

Fast Track Your Career: Three Steps to Finding Work You Love

SWE Professional Development Conference

June 8, 2007

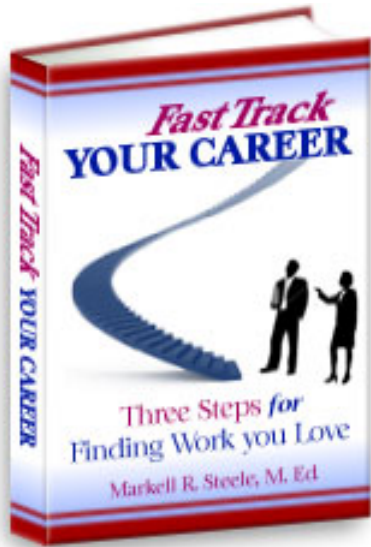
Presented by Markell R. Steele, M.Ed.

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<http://www.futures-in-motion.com>

(877) 210-3252



Fast Track Your Career
Three Steps for Finding Work you Love
By Markell R. Steele, M.Ed.

Order this book now by calling (877) 210-3252 or online at
<http://www.futures-in-motion.com/fasttrack.php>



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How People Get Off Track

- Focus on skills rather than interests
- Get stuck
- Life takes over
- Lose sight of career aspirations

Are You on the Brink of Burnout?

Warning Signs:

- Lose focus on work tasks and projects
- Lose productivity
- Lose creativity
- Feel overwhelmed, out of control
- Physical symptoms- headaches, backaches, stomach problems, sleeplessness, lethargy
- Strained relationships
- Lose interest in usual activities



The Fast Track for Finding Work You Love

- Gaining Insight
- Getting a Reality Check
- Charting Your Path



Gaining Insight: Who am I? What do I want?

- Evaluate your career progress
- Inventory your skills and accomplishments
- Define your “Ideal Job”
- Uncover hidden strengths
- Determine what’s most important to you

Define Your Career Goals

- Build new skills
- Develop as a Leader
- Learn about new areas, increase general knowledge
- Get exposure
- Meet new people
- Promotion w/in same career field
- Become an entrepreneur
- Enter a new career field
- Make a lateral career move



Getting a Reality Check: Where can I do satisfying work?

- Connect Skills/Experience to New Opportunities
- Schedule informational interviews
- Discuss your career goals with others
- Learn about employment and economic outlooks

Occupational Outlook Handbook- <http://www.bls.gov/oco>

O*net Center Online- <http://online.onetcenter.org>

Employment Development Department- <http://www.edd.ca.gov>



Charting Your Path: What can I do to reach my goals?

- Get active and involved
- Build and Maintain a useful network
- Join a professional association
- Attend a professional conference, seminar or trade show
- Find mentors, sponsors, and coaches



Create an Action Plan

- Identify your ideal time frame- now, 6 mos., 1yr, 5yrs.
- Determine how you will measure progress
- Get feedback and suggestions



What We Covered

Fast Track for Finding Work you Love:

- Who am I? What do I want?
- Where can I do satisfying work?
- What can I do to reach my goals?



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Career Transition Resources Available from Futures in Motion, Inc.

- Career Assessments: Myers-Briggs Type Indicator, Strong Interest Inventory, and Skillscan Card Sort (packages available)
- Career Advancement Starter Kit (free)

<http://futures-in-motion.com/freetools.php>

- Online Career Information Links

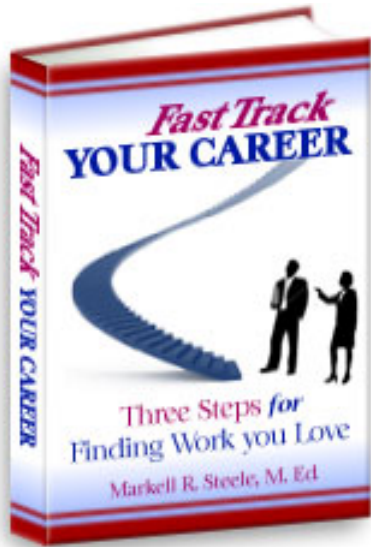
http://futures-in-motion.com/extranet/online_resource.php

- Career Audios
- Career Articles
- Monthly Newsletter



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