**PG 7002 Your Career Mindset - How are your thoughts influencing your career ?**

Where did you get your idea of what a career should be? Has it changed over the years?

Is it still relevant to you today?

We all have varied views, beliefs and expectations of what a career should be, these are influenced by our personality, family and environmental conditions and skills

Read the following 12 descriptions of Career Philosophy and mindset and answer the questions below. (there are no right and wrong answers)

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| **Ascending**  **Motto:** Climb as high as you can  **Method:** Gain promotion and advancement **Desires:** Money, status, responsibility, power **Dreads:** Getting stuck at a level below my potential  **Question:** How quickly can I get there? | **Growing**  **Motto:** Become a more rounded person **Method:** Take on roles that allow development **Desires:** Self actualisation, wisdom, competence  **Dreads**: Staying the same person  **Question:** How will this change me? |
| **Securing**  **Motto:** Stay safe  **Method:** Manage risks, hedge your bets **Desires:** Stability, employability, continuity **Dreads:** Losing my job, changing my lifestyle **Question:** How can I keep things going? | **Relating**  **Motto:** Be somewhere you belong  **Method:** Focus on nurturing important relationships  **Desires:** Community, family, being valued **Dreads:** Being isolated, not fitting in, conflict **Question**: Who do I connect with? |
| **Learning**  **Motto:** Follow your passion  **Method**: Find opportunities to pursue your interests  **Desires:** Education, subject focus, new ideas **Dreads:** Rehashing the same knowledge **Question:** How can I explore this topic further? | **Exploring**  **Motto:** Keep trying new things  **Method:** Always looking for intriguing new opportunities  **Desires:** Variety, new challenges, the unexpected  **Dreads:** Getting stuck repeating the same old actions  **Question:** Where could this take me next? |

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| **Choosing**  **Motto:** Be in control  **Method**: Take charge whenever you can  **Desires**: Autonomy, independence, decision making  **Dreads:** Having to answer to someone else **Question:** How can I do it my way? | **Auditioning**  **Motto:** My time will come  **Method**: Get your talents noticed by someone **Desires:** Recognition, nurturing, reward  **Dreads**: Being overlooked  **Question:** Who will give me my big chance? |
| **Investing**  **Motto:** It will be worth it in the end  **Method**: Work hard to lay a foundation for the future  **Desires**: Building resources, enabling the dream **Dreads:** Not making it by wasting time  **Question:** What will it take to get there? | **Fulfilling**  **Motto**: Live up to your promise  **Method**: Accept challenging goals and push yourself  **Desires:** Achievement, being worthy, fulfilling duty  **Dreads:** Giving up on the mission  **Question:** How can I achieve my purpose? |
| **Defining**  **Motto**: What you do is who you are  **Method**: Seek clearly defined roles  **Desires:** Sense of identity, status, respect **Dreads:** Undermining or devaluing of role Question: What does it say about me? | **Expressing**  **Motto:** Articulate your individuality  **Method:** Pursue opportunities allowing self-expression  **Desires:** Being creative, being oneself, being authentic  **Dreads**: Having to conform  **Question:** Can I be myself? |

-**Select the two most dominant Career approaches** that influence your experience and approach to your Career

-Select the **two most influencing career mottos** and **two desires**

**write them out**

-**How do your influencing career mottos and desires support your personal and professional career development?**

**- Do they impact it in a positive way?**

**-Do they stand in your way?**

**-Do they need re-evaluation?**

**(5- 10 minute reflect and write exercise)**

***Reference: What is a career ?***

*Careers In Theory David Winters , London Careers Group, University of London*