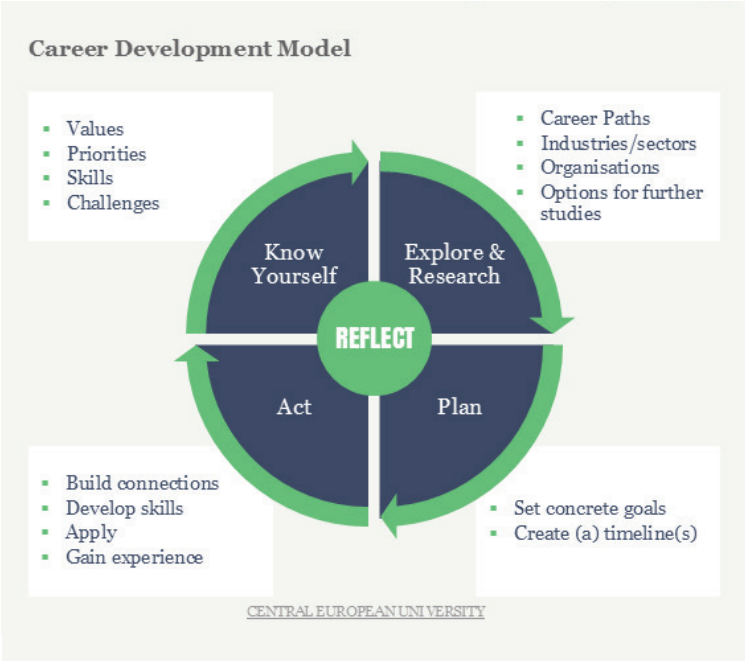


1. LOOK FORWARD

Three things that could impact your career path (positive or negative):



PLANNING

A focus on the future and preparing for what might come next.

CONTROL

Exercising influence over our future by focusing on what is in your control.

CURIOSITY

Being curious and imagining ourselves in different roles and scenarios.

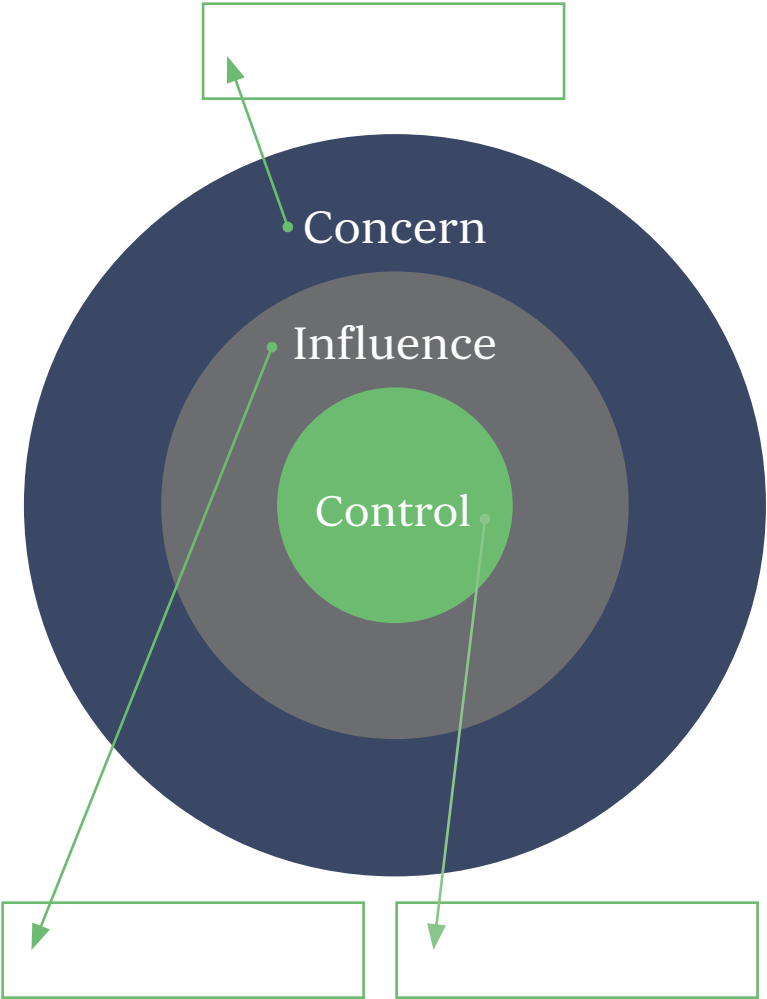
CONFIDENCE

Having the confidence to make sound decisions in pursuing career aspirations.

2. LOOK INWARD

Group Activity: Scenario

- In the **Control** section, identify what is within Finn's control.
- In the **Concern** section, write down what is outside of Finn's control.
- What are some alternative ways to view the situation?



3. LOOK AROUND

How could you demonstrate curiosity in your role, organisation and/or your career?

TIPS: WAYS TO BE CURIOUS IN YOUR CAREER

It sounds like...

*

*

*

It looks like...

*

*

*

*

*

4. LOOK AHEAD (WITH CONFIDENCE)

If you were to wake up tomorrow morning with the confidence to do that thing ... what would you do differently?

THE CONFIDENCE PARADOX

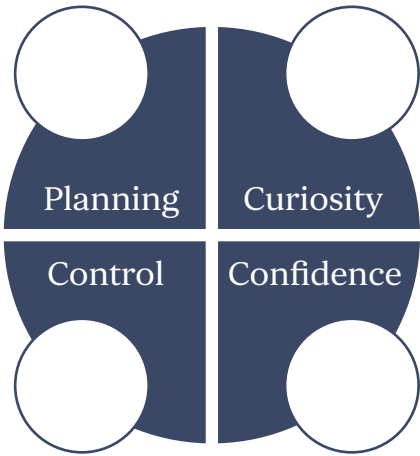
Confidence comes from doing.



5. STRENGTHENING YOUR ADAPTABILITY

- 1 Rate where you think you are on the four dimensions of adaptability.

Rate from 0-10 where you are on each of the dimensions.



- 2 In this section, work on two of your highest or lowest adaptability dimension ratings.

Based on your lowest ratings, work on the two lowest dimensions or you can focus on the two highest dimensions to expand on your strengths. Select two adaptability dimensions you will use to enhance your adaptability.

- ☐ Planning ☐ Control
☐ Curiosity ☐ Confidence

DIMENSION 1:

Outline how I will apply this dimension in practice.

Use example actions as a guide.

DIMENSION 2:

Outline how I will apply this dimension in practice.

Use example actions as a guide.

Potential barriers to adapting to this change.

Examples:

- Exhaustion.
- Fear of failure.
- Comfortable with the status quo.
- Routine habits – running on ‘autopilot’.
- Fixed mindset – fossilised mental models.
- Protection’ mindsets – default mindsets that we revert to in moments of flux.
- Lack of responsibility for decision-making.
- Lack of skills, training and coaching.
- Short-term thinking.
- Lack of connection to purpose.

How I will overcome these barriers.

Examples:

- Challenge and reframe negative thoughts.
- Make sure I get enough of the basics (sleep, food, exercise etc.)