

Career Questions for Exploration

What are you interested in?

- What subjects do you enjoy reading about (in newspapers, magazines, books)?
- What kind of TV programs or movies do you like the most? Why?
- What are your favourite activities or hobbies?
- What subjects do you enjoy discussing with friends?
- What workshops or seminars have you enjoyed going to?
- What subjects did you enjoy in school?
- What activities are you doing when you lose track of time?
- What gives you joy or makes you feel excited?

What are your strengths and skills? Weaknesses?

- What traits do you have (honest, reliable, approachable, etc.)?
- What skills do you have (communication, organization, negotiation, etc.)?
- What have bosses, co-workers and friends complimented you on in the past?
- What have people criticized you about in the past?
- What do your friends say are your strengths & weaknesses (ask them!)?

What was best and worst about your past jobs?

- What did you like most about your past jobs?
- What did you like least about your past jobs?

What working conditions do you want for your next job? How important is each?

- Which days and hours of work would you like?
- What location (distance from home, proximity to things to do at lunch, gym, etc.)
- Do you want a desk job or a job where you are moving around? Inside or outside?
- What type of people do you want to work with? Lots of people contact or a little?
- What kind of company is the best fit (values, size, private vs government, etc.)?

Dream with me now...

- What would you be doing 3 years after you won \$10 million?
- Is there anything you wanted to do as a child that still appeals to you?
- What would you do for a career if anything was possible (no money, time or age constraints)?
- How can you best contribute to the world, using your unique abilities and interests?
- What would you like to accomplish before you die?

From the above information, make a list of at least 3 possible careers and then research them.

Would you like faster answers, easier decisions and help getting past your blocks and fears? As a professional career coach I have helped many clients transition to a new career that made them feel excited about their work again. I will help you take a shortcut through the job jungle. For information on individual and group coaching, and current workshops on career change see www.reachyourpotential.ca.