

CTE – Career Effectiveness Handout

SHOW UP

What does it mean to you to “SHOW UP?”

What does it mean to you to “SHOW UP” energetically and professionally to make the impact you want?

How will your career be different if you shifted the way you “SHOW UP?”

Own Where You Are

What are you doing well?

What do you need to learn?

What do you need to work on to help you get to the next level?

What’s holding you back from achieving your next advancement opportunity?

Who in your network can help you?

Who must be added to your network?

Protect and Promote Your Brand

How do others talk about your work?

How would others describe who you are as a professional?

How does your brand help you make the case for advancement or promotion?

Think about the branding questions you need to ask.

Identify three people, whom you trust, you can ask.

Use Your Genius

What makes you the “Go-to-Person?”

Why are those skills needed in your organization?

Where is your genius not being utilized?

Where do you get to demonstrate your genius or expertise on a daily basis?

Welcome New Opportunities

On a scale of 1-10, how open are you to welcoming new opportunities for your career?

Have Intentional Conversations

Who do you need to talk to?

What do you need to say?

How will that conversation help you move that relationships forward?

Set Ground Rules

What ground rules do you set for your career?

Why are these ground rules important to you?

What will do to ensure that you honor these ground rules?

Resources:

Energy Leadership by Bruce D Schneider

Uncovering the Life of Your Dreams by Bruce D Schneider

How to Say Anything to Anyone by Shari Harley

SHOW UP – Six Strategies to Lead a More Energetic and Impactful Career by John Neral