

**Values:** Affect your behavior and character

Belief

Value

cheating is immoral  honesty, transparency, integrity

# Find and Solidify Your Truth - Unearth your Values

Investigate who you are - not who you want to become



- List 5 of your values (if comfortable enter in chat)



# Values List

Accountability	Conflict resolution	Family	Leadership	Safety
Achievement	Continuous learning	Financial stability	Listening	Self-discipline
Adaptability	Courage	Forgiveness	Making a difference	Teamwork
Ambition	Creativity	Friendship	Openness	Trust
Balance	Dialogue	Future generations	Patience	Vision
Being the best	Ease with uncertainty	Generosity	Perseverance	Wealth
Caring	Efficiency	Health	Personal fulfilment	Well-being (physical, emotional, mental, spiritual, wisdom)
Clarity	Enthusiasm	Humility	Personal growth	
Coaching/mentoring	Entrepreneurial	Humour/Fun	Professional growth	
Commitment	Environmental Awareness	Independence	Recognition	
Community involvement	Ethics	Initiative	Reliability	
Compassion	Excellence	Integrity	Respect	
Competence	Fairness	Job security	Risk-taking	

# Breakout room Discussion - 5 Minutes

Share the values you identified

Do you see any themes in your list?

What does your list reveal about you?

# My Combined Skills and Knowledge

**Soft Skills** (add to your personal list)



- 
- 
- 
- 

**Spatial Skills and Knowledge** (add to your list)



-

# Breakout Room Discussion - 5 Minutes

Discuss your discoveries

- Soft skills
- Spatial skills
- Spatial knowledge

# What is Your Superpower?

Unique to you:



- Skill/ability
- Knowledge set

**ASK** your: friends, family,  
workmates and your boss what  
these are



<https://www.superpoweracademy.org>

# Build a Plan

## Flexible and Unexpected Careers

Strip away all the beliefs of what “geography” and a “Geographer” should look like”

- Recognize changes in industry and government you can tap into
- Consider unconventional
  - broad-based careers
  - sectors of industry and government



[https://aspyrewealth.com/have-a-plan/?utm\\_source=rss&utm\\_medium=rss&utm\\_campaign=have-a-plan](https://aspyrewealth.com/have-a-plan/?utm_source=rss&utm_medium=rss&utm_campaign=have-a-plan)



# Parallel Plans - exercise

Build 3 and 5 year plans



1. **WHAT** is the thing you are doing now (or need to be doing) to achieve the 3-5 year mark
2. If your current plan goes away **WHAT** is plan B?
3. Wild card - \$ no worry **“WHAT** would you do if unafraid?”

# Breakout Session Discussion - 5 minutes

Share your draft of a 3 - 5 year plan based on your beliefs and values; given your skills and superpower

WHAT do the next 3 to 5 years hold for you?

# Then ACT



Be Honest

Deep quiet/stillness and listening to yourself is the key

Choose Well - narrow down and rely on gut feeling - what feels good?

Let go of the many alternatives and move on



# Resources

Designing Your Life

<https://www.youtube.com/watch?v=SemHh0n19LA>

Personal Values Assessment

<https://www.valuescentre.com/tools-assessments/pva/>

**Thank You!**

**Catherine**

**Dawna**

**Ravit**