

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 ___/___/___

Page 1 of 2

Using the three prompt areas make some dot points about what you know about the environment of 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:

- What might make your work (or aspects of it) redundant, or easier, or more important?
- What might be the impact of artificial intelligence on your career area?
- What technological / digital disruptions are likely to occur?
- What new research is being conducted in your area?
- 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)?



SENTIMENT

What political and social sentiment surrounds your career:

- In what way is your career area/industry in the media?
- Who talks about your industry and in what way?
- If the current political opposition were in government what would they do differently in your career area?
- What new areas of political or social concern are becoming "topic of the month" and may impact your career area?

OTHER

What else do you know, or not know, about the environment that surrounds your career:

For example;

- Training and development
- Artistic influences
- Globalization and changing demographics
- Trends from the past that are might become popular again

People Audit

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

Date ___/___/___

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	ON ME	ME ON THEM
		___/10	___/10
		___/10	___/10
		___/10	___/10
		___/10	___/10
		___/10	___/10

Changes I might make as a result of this audit:

Know What You Know

Date ___/___/___

Page 1 of 2

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 differ from my last career reflection in these ways:				
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 career environment since I last did career maintenance has been (circle):

Minimal

A little

A good amount

Substantial

Extreme

The key changes to note in my environment are:

These changes differ from my last career reflection in these ways:

What didn't change when I expected it would was:

New things I have discovered about my environment are:

These new things mean:

PATTERNS

As you look back on a series of career maintenance reflections what patterns or trends are you noticing that will be important for the future of your career?