

# CAREER DEVELOPMENT

JANUARY 2015

# DEFINITION

- **Career - an occupation undertaken for a significant period of a person's life and with opportunities for progress**



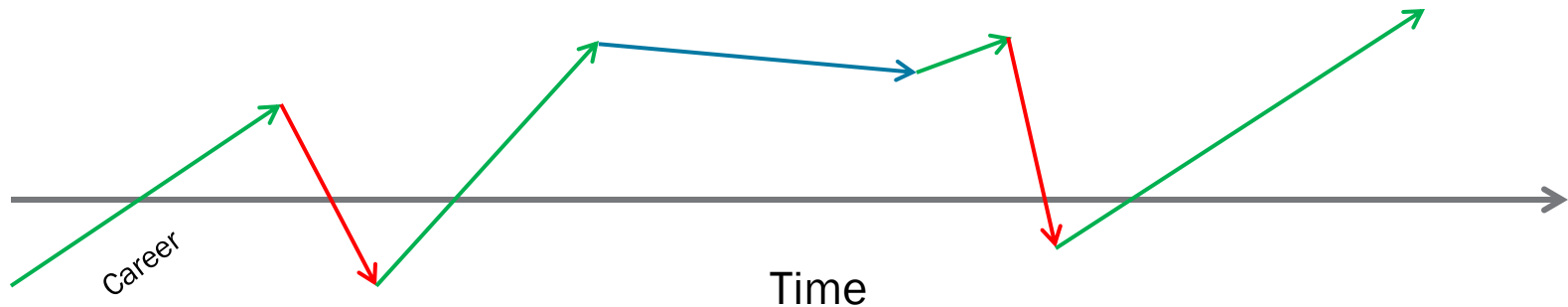
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- **Development – The process to grow or cause to grow and become more mature, advanced, or elaborate**



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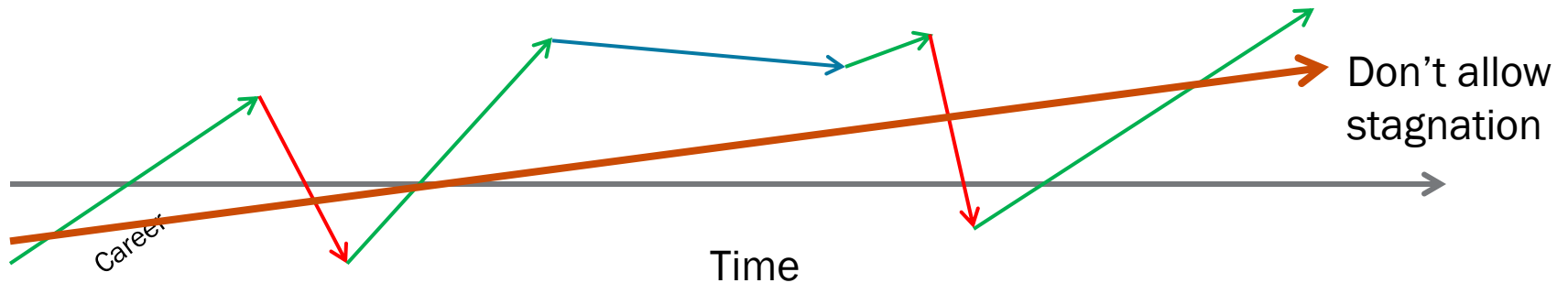


## 4. Don't Avoid Change

What the mentally strong understand that the mentally weak do not is that change is unavoidable. Trying to avoid the inevitable is pointless. Therefore, trying to avoid change is pointless; it's a mere waste of time and energy.

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# **WHAT YOU DO CONSISTS OF:**

**Personal Characteristics – Personality Type, Interests,  
Values**

**Socio-Economic Factors – National Financial Conditions,  
Personal; Financial situation**

**Physical and Mental Abilities**

**Planning**

**Risk Aptitude**

**Chance**



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This never ends.....

## 18. Don't Act Without Calculating

The mentally strong know better than to act before completely understanding the situation at hand. If you have time to ponder over something and cover all your bases, then do so. Not doing so is pure laziness.

<http://elitedaily.com/life/motivation/20-things-that-mentally-strong-people-dont-do/>

# WHAT DO I DO?

- **Self Assessment – Career Tests**
  - <http://www.careertest.net/>
- **Interest Inventory**
- **Personality Inventory**
- **Aptitude Assessment**

**Your Career is up to you.....**

## Insights Wheel

Strong Implementer - Challenges the status quo,  
Tenacious, Multi-Tasker, Deadline Conscious,  
Initiates Activities, Creative Problem Solver

Me.....

Meyers Briggs – ISTJ/P

Introvert (64/66/70%)

Sensation (41/35/41%)

Thinking (23/23/29%)

Judging/Perceiving (29/52/52%)

Trustee or Artisan – Action Oriented,  
Crave Excitement, Pillar of Strength,  
Impulsive, Dangerous to stop, can be  
technical experts (5 to 6 % of the  
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## 15. Don't Feel Like You're Owed

You aren't owed anything in life. You were born; the rest is up to you. Life doesn't owe you anything. Others don't owe you anything. If you want something in life, you only owe it to yourself to go out and get it. In life, there are no handouts.

<http://elitedaily.com/life/motivation/20-things-that-mentally-strong-people-dont-do/>

# DEVELOP A CAREER ACTION PLAN

1. Where have you been (resume)
  2. What have you learned (resume)
    - a. Degrees
    - b. Licenses
    - c. Experiences
  3. Self Assessment Results and Best Career Matches
  4. Short Term Plan
  5. Long Term Plan
  6. Barriers and Action Plan
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## 10. Don't Focus On Your Weaknesses

Although working on our weaknesses does have its benefits, it's more important to focus on banking on our strengths. The most well-rounded person is not the person that gets the furthest in life. Being average in all regards makes you average. However, mastering a certain skillset or trait will allow you to beat the competition with less effort.

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# CAREER DEVELOPMENT HACKS

- Be Fluid
- Anticipate Rejection and be prepared
- Expect Change and Replanning
- Be true to your assessments
- Be true to your values
- Network, who you know opens the door, what you know allows advancement

If you don't ask you know the answer.....



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## 2. Don't Remain In Your Comfort Zone

The comfort zone is a dangerous place, a dark abyss where anyone who remains there for too long loses his or herself entirely. Staying within your comfort zone is giving up on life.

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**QUESTIONS?**

