## IN THE LOOP OF A FLOURISHING CAREER

Chapter 5

Resource Pack

On the following pages you will find the exercises from Chapter 5 of the book In the Loop of a Flourishing Career by Katherine Street

## Career Environment Scan

Date/
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Using the three prompt areas make some dot points about what you know about the environment or your career, and what you might like to find out.
PEOPLE
Reflect on, and identify, the local, national and international people in your career area who have influence and status:  • Who are they?  • How do they operate?  • What sorts of things do they care about?  • Are they people you want to, or could reach out and be connected with?  • Who are the "hero's" in your industry?  • How did they gather the degree of influence they have?
INNOVATIONS
What emerging advancements are you and the people you are connected to noticing? Things such as innovations, inventions, new theories and development:
<ul> <li>What might make your work (or aspects of it) redundant, or easier, or more important?</li> <li>What might be the impact of artificial intelligence on your career area?</li> <li>What technological / digital disruptions are likely to occur?</li> <li>What new research is being conducted in your area?</li> <li>What concepts are being matched and merged in new and novel ways (think of the quirky example of the burkini that merged sports fashion and religion)?</li> </ul>

SENTIMENT
<ul> <li>What political and social sentiment surrounds your career:</li> <li>In what way is your career area/industry in the media?</li> <li>Who talks about your industry and in what way?</li> </ul>
<ul> <li>If the current political opposition were in government what would they do differently in your career area?</li> </ul>
<ul> <li>What new areas of political or social concern are becoming "topic of the month" and may impact your career area?</li> </ul>
OTHER
What else do you know, or not know, about the environment that surrounds your career:  For example;
<ul> <li>Training and development</li> <li>Artistic influences</li> </ul>
<ul> <li>Globalization and changing demographics</li> <li>Trends from the past that are might become popular again</li> </ul>



## THE FIVE PEOPLE I SPEND THE MOST TIME WITH IN MY CAREER

Over a week notice the five people you spend the most time around while engaged in career related activities. Usually at work, but might also be during study, or when you volunteer. List them below and write a few words about the impact they have on your career. Give them a score out of ten for the degree they are a positive influence on your career, and a score out of ten for the degree you are a positive influence on their career.					
NAME	THEIR INFLUENCE	ONME	ME ON THEM		
		/10	/10		
		/10	/10		
		/10	/10		
		/10	/10		
		/10	/10		
Changes I might make as	a result of this audit:				



Date

Date/	 <i>'</i>				

Consciously build your network by being aware of the people who surround you and the level to which they would know about or champion your career.

In column 1 list all the people who know you enough to greet you in the street – These are the People I Know. In column 2 list those people who know enough about your work to be able to comment upon it. These are people who Know My Work. You worked with or for these people or they have been the recipient of your work. In column 3 list those people who would gladly be a champion of your career. When you first do this exercise this column may be empty.

Continue to add new names to each column as appropriate. On a monthly basis challenge yourself to move people up a column. This usually requires finding ways to help that person. Think about ways you can keep people in the third column so they don't drop back to a previous column.

PEOPLE I KNOW	KNOW MY WORK	CHAMPION ME

## Know What You Know

Date/
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As a committed Career Maintainer use this reflection space to consolidate what you know about yourself and your environment in terms of what is new and what is changing from the last time you did career maintenance. If this is your first time doing career maintenance gauge this reflection on what you thought you knew about yourself and your environment.

ME								
The change in me since I last did career maintenance has been (circle):								
Minimal	A little	A good amount	Substantial	Extreme				
The key changes in me I need to note are:								
These changes diff	er from my last care	eer reflection in these	ways:					
What hasn't chang	ed when I expected	it would was:						
What hasn't changed when I expected it would was:								
New things I have discovered about myself are:								
These new things mean:								

ENVIRONMENT						
The change in care	er environment sir	nce I last did career mai	intenance has been	(circle):		
Minimal	A little	A good amount	Substantial	Extreme		
The key changes to	note in my enviro	nment are:				
These changes diff	fer from my last co	reer reflection in these	W/OVS.			
These changes and		neer reneedor in these	ways.			
What didn't change	e when I expected	it would was:				
New things I have d	liscovered about n	ny environment are:				
These new things r	nean:					
PATTERNS						
		r maintenance reflectic future of your career?		trends are you		