

Exercise: My Career / Leadership Journey

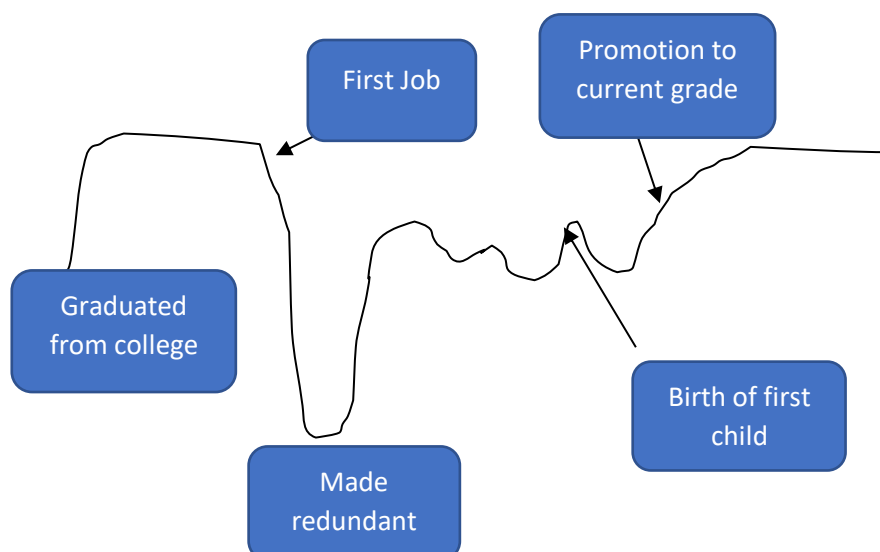
This exercise is designed to give you time to reflect on the past in-order to step into the future. The process allows you to acknowledge your achievements, gain an informed perspective of the distance you have travelled and provides you with the opportunity to further build on your strengths.

Steps

Allocate about **one hour to review the highlights of your life, career and leadership history to date.**

Go back in time as far as you wish and highlight the key influences that have impacted your life. Coming up to present day, identify and make a note of the key events that have impacted you, your career and leadership journey. These would typically include your education (schools, universities, courses undertaken, exams passed), work (jobs, promotions, disappointments etc.), family and relationships (e.g. parents and siblings, growing up, leaving home, births/deaths of significant people in your life) and personal achievements.

Put these into the sequence in which they happened and then using a large sheet of paper, plot these key events onto a line. Draw this line to represent your life to date. **Pay particular attention to where the peaks and troughs occur.** The line might be straight, might look like a roller coaster or could be something else entirely – you choose. See the example below.



NOTE

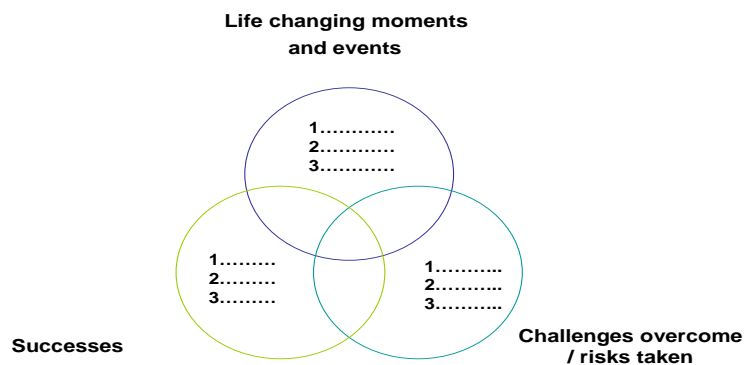
Highlights

Lowlights

Impact

2.1 With vivid description capture this on an A2 flipchart or A3 minimum. Be as creative, and colourful as you want to be. The key is to bring your life/career journey to life in a powerful way. Come prepared to share ‘your story’

Then look again at this line and identify 2 or 3 key events that have significantly impacted or influenced your career. In what way have they shaped your view on your leadership aspirations?



2.2 Reflect on your career to date and complete the following:

- What can people count on you for?
- When I am making a difference, I make a difference by...
- Other people tell me I make a difference by...
- When I am working with others, we are most energised and engaged when I am contributing...
- I just can't help contributing...