

# CROSSING THRESHOLDS MODULE 5

Positioning for Success

# AGENDA

## Morning

- Individual progress updates
- Career goal refresh
- Peer feedback in Peer Groups

## Afternoon

- Elevator Pitch
- Developing resilience
- Mentor panel - tips for going forward

# CAREER PLANNING – MILESTONES

## 1 What I want

### Milestones

by when:

by when:

by when:

by when:

by when:

## 3 (Start here)

by when:

## 2 My relevant current situation

# TIPS FOR THINKING ABOUT WHAT YOU WANT

What works well:

- 1 **Being completely honest about what you really want** rather than choosing only what seems possible or reasonable (How can you know what's possible if you don't aim for it?)

**Notes:**

- 2 **Defining it clearly enough that you'll know if you've achieved it (or how far you still have to go)** rather than choosing vague outcomes e.g. "job satisfaction", "a good salary" or "work-life balance" for it?)

**Notes:**

- 3 **Choosing what you want for its own sake, independent of your current circumstances** rather than just thinking about how to solve current problems (which at best will leave you with the absence of something you don't want instead of the presence of something you do want!) or just using your current circumstances as your reference point e.g. "more respect" or less stress"

**Notes:**

- 4 **Describing the end result you want** rather than focusing prematurely on processes e.g. "get a qualification" or "networking". (You may not know what steps will get you what you want until you start taking them)

**Notes:**

## RAISING YOUR PROFILE

Who are you? How would you describe your personal brand?

1

2

3

What qualities or abilities do you bring to any situation?

1

2

3

What do you want in the next phase of your career?

# RAISING YOUR PROFILE

Who needs to know this about you?	What actions can you take to ensure this happens?
1	
2	
3	
4	
5	

# DEVELOPING RESILIENCE

## 1 Solution oriented

Knowing what you are trying to achieve, and keeping your goal, values and purpose in mind will help you adapt your approach and see the bigger picture when things are difficult

## 2 Manage stress

It's also important to know what sustains you and keeps you going, and what you find stressful. Developing healthy habits that keep you feeling energised and motivated.

## 3 Personal accountability

Being accountable for your actions, and acknowledging the part others play will help you stay balanced and avoid too much blame/victim mentality which can keep us stuck in a pattern of thinking. A good level of self-awareness means it's easier to confidently rely on ourselves, our knowledge and previous experience when facing setbacks.

## 4 Optimism

Perspective of your situation is crucially important to your resilience. Acknowledging where a particular setback sits in the grander scheme of things is helpful to avoid 'catastrophising' the situation.

## 5 Flexible to new experiences

One of our greatest strengths is our ability to adapt to different circumstances and be flexible in our approach rather than stuck. Challenging yourself out of our comfort zone (for small, manageable periods of time), is by definition how we learn. This learning increases our confidence to deal with situations that may seem difficult.

# RESILIENCE FRAMEWORK

Work through the questions below and apply to a setback you are currently facing

**1 What's the best possible outcome? (Stepping back taking a big picture view)**

**2 What do you do to manage stress? What sustains you? Who else can support you?**

**3 What is within your control?**

**4 Can you see the situation holistically? How would someone else view it? On a scale of 1-100 how serious is this situation in the whole of your life?**

**5 Could you adapt to this situation in a different way? What creative solutions could improve the situation?**



# ONCE A THRESHOLDER, ALWAYS A THRESHOLDER

## Ways to stay in touch

- Sign up to grad panels
- Become a mentor
- Read our blogs here We'd love to hear from you if you'd like to write one
- Join the LinkedIn group and post your successes and any questions

**Keep flexing your want muscle!**