

# Freestyle Careers

## What do you want from your career?

We don't always ask ourselves this important question, but it's vital if we are to assess what success means to us and whether our career is serving us in the ways we actually want.

In other words: is your career fit for purpose?

Implicit in this question is the relationship between living and working, and how you view this relationship. You may have heard the oppositional proposition 'Do you live to work or work to live?' I wonder where you stand on that one?

It's probable that this equation will change with each new stage in your working lives, so it's important to re-visit your career success criteria regularly.

### Coaching Tip 1:

This is about YOU and what you value in your working life. Keep a wary eye out for any "shoulds" – feelings that you *ought* to have certain criteria such as progression or status. It is vital that in this process of identifying your own personal success criteria you learn to notice when you are responding to the values of others or of society at large. Instead, learn to listen to your deeper wisdom, which combines emotional intelligence, intellect, and intuition.

### Coaching Tip 2:

As part of our work together, we might also be examining your Ideal Life and your Ideal Working Day, so feel free to request these exercises if they would help.

## Possible Career Success Criteria: Is your career fit for purpose?

Working quickly and without over-thinking, highlight which criteria are most important to you. Limit this to 15.

We'll slim your criteria down to 5-6 and rank them as part of our coaching. There are spaces at the bottom of the grid for criteria not listed in this table – please add anything that matters to you.

status	progression	collaboration
high financial reward	interest	meaning
fair financial reward	challenge	social impact
stability	variety	values-aligned
security	use your favourite skills	flexibility
regularity	use your strengths	autonomy
achieving potential	creativity	balance
fast - paced	authenticity	respect
moderately - paced	belonging	recognition
friendly environment	friendship	appreciation
Intellectual stimulus	diversity	openness
achievement	learning	high pressure
fun	work alone	moderate pressure
excellence	being in flow	being my best
self-expression	routine	harmony
service	support	helping others
imagination	humour	making a difference
clarity	influencing	integrity
leadership	nurturing	teamwork
thrill	trust	order/accuracy
pioneering	passion	personal responsibility
power	well being	energy
environment	excitement	fairness
expertise	innovation	sustainability
Other:	Other:	Other:
Other:	Other:	Other:
Other:	Other:	Other: