

IN THE  
**LOOP**  
OF A FLOURISHING CAREER

...

Chapter 2

*Resource Pack*

On the following pages you will find the exercises from Chapter 2 of the book  
In the Loop of a Flourishing Career by Katherine Street

# Core Skills for Working

Date \_\_\_/\_\_\_/\_\_\_

Against each core skill, rate the level at which you believe you regularly and consistently perform the skill.

CORE SKILL	NOVICE	ADVANCED BEGINNER	CAPABLE	PROFICIENT	EXPERT
Communication (two-way)					
Teamwork <sup>1</sup>					
Being Organised					
Problem Solve					
Perspective Taking <sup>2</sup>					
Innovation & Creativity					

<sup>1</sup>Teamwork is being a valuable member of a team, not leading a team. People often seem to get the two confused. Being a good team member might sometimes mean leading the team, but it is also following others when it is better that they lead.

<sup>2</sup>This means seeing things from another's point of view and is the core skill in having good interpersonal relationships.

# Pervasiveness of the 5 Career Myths

Date \_\_\_/\_\_\_/\_\_\_

Using the scale of 1 to 10 (1 = not at all and 10 = completely), rate the pervasiveness (that is, you see the impact of it spread throughout your career decisions) by ticking the box corresponding to your rating.

10					
9					
8					
7					
6					
5					
4					
3					
2					
1					
	Myth of the Title	Myth of Divine Intervention	Myth of the Ladder	Myth of the Rosy Glasses	Myth of Cinderella

# Examples of the 5 Mind Tricks

Date \_\_\_/\_\_\_/\_\_\_

Against each mind trick, recall and make notes about when this trick has occurred in your career. For example, I recently caught myself believing that it was not useful sending an introduction email to someone whose work I had admired for a long time. I noticed the mind trick, sent the letter and have had enjoyable correspondence.

MIND TRICK	THIS MIND TRICK OCCURRED WHEN I...
Overwhelmed in the face of too much choice	
An overactive tendency to see what is wrong	
Greater comfort with short term rather than long-term thinking	
Inflexibility in thinking	
Believing ourselves too readily	

# Career Approach Reflection

Date \_\_\_/\_\_\_/\_\_\_

Look back on your career so far and divide it into seven timeslots with a minimum of six months for each timeslot. For example, if you have been working for 21 years divide your career into three-year timeslots ('96-'98, '99-'01), if you have only been working for three years, divide it into six separate six-month timeslots. Next, look at each timeslot and remember what was happening in your career at that time. Decide which approach to career, from the nine outlined, was the predominate approach you took during that time. Shade the timeslot box that corresponds to the approach in the table below. Then reflect on what you learn.

What might be a good approach to adopt for the next timeslot in your career?

**Timeslots of Your Career**

YEARS	1 ___/___	2 ___/___	3 ___/___	4 ___/___	5 ___/___	6 ___/___	7 ___/___
Reflective							
Retune							
Future Visioning							
Pivot							
Prototype							
Devolved							
Restart							
Drifter							
Organisational Pathway							