



# Scared, Lost or Confused? Develop Your Warm Inner Compass through Career Writing

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*Dedicated to Dr. Frans Meijers who died November 16, 2018*



Frans Meijers & Reinekke Lengelle

<https://careerwise.ceric.ca/2019/03/25/career-writing-a-tribute-to-frans-meijers/#.XSZ0si0ZPVo>



A career or life question that has been following you around...

Write it down... (you will revisit this later)



### Poll question

What applies most for you, I came to this webinar because...

1. I have prior knowledge of Career Writing
2. I want to offer my students and clients more
3. My intuition told me
4. Other



## Poll question

What industry are you working in?

1. Education (K-12)
2. Higher Education
3. In the private sector
4. As a consultant to a variety of clients



## Key challenges of our time

- Individualization
- Insecurity
- Complexity

Result: Boundaryless career –  
“risk society”



Employers want people who are

- Proactive
- Creative
- Relational

Having self-direction is key and requires self-reflection...however...



“It will be a powerful catalyst to step back and identify the unique capabilities can harness as humans to differentiate ourselves, such as curiosity, imagination, creativity and emotional and social intelligence – the things the school system is doing a bad job of nurturing and developing in us.” John Hagel, Co-chairman Centre for the Edge, Deloitte



## Poll question

How would you define self-reflection?

1. Reflection on activities I've undertaken.
2. Reflection on what I'm good at and the job market
3. Looking at myself from the inside out
4. Looking at myself from the inside out and from the outside in



Ideas about career guidance are stuck in the 20<sup>th</sup> century with a fringe of 21<sup>st</sup> century “please learn to reflect” thrown in...

- Simplistic notions and techniques around “matching” talents/skills to existing work still dominate career counselling and guidance practice
- Educators know that self-reflection is important for cultivating self-direction but they often don't know what it is and if they do, don't know *how* to get their students to “do it”



This is not about making an “informed (career) choice” but about cultivating your “warm inner compass” (getting an internal dialogue going that allows you to guide, nudge, adjust your course as you go along.)

**Self-reflection** is the process of learning to understand one’s self in relation to others and the environment in a way that is both felt and includes conscious thoughts. Self-reflection requires a ‘looking inwards’ and being open to what others reflect back to us and then checking that with ourselves again...

## How: narrative approaches “Career Writing”

Creative, expressive and reflective writing exercises that help people to develop an internal dialogue – a *new story* about what is alive in them and where they want to go...





## Poll question

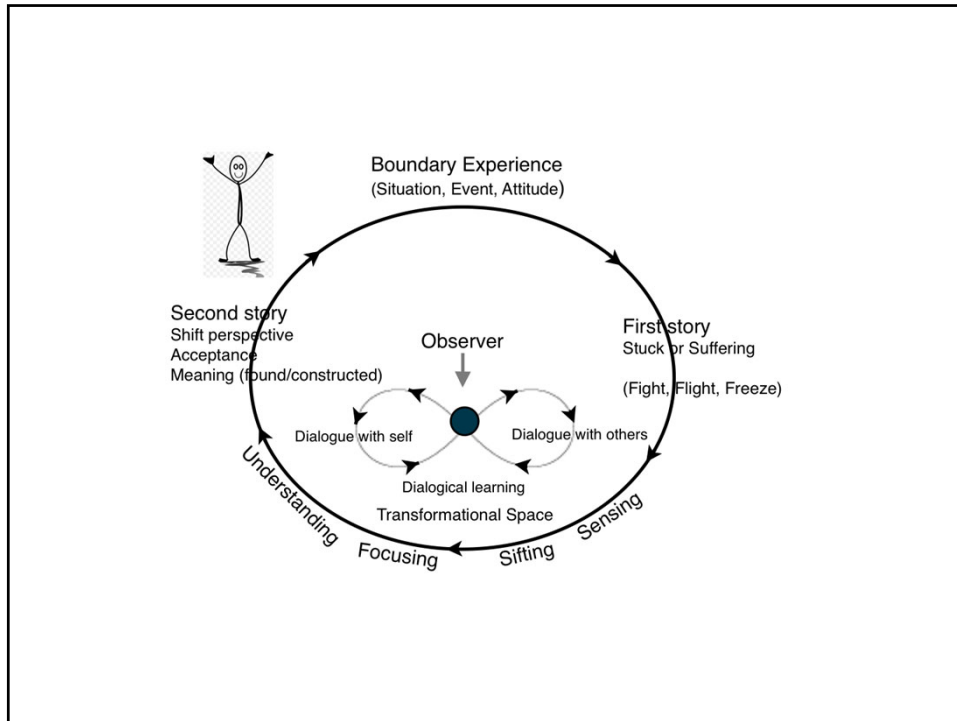
What do you know about Narrative approaches to career learning

1. I know nothing about it yet
2. I know a bit about it already
3. I have tried it myself
4. I have tried it with clients



## Self-reflection almost always begins with...

- A situation, event or (limiting) attitude (you're stuck, suffering, scared...)
- You have an unhelpful first story about it





## The career cards

*Revisit your career or life question...*

*Write it down again and see if it has changed*



## The career card exercise

*Pick one of these numbers: 1, 2, 3 or 4*





<p><b>Redbird</b></p> <p><b>Strength: cheerfulness, alertness</b> <b>Shadow: denial</b></p> <p>Chipper, cheerful, and charitable, we are connected with the goodness in life. We find the redbird of happiness in the shape of a snail, the scent of a lilac, the shard of light that makes for a perfect spot to lie down on the floor, and in a colleague bringing us coffee or lunch or sharing a resource.</p> <p>Write on what you can cheerfully share today. Make a list of 6 things you could do to cheer up those around you. Go for a walk and let beauty and cheerfulness find you. Make no special effort.</p> <p>(32)</p> <p><small>Career cards © 2015 Text: Reinekke Lengelle, Art: Derek Sellen</small></p>	<p><b>Griffin</b></p> <p><b>Strength: divine guardian</b> <b>Shadow: fear of what is in us and beyond</b></p> <p>When faced with monsters we usually retreat, attack, or freeze. We might stop instead; see if we can look with curiosity. Fear is like a clench around the heart and a door asking to be opened. Behind it is the unimaginable. Re-imagining requires that we uncross our arms, look at the shiny, winged, mythological something that is guarding the door. Fascinating!</p> <p>Belieft the monster at the door; give him a name; write the hero or heroine's story in your style. Start with: Once upon a time there was...</p> <p>(33)</p> <p><small>Career cards © 2015 Text: Reinekke Lengelle, Art: Derek Sellen</small></p>	<p><b>Help</b></p> <p><b>Strength: asking, receiving</b> <b>Shadow: fear of rejection, believing you achieve alone</b></p> <p>Ask a stranger for a hug if you really mean it and you'll be hugged. Maybe you're not brave enough to ask because rejection is always on your mind, but remember, no one is out to reject you. Most of us are here to help, we just can't read your mind. Vulnerability is not begging. Notice what happens when you ask.</p> <p>Write down what you want; use blunt and simple words. Then ask yourself, "Is it true, this is what I want?" After finding the answer is a clear yes or no, you'll be ready to ask and receive the help.</p> <p>(34)</p> <p><small>Career cards © 2015 Text: Reinekke Lengelle, Art: Derek Sellen</small></p>	<p><b>Baby camel</b></p> <p><b>Strength: unburdened, mastery</b> <b>Shadow: running from responsibility, passivity</b></p> <p>Who were you as a child? When were you gleeful and free? And importantly, what happened to you (and those you love) that you can't stand? What did you passively suffer in childhood? If you could master what happened, what would your world look like? How are you already doing that?</p> <p>Write out 3 short childhood memories. Then write a journal headline summarizing each. What does it tell you about how you want to "fix" the world? Don't hold back. How is this part of your identity?</p> <p>(35)</p> <p><small>Career cards © 2015 Text: Reinekke Lengelle, Art: Derek Sellen</small></p>
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*Presentation based on research by  
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