

The Portable Career Coach

This exercise requires at least two concentrated days of personal reflection.

A useful metaphor to use is a box of Lego. Dig that old box out of the attic. Do you remember building things with it in the past? Let's see what's in there. Now, let's begin by itemizing what's here.

1. An Inventory

Choose four significant dates between your birth and today. On a large sheet of paper set up as follows:

Birth	First date	Second date	Third date	Fourth date	Today
Period One		Period Two	Period Three	Period Four	

Give each period a name...e.g. Youth, Student, Marriage/Family, Career

Have a supply of magazines of interest to male and female and a variety of topics and interests.

Select an image that represents each period for you and place in the appropriate column.

Now add words (your own) that help describe each period. Here are some questions to trigger your thinking:

- What about this image? What is its symbolic meaning?
- What is the meaning of this date?
- What did you take with you from the last period?
- What kind of a break or transition was there?
- What changed? What was different?
- What strengths, weaknesses, beliefs, values?
- What sort of relationships with others? Kind of leadership? Expectations from/of others? What experiences? Emotions, feelings? Evolution? Developmental needs?
- What capacities, talents, knowledge, successes, experiences?
- What was the environment - where, when, with whom, what relationships?

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2. Build the Village (back to the Lego)

Use the Integral AQAL quadrants to build four houses on another sheet of paper

Your Individual House Personal	Your Workshop Competencies/Capacities/Activities
Your Family Home Relational	Your World Environmental (networks & systems)

Move all the words from the inventory into the appropriate house above. Some could fit into more than one, but you need to decide what they mean so they go into the right house. As you do this part, some more words will come to you; add them.

3. What Is Most Important?

Choose only ONE word out of each House that is most important. Ask yourself why was it chosen? Now, create one sentence and fill in your details:

“Today I am a person with

_____ individual characteristic

_____ relational strength

_____ highest competence

_____ preferred environment”

4. Choose Companion Words

Choose TWO more words in each house. Now with these 12 words, write a letter to a person of your choice summarizing - Today, this is the person I am.

This is your homework to be brought to tomorrow’s session. Letter must be written. You could also be creative and do a poem or a song.

5. Building the Vision

Ask Yourself: What would I add to each of these houses to make them my dream home/village? Add these words labeled NEW to each House quadrant.

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Rules for the New: Make them long term (5-10 years), Express them in the positive, words are self selected and not suggested by others, concrete enough to allow for planning.

- What is real and significant today from each house?
- What do I want to add to each?
- What projects lead to my desired future?

6. Building the City

Identify FOUR long range Projects (one for each house) that represent putting the Vision into place.

Language here: Out with the old CV, personal business instead of job hunting, integrating the private and professional life,