

# Career Self Assessment

## Career Self-Assessment

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- What are my financial and personal criteria for my next position?
- What are my short term and long term goals?
- What are my motivating skills, interests and values?
- What new learning do I want to acquire?
- Which work environments and roles most suit me?

## Exploring This Information

- Have I listed my work role and work environment preferences and my reasons for them?
- Are these preferences compatible with my lifestyle needs?
- What are my greatest career strengths?
- What perceived barriers/constraints am I facing at this point?

## Exploring Opportunities

- What work-life/career options are available to me?
- What do I really want to achieve?

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## Next Steps

- What do I need now?

- How should I market myself? (i.e. what marketing tools do I need:  
bio, resume, proposal, cover letters)
- Do my interviewing and negotiating skills need improving?
- Would I benefit from an assessment of career strengths, emotional intelligence, communication, stress, resiliency, personality/behaviour, leadership strengths?
- Will I benefit from coaching support after I take my next position?

### **Auditing My Career Path**

- Have my career expectations been met in the past?
- What have been the results and benefits to me?
- What have been my greatest accomplishments?
- What have been my greatest challenges?
- I learned about myself?

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