

## DOING THE WORK YOU LOVE

### 3 stages to help you plan effectively for your future

This document provides you with the stages you might want to consider as a way to start thinking about your working life and the career you want in the future. You can use this in conjunction with the GROW model to start taking action to achieve your goal.

#### STAGE 1: ABOUT YOU AND WHAT YOU WANT?

1. What were your aspirations when you were younger? Can you reconnect with these now?
2. What are the key moments/stages in your life that really motivated/inspired you – this may be social, community, work based. Is there anything that re-inspires you?
3. What was it about that moment/stage that you found really positive?
4. What do you enjoy and are you good at?
5. What can you bring to the table – skills, capabilities, knowledge?
6. What are you interested in – what aspects of work are important to you?
7. What kind of things do you want to do?
8. What motivates you?
9. What tasks do you prefer undertake?
10. What are your three best qualities (remember to ask this of people you know – family, friends, colleagues, clients, etc.).
11. Draw a picture of your future:
  - How you want to be living?
  - Where you want to be living?
  - What you want to be doing?
  - What relationships do you want in your life?
12. What do you need to earn?
13. What are your constraints/responsibilities?

## STAGE 2: OVERCOMING BARRIERS – HOW DO YOU GET FROM A TO B

14. Do you have experience in the sector?
15. If not, how can you think creatively about overcoming this?
16. What is it you need to do in order to build experience?
17. Where can you get support and help?
18. Where can you go for resources?
19. Who are the people you need to have conversation with – who can help you?

## STAGE 3: MOVING FORWARD

20. Where are the jobs you're after – where do they get advertised?
21. How do you get into them?
22. Who is it you need to apply to?
23. How do you need to apply?
24. How can you demonstrate your transferable skills and experience?
25. What is required at interview and assessment stage?
26. How will you prepare for interview and assessment?