

The Career Psychologist

YOU ARE HERE



Step 1 UNDERSTANDING STUCKNESS

How did you get stuck?

(Tick on completion)

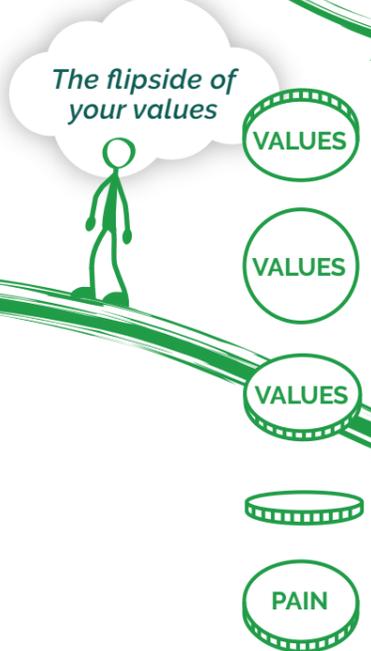
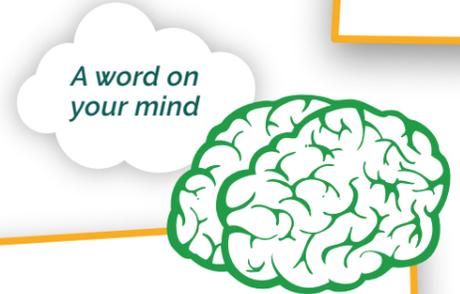
- Client intro form & contract
- Introductory handbook
- Career and Energy Journal

Our working assumptions

Step 2 WEIGHTING DECISION CRITERIA

What do you want?

- Identifying Decision Criteria handbook
- Psychometric testing
- Weight decision criteria for importance



The Demons in your rucksack

Step 3 IDENTIFYING YOUR OPTIONS

Where could you go?

- Identifying Options handbook
- 180 degree Feedback Exercise
- List all options

Step 4 EVALUATE OPTIONS, CHOOSE A DIRECTION

Which direction will you choose?

- Decision spreadsheet - scoring & evaluation
- Fact finding & hypothesis testing
- Choose a direction

Criteria

Options

How to interpret your results

Building willingness



Step 5 MAKE A PLAN, GET INTO ACTION

How will you get there?

- Planning & action handbook
- Taking your demons with you
- Further resources

MOVE FORWARD WITH PURPOSE

