

# 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

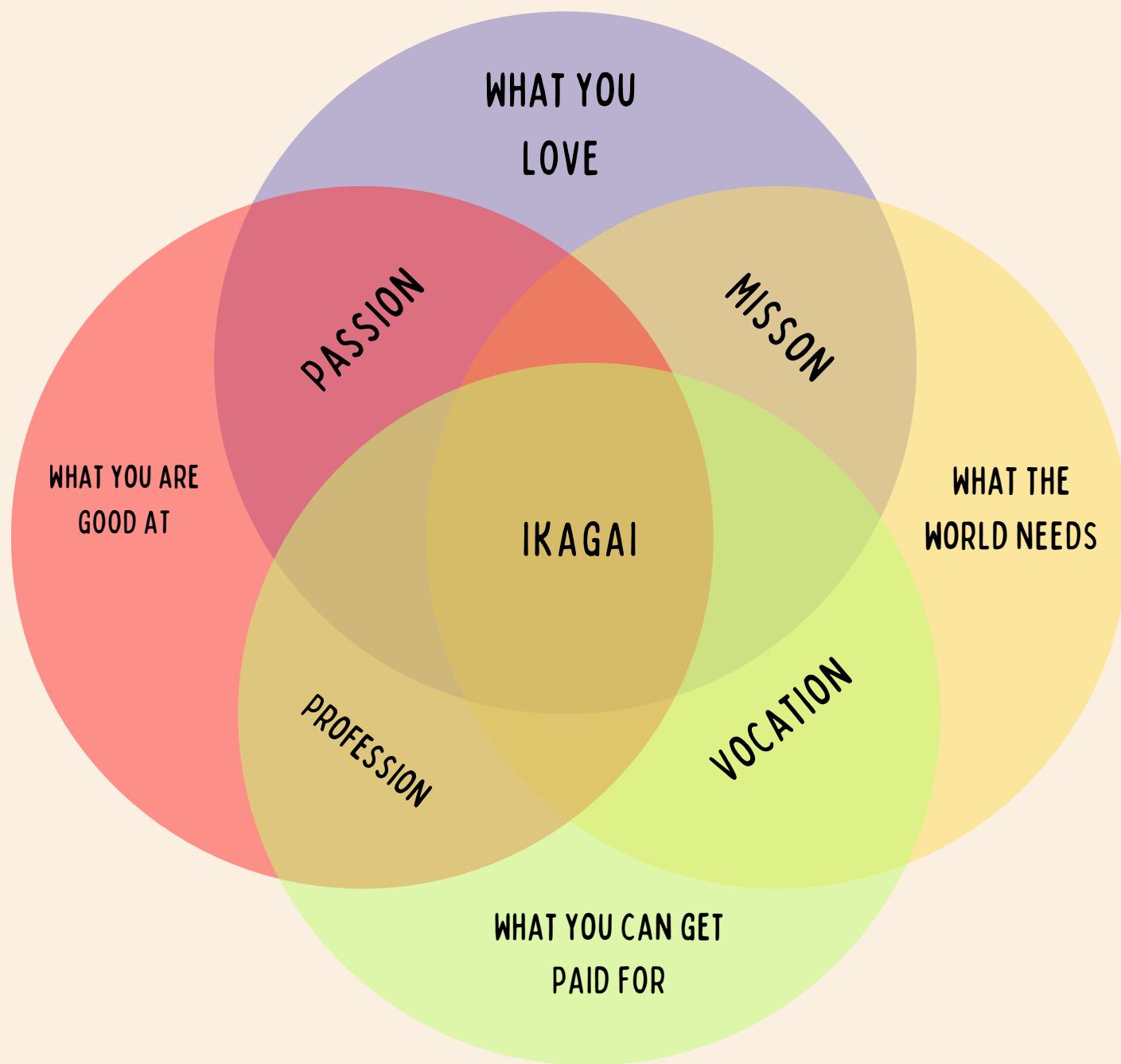
Think about your biggest past hurdle - what tools did you use to overcome this situation?

# Ikagai

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.

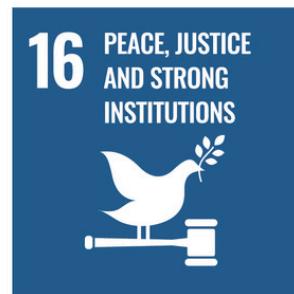
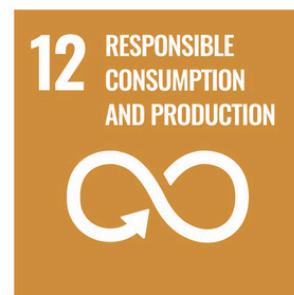
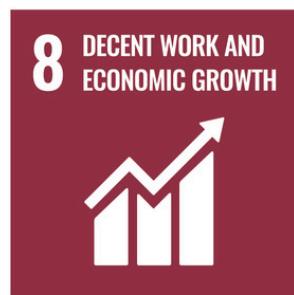
Ikigai is seen as the following four primary elements overlapping:

- 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	EFFICIENCY	JOY	SELF-EXPRESSION
ACHIEVEMENT	ENVIRONMENT	JUSTICE	SELF-RESPECT
ACTIVISM	EQUALITY	KINDNESS	SERENITY
ADAPTABILITY	ETHICS	KNOWLEDGE	SERVICE
ADVENTURE	EXCELLENCE	LEADERSHIP	SIMPLICITY
ALTRUISM	FAIRNESS	LEARNING	SPORTSMANSHIP
AMBITION	FAITH	LEGACY	SPIRITUALITY
ANCESTRY	FAMILY	LEISURE	STEWARDSHIP
APPEARANCE	FINANCIAL STABILITY	LOVE	SUCCESS
AUTHENTICITY	FORGIVENESS	LOYALTY	TEAMWORK
BALANCE	FREEDOM	MAKING A DIFFERENCE	THRIFT
BEING THE BEST	FRIENDSHIP	NATURE	TIME
BELONGING	FUN	OPENNESS	TRADITION
CAREER	FUTURE GENERATIONS	OPTIMISM	TRAVEL
CARING	GENEROSITY	ORDER	TRUST
CO-CREATION	GIVING BACK	PARENTING	UNDERSTANDING
COLLABORATION	GRACE	PATIENCE	UNIQUENESS
COMMITMENT	GRATITUDE	PATRIOTISM	USEFULNESS
COMMUNITY	GROWTH	PEACE	VISION
COMPASSION	HARMONY	PERSEVERANCE	VULNERABILITY
COMPETENCE	HEALTH	PERSONAL FULFILMENT	WEALTH
CONFIDENCE	HOME	POWER	WELLBEING
CONNECTION	HONESTY	PRIDE	WHOLEHEARTEDNESS
CONTENTMENT	HOPE	RECOGNITION	WISDOM
CONTRIBUTION	HUMOUR	RELIABILITY	
COOPERATION	INCLUSION	RESOURCEFULNESS	
COURAGE	INDEPENDENCE	RESPECT	
CREATIVITY	INITIATIVE	RESPONSIBILITY	
CURIOSITY	INTEGRITY	RISK-TAKING	
DIGNITY	INTUITION	SECURITY	
DIVERSITY	JOB SECURITY	SELF-DISCIPLINE	

WRITE YOUR OWN:

# Purpose for a Better World

## ❤️ What Matters to Me

My 3 most important values:

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- 
- 

These values matter to me because \_\_\_\_\_

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## 🌐 Sustainable Global Goals I Care About

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

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These goals are important to me because \_\_\_\_\_

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## 💡 My Future Impact

How can my skills or interests help support these goals?

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Careers or roles I might explore:

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One way I can make a difference now:

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