

1 – Before we begin

Welcome to the 5 – Day Kickstart Your Career!

Welcome to the 5 Day Kickstart Your Career Course. The course is exactly what it says, kick start your thinking about your career! It is like an introduction to what you would like to do, what you think you are good at etc.

This mini-course runs over 5 days. Each day there are exercises for you to do- this resource you can keep on hand for future reference. Each day, I have one exercise called 'Grateful' as I want you to be grateful for your day and what you have achieved, and what you have realised about yourself. This will be repeated for each of the days.

You may observe when answering the questions in any of the exercises that you did not like what you say about yourself. Well, this is your opportunity to do something about it as this could be what could get in your way (obstacle) FOR YOUR Career Success!

There are many attributes, skills, talents that we all have a few of which are healthy ones (which you may want to hang onto), and then there may be others that you may find you do not like, this is normal. The positive ones help you with being grounded, feeling confident, competent, they make decision making easier or you go into an interview with confidence and competence, Why? Because this is YOU!

So look at the positive and negative attributes, skills, talents and make a decision about which ones are you. Which ones do you feel very comfortable with and keep, or do something about them?



Phone.

0438 633 088



Email.

denise@tranzition.com.au



www.tranzition.com.au

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Firstly, remember that each day of The 5 Day Kickstart Your Career has been designed to be bite sized and easily digestible. It will not take up a great deal of your time. It is to help you start thinking about where you are going and what you really, really want to do.

Reviewing the daily content and processing as you need, will allow you the opportunity to let the daily lessons sink in.

In the 5 days we are going to be looking at:

- Past jobs
- Your Attitude
- Thinking a bit deeper about your career
- Clarifying what you would like to do

RESOURCES FOR EACH DAY:

1. A pen or pencil
2. A notebook, a journal, or some paper
3. The Exercises/ Worksheets for each day
4. Allow 30 – 40 minutes to do the Worksheets

READ THE OVERVIEW HOW TO GET THE MOST OUT OF THE KICKSTART YOUR CAREER COURSE

The intention of today is to introduce you to the course and for you to start getting to know yourself better. You may say, but I know myself, well, here is an opportunity to keep an open mind as you may learn something about yourself you did not realise. When you have an open mind you may start picking up what blocks you have, this is what can stop you from achieving, so please take note of these. The very first exercise for today is a warm up exercise called Self- Awareness. This will help you start thinking about yourself, understanding a bit more about your likes, dislikes, fears, passions etc.

Let me give you a couple of examples: the very first question is –

- 1) “What brings you the most joy in life’? It may be, your pet, children, dancing, being with friends, being involved in sport, work, singing, gardening etc.
- 2) “One day you would like to meet?” – may be Oprah or Prince William. What are the reasons you would like to meet them? What do you admire about them?

From your answers from the above two examples are you able to pick up something which is really you, something which you have always wanted to do, or, do they have attributes you would like to have and if so, how can you have them, what do you need to do about it?

When you have questions, insights or an Aha moments, be sure to write them in your journal, as you will want to come back to them one day.

Most Importantly of All: Be open minded and honest with yourself:



Be very careful if you are hanging onto any negative thoughts/feelings or behaviours as this is where you can self-sabotage yourself and you do not realise it.

This process is not here to make you feel stressed, upset, or make you feel unworthy. If ever you get to that stage, then I strongly suggest you seek out professional help. This course is meant to be fun, challenging, and insightful.

Please enjoy this course, challenge yourself and start learning what you would really like to do for a job. This is the beginning of your breakthrough.



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A warm up Exercise to help you get started about yourself and your job/career.

SELF AWARENESS

1. What brings you the most joy in life?
2. What is your most empowering belief?
3. Where do you see yourself in 5 years?
4. If you had one million dollars, you would...
5. What is your ideal job?
6. Something that always makes you laugh is:
7. When you dance you feel...
8. The way you show compassion is
9. The way you communicate is
10. You have always wanted to become a...
11. When you were a child what did you always dream of doing?
12. What are you most proud of?
13. Who do you love the most in life?
14. One day you would like to meet...
15. What are you grateful for today?
16. What is really wonderful about life?
17. What are your passions?
18. What is the salary you would really like?
19. If you could have a career in ... what would it take for you to have that?
20. Are you a team player, if NO, how come you are not?
21. Whom do you prefer to work with, Female or Males? What is the reason for this?
22. What is your biggest asset about yourself?
23. What type of company would you like to work with?
24. What is lacking in your job right now? (if you are working)
25. What fears do you have about your current job or even working?
26. What do you love doing in your job?
27. List 10 things you like about yourself?



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