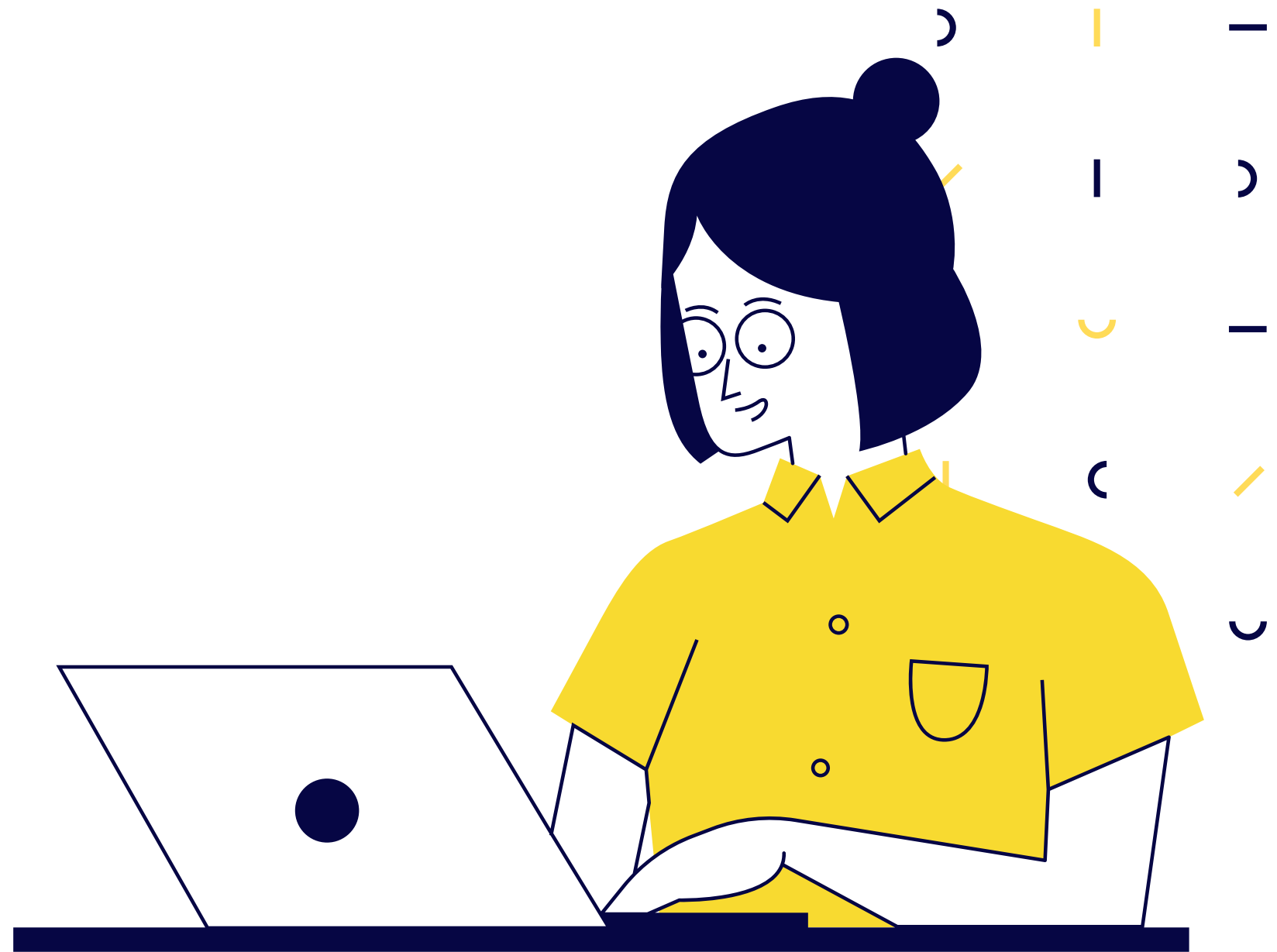


Career mapping template.



This tool enables you to quickly and simply chart your career highs and lows to date. Highlighting trends so you can understand your key strengths and weaknesses, and more clearly refine your career planning going forward.

How to use this tool

Using the left side of the timeline as the start of your career, plot your jobs and roles, finishing up on the right side of the chart as the present day.

As you plot each job and role, mark the positive times higher up the chart as indicated, and the low points further down beneath the line. You may end up with a somewhat squiggly line, but this is good; it is the key to starting to understand patterns in what has made your career great (or not so great) over the years.



Career Timeline

Objective:

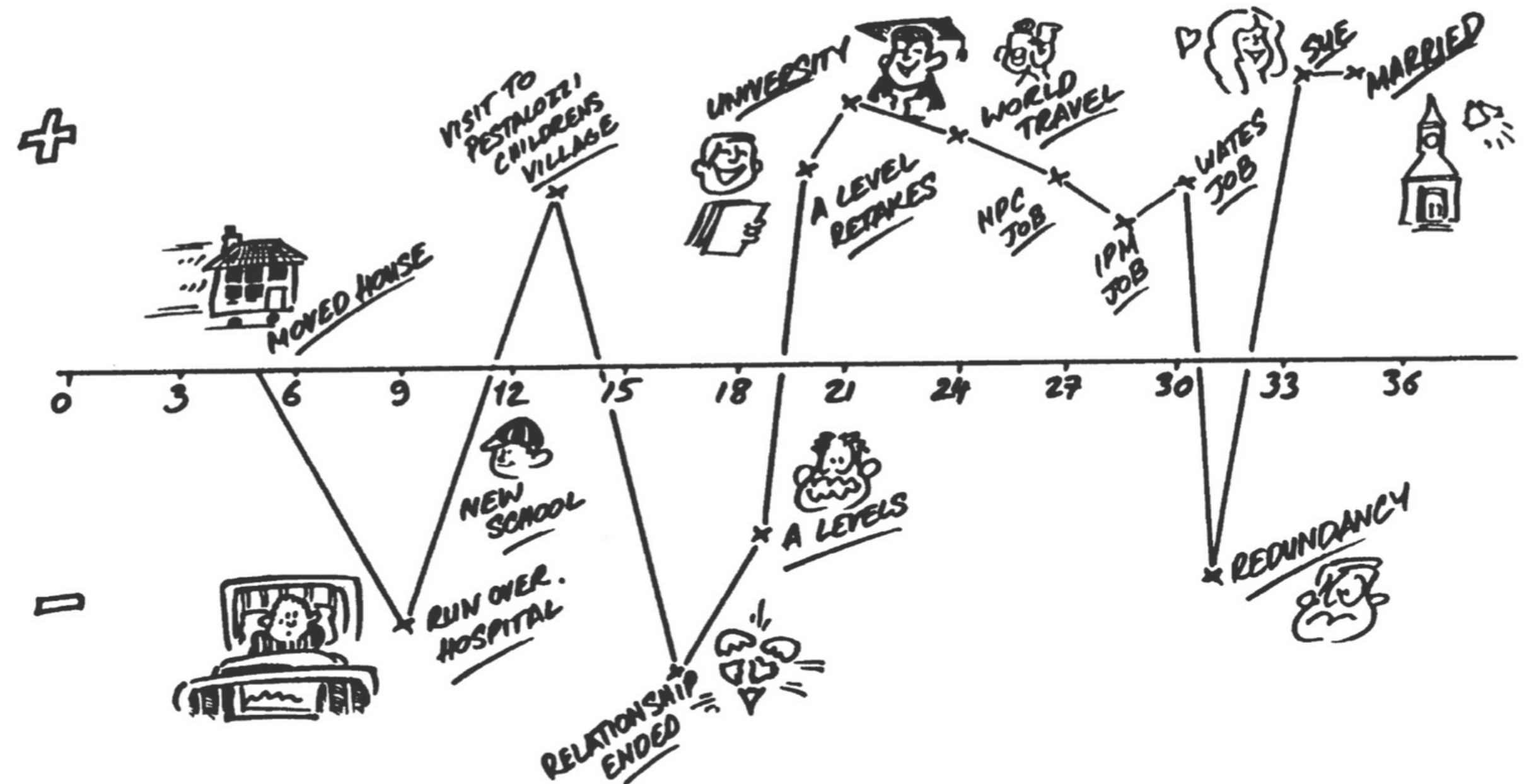
This exercise provides a visual way of reviewing your education and career's trajectory, learning points, highs and lows.

Instructions:

Take a large sheet of paper and two or three coloured pens. Draw a straight line across the middle of the paper.

Note down your current age at the right end of the line.

Now, put in a 'plus' (+) and a 'minus' (-) to signify the times you look back on with a great deal of satisfaction (+), and those times which were very hard or unpleasant (-)



Before you start, think carefully about the course the line will take. Where are the peaks and troughs? Are there some parts of the line which are very stable?

Mark in the significant events in all parts of career development. Include experiences which influenced you, achievements, good and bad memories. Allow yourself lots of space, as one event may trigger off a memory of another. Use sketches if you like. Connect up the points you have marked.

Use a key as follows:

S = point of stress
L = point of learning
C = time of change
GD = good decision
? = questionable decision
A = satisfying achievement

Write down your thoughts about the following questions, and discuss them with a good listener:

- a) Are there any themes you notice?
- b) What have been the major turning points in your life?
- c) How have you coped with disappointment?
- d) How do you characteristically manage change?



Write below the 3 KEY POINTS emerging from your Timeline:

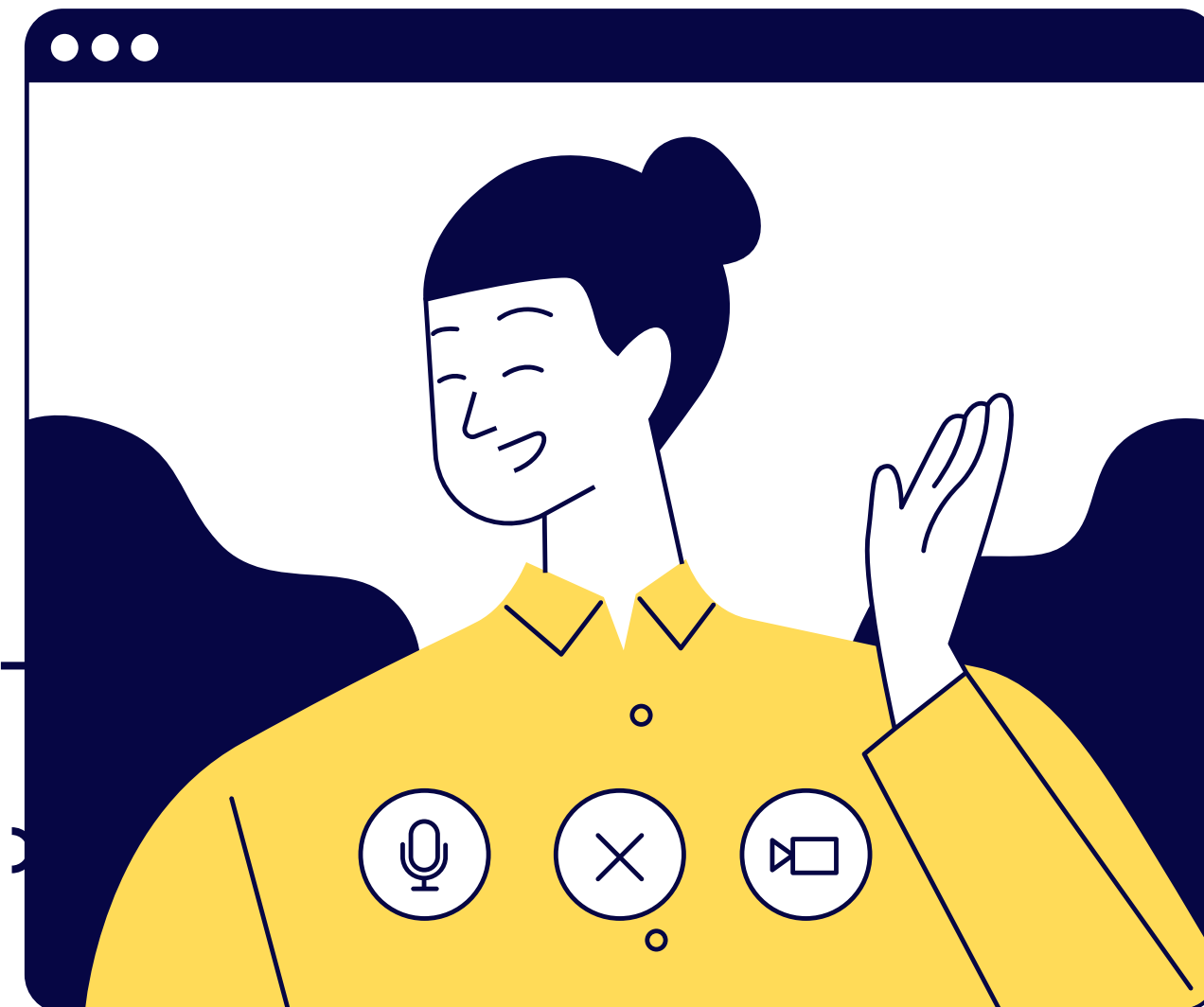
1.

2.

3.



Contact me



For more help on completing this or understanding the results, you can give me a quick call on the details below.

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