CAREER INTENSIVE

STARTER KIT



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Welcome

Welcome to the 'Career Intensive Starter Kit,' your companion to prepare for the first part of the Career Intensive conversation.

In this guide, we will delve into personal exploration and vision tools all aimed at clarifying what you want, why, what are your key talents and motivators.

All these things will make your career transformation not only more pleasurable, but also more successful.

Embarking on a career change can be challenging, because our natural instincts try to keep us in our comfort zone, but true growth happens when we challenge ourselves!

So I hope this will be an exciting opportunity to realign your professional life with your desires and strengths. Think of this Starter Kit as your personal guide on this journey.

Ready to upgrade your career? Let's dive in.

Eleonora

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

Albert Schweitzer



STARTER KIT

Key Tools

Personal Exploration

- River of Life
- Lotus Map

Vision Tools

- 3 visions
- Craft your vision

RIVER OF LIFE 1/2

The River of Life is a well known exercise to reflect on past experiences with the objective of identifying highlights and patterns and visualize future career aspirations
It is called in this way because our life, as the river, is not straight, but has twists and turns.
What have been the key turns of your life?

1. Take a piece of paper and draw your river that flows across the paper. The river should have bends, rapids, and calm sections to represent different phases of life.
2. Mark significant events along the river - write a title or make a small symbol about it.

3. Even if the objective here is to review your career, I would suggest to include earlier “turns” that have shaped your character. Think:

- education milestones,
- things that define why you chose your studies/jobs
- work related: jobs, promotions, major projects,
- challenges, and personal life events that shaped who you are,
- what shaped your passions or interests growing up.

JUST SOME EXAMPLES
WHAT’S YOUR SHAPE?

RIVER OF LIFE 2/2

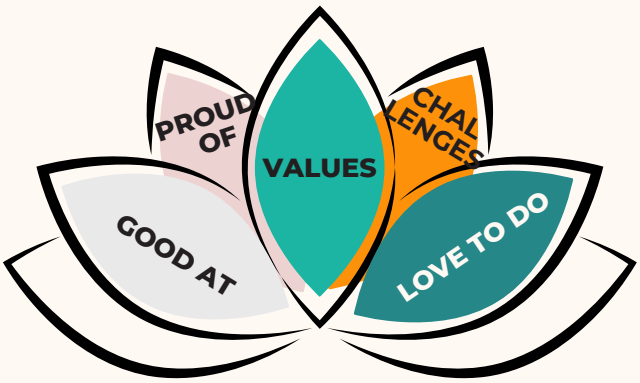
After you've done your River of Life use the prompts below to collect your insights.

- What were the major turning points?
- How did you overcome challenges?
- What achievements are you most proud of?
- What have been your key learnings?
- What skills and strengths have you developed?
- What insights and ideas does it give you about your future aspirations? And why?

Write your reflections below - more guidance will be shared in the next exercises.

LOTUS MAP 1/4

Use the reflections from the River of Life to explore these specific areas about you. Write between 5-10 elements for each of these categories below [petals].



1] Start from: What are you GOOD at?
[write down your ideas, then ask friends and family]

2] What do you LOVE TO DO?
[activities, tasks, areas of work, hobbies, interests]

LOTUS MAP 2/4

IDENTIFYING YOUR **CORE VALUES** IS A GREAT WAY TO UNDERSTAND YOURSELF AND ALSO HOW TO ALIGN TO A MORE PURPOSEFUL LIFE.

Some prompts to uncover your values:

- What does really matter to you?
- What things or people you love have in common?
- What made you take certain decisions? (even when others didn't agree)
- Looking back at your past, if you remember moments when felt like "yes that's me," chances are that you can identify a value underneath.
- Why you loved or hated certain jobs?

Look at the list below for inspiration:

ABUNDANCE
ADVENTURE
ADAPTABILITY
AUTHENTICITY
AUTONOMY
BALANCE
BEAUTY
COMFORT
COMMUNITY
COMPASSION
COURAGE
CREATIVITY
DISCIPLINE
DIVERSITY
EMPATHY
EXCELLENCE
EXPLORATION
FAITH
FAMILY
FREEDOM
FUN
GENEROSITY
GRATITUDE
GROWTH
HAPPINESS
HARMONY
HEALTH
HONESTY
IMPACT
INNOVATION
INSPIRATION
INTEGRITY
INTELLIGENCE
JOY
KINDNESS
LEARNING
LOVE
LOYALTY
ORDER
PASSION
PEACE
PLAYFULLNESS
PRESENCE
PRODUCTIVITY
RESPECT
SECURITY
SELF-ACTUALIZATION
SELF-EXPRESSION
SERVICE
SPIRITUALITY
STRENGTH
SUCCESS
TRUST
UNITY
WELL-BEING

LOTUS MAP 3/4

List here all the values/keywords that resonate with you:

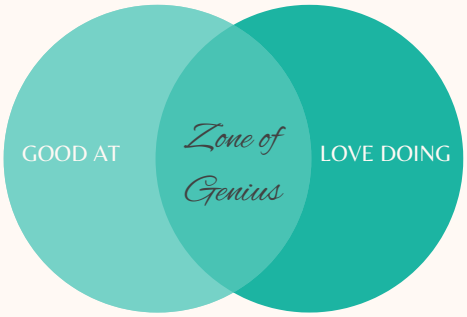
3] Pick the 5 top core values:

4] What are you proud of from your past?
[Personal, professional, family or lineage related]

5] What are some key challenges that faced, or made you grow?

LOTUS MAP 4/4

Reflections to connect the dots



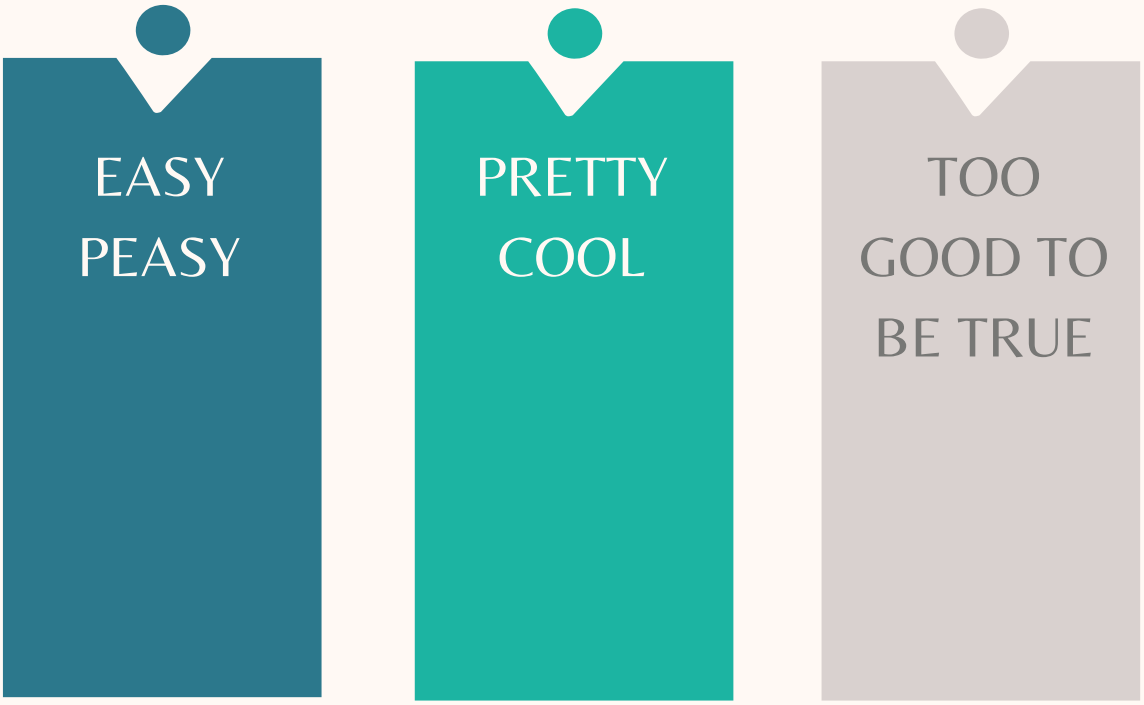
1. What are the common parts between the first 2 questions? [Zone of Genius]

2. What are the values that are more represented in your life/work? What are the ones that you would like to express more?

3. What insights are you getting about yourself in terms of life and career vision?

3 VISIONS 1/2

The 3 visions exercise is meant to clarify your aspirations and also stretch the range of what you dream of and believe in, because you're explicitly asked to! Play full out, even if it feels difficult!



TIP: as you expand, think in terms of higher freedom, abundance, impact or how you would give more space to your core values.

Write the first version of your career VISION - version **Easy Peasy**, something you know you can easily achieve.

3 VISIONS 2/2

Write your second version of the career VISION - version **Pretty Cool**. What would it look like if you aimed higher, make it a little more creative and satisfying? [
THINK OF THE TYPE OF WORK BUT ALSO WORKING HOURS, CONDITIONS, GROWTH, PEOPLE AROUND YOU ETC.

Now it's time to expand, think big, give space to the wild dreams, Write your career VISION - **Too Good to Be True** version.
IF YOU REALLY COULD WAVE A MAGIC WAND OR GET HIGHER HELP, WHAT DO YOU DREAM IT WOULD BE LIKE?

Self-reflection:

- What are your insights from the exercise?
- What surprised you?
- What did you discover?

CRAFT YOUR VISION



Vision Journaling
(Write min 1.5 pages)



Vision Board
(draw, cut magazine pics, print)



Mind Mapping
(connect key concepts)

You've done the thinking, you've let inspiration run free and wild. now it's time to choose.
What is the career that you want to create that will fit with [and support] your life dreams?

Put together your consolidated vision, it will probably have some elements of the Pretty Cool or Too Good to Be True. Since we search for evidence of what we believe and we want, we might as well try, right?

Choose one of the methods suggested [they are the most recommended and effective] but feel free to create your style if you are inspired to! If you can, use your hands to actually write, draw etc

TEMPLATES

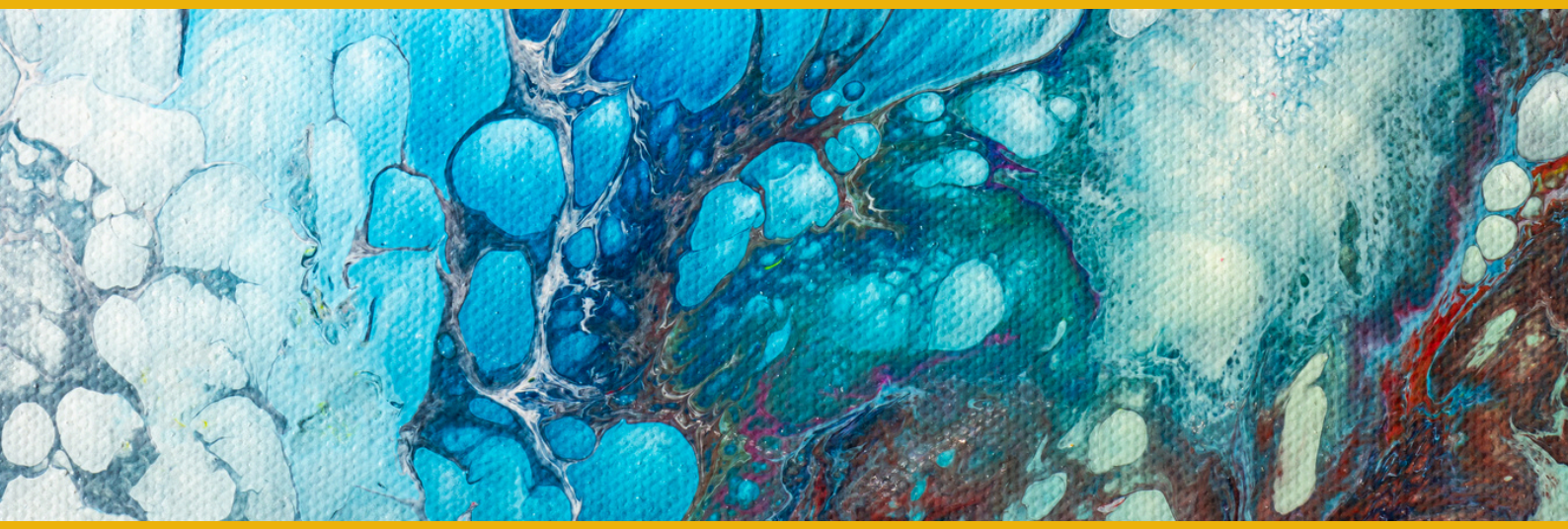
Vision Journaling Tool from Alyssa Nobriga
Vision Board v1 | v2 | v3
Mind Mapping v1 | v2 | v3



"Above all, be the
hero of your life,
not the victim."

Nora Ephron





Thank you!

What insights sparked from this toolbox?
I'd love to know your experience.
After this Kit, the second part focuses on building the roadmap to success, including defining your goals, habits and action plan for the next 3 months.

If you haven't planned a session with me to discuss the next steps, do reach out!

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