

'FIRST CLASS' RESULTS

- using top tips from the pro's



Past, Present & Future Exercise

'The future depends on what we do in the present' Gandhi

The past is history, but the future is your chance to do things again, more intelligently. So where would you like your future career to be? Use these simple little coaching questions to tease out the answers and start planning for your own bright future. Stop being a passenger and get in the front seat and drive!

THE PAST

1. What specifically have you done in your career to date?
2. What would you never want to do again and why?
3. What skills/values/personal qualities have you got?
4. What were you doing, when you were at your best and most fulfilled?
5. What are you *really* good at?

THE PRESENT

1. What have you tried that hasn't worked for you? (in terms of searching for a new job)
2. Why hasn't it worked?
3. Is your CV looking 100% and set to WOW employers?
4. What did you have *some* success at, but didn't quite get there (ie, got an interview, but didn't get chosen for the role)
5. On a scale of 1-10 (10 being high), how hard did you work at finding a new job/career?

THE FUTURE

1. Where would you like to be? What is your ultimate goal?
2. How will you know when you get there? What will you feel, hear, see?
3. Without repeating what you've done before, what could you do differently? Brainstorm 20 things here – don't think just scribble them out ...
4. On a scale of 1-10, how committed are you to reaching your goal? (If you don't score 10, ask yourself 'what is really holding you back?'). Be honest!
5. What one small step, can you do right now, to take you further towards your future goal? Write it down and then TAKE ACTION ...