

Career Exploration

Career CoLab



Career Counselling

Take a few minutes to reflect on your personal / professional experience. What are you hoping to get out of our career counselling session/s?

Why is career counselling important to you?

Think about your proudest moment

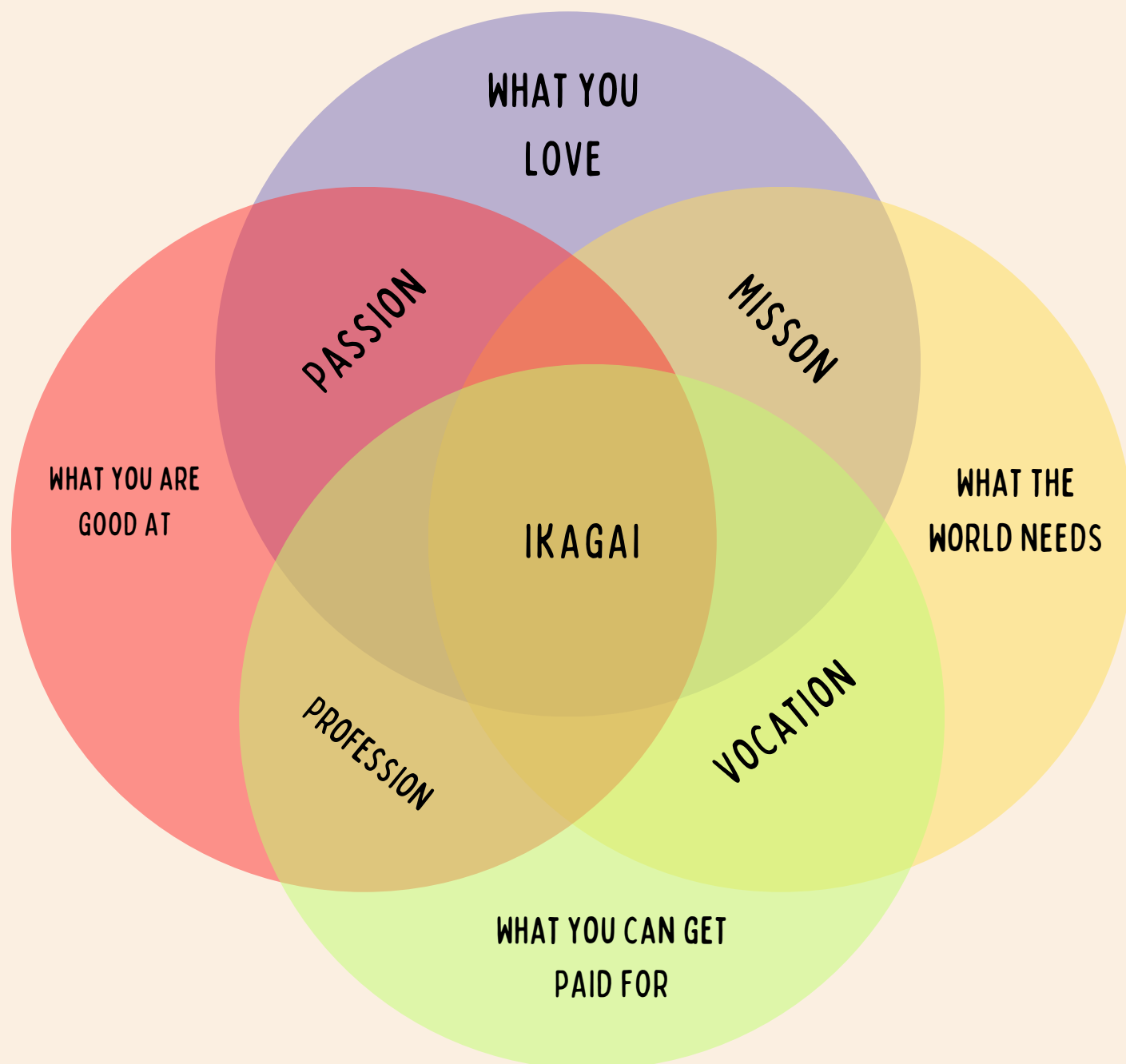
Think about your biggest past hurdle - what tools did you use to overcome this situation?

Ikigai

is a Japanese concept that means “a reason for being” or “what gets you out of bed in the morning.” Discovering your own ikigai is said to bring fulfilment, happiness and make you live longer. It is a wonderful place to start when we are looking at your own career journey.

Ikigai is seen as the following four primary elements overlapping:

- What you love (your passion)
- What the world needs (your mission)
- What you are good at (your vocation)
- What you can get paid for (your profession)



Sustainable Development GOALS

SUSTAINABLE DEVELOPMENT GOALS



The Sustainable Development Goals (SDGs) are a call for action by all countries! To promote prosperity while protecting our planet. They recognise that ending poverty must go hand-in-hand with strategies that build economic growth and address a range of social needs including education, health, social protection, and job opportunities, while tackling climate change and environmental protection. When exploring careers, the SDGs are valuable to consider when we are thinking about the impact we want to have in our world.



My Values

Values represent your judgment of what is essential in life. Values are your deeply held standards of behaviour. Values guide your decisions. values are not set in stone or static. They can, and should, evolve as your knowledge, experience, and circumstances change. Values also can create deep emotional charge.

When what we experience is aligned with our values, our positive emotions increase. When our values are violated, we feel a wave of negative emotions.

Want to know more about values? - check out Brene Brown’s work

ACCOUNTABILITY
ACHIEVEMENT
ACTIVISM
ADAPTABILITY
ADVENTURE
ALTRUISM
AMBITION
ANCESTRY
APPEARANCE
AUTHENTICITY
BALANCE
BEING THE BEST
BELONGING
CAREER
CARING
CO-CREATION
COLLABORATION
COMMITMENT
COMMUNITY
COMPASSION
COMPETENCE
CONFIDENCE
CONNECTION
CONTENTMENT
CONTRIBUTION
COOPERATION
COURAGE
CREATIVITY
CURIOSITY
DIGNITY
DIVERSITY

EFFICIENCY
ENVIRONMENT
EQUALITY
ETHICS
EXCELLENCE
FAIRNESS
FAITH
FAMILY
FINANCIAL STABILITY
FORGIVENESS
FREEDOM
FRIENDSHIP
FUN
FUTURE GENERATIONS
GENEROSITY
GIVING BACK
GRACE
GRATITUDE
GROWTH
HARMONY
HEALTH
HOME
HONESTY
HOPE
HUMOUR
INCLUSION
INDEPENDENCE
INITIATIVE
INTEGRITY
INTUITION
JOB SECURITY

JOY
JUSTICE
KINDNESS
KNOWLEDGE
LEADERSHIP
LEARNING
LEGACY
LEISURE
LOVE
LOYALTY
MAKING A DIFFERENCE
NATURE
OPENNESS
OPTIMISM
ORDER
PARENTING
PATIENCE
PATRIOTISM
PEACE
PERSEVERANCE
PERSONAL FULFILMENT
POWER
PRIDE
RECOGNITION
RELIABILITY
RESOURCEFULNESS
RESPECT
RESPONSIBILITY
RISK-TAKING
SECURITY
SELF-DISCIPLINE

SELF-EXPRESSION
SELF-RESPECT
SERENITY
SERVICE
SIMPLICITY
SPORTSMANSHIP
SPIRITUALITY
STEWARDSHIP
SUCCESS
TEAMWORK
THRIFT
TIME
TRADITION
TRAVEL
TRUST
UNDERSTANDING
UNIQUENESS
USEFULNESS
VISION
VULNERABILITY
WEALTH
WELLBEING
WHOLEHEARTEDNESS
WISDOM

WRITE YOUR OWN:

Purpose for a Better World

What Matters to Me

My 3 most important values:

-
-
-

These values matter to me because _____

Sustainable Global Goals I Care About

Choose 1-2 Sustainable Global Goals that connect with your values

-
-

These goals are important to me because _____

My Future Impact

How can my skills or interests help support these goals?

Careers or roles I might explore:

One way I can make a difference now:
