

Hello!

Congratulations for taking the first step to explore how you can create a career on your terms. We have more control over our careers than we may think and there are simple steps we can take to begin to find the space and clarity we need to craft our ideal career. So read on to learn how and start taking the steps to career clarity.

Jo Oogarah - Career and Life Vision Coach





My approach

I believe that as we go through our career and our life, we pick up a bunch of experience and skills that we carry with us, to use and develop as we need to.

Life isn't linear, and that's especially true for women. Many of us have to navigate other life priorities such as raising a family which can take our career off on a tangent, with different needs at challenging times in our lives.

But when you understand what is at your core; your core career skills, your core values and your core foundations, then moving forward and shaping your career to fit with your life becomes a whole lot easier!

With 15 years experience as a Career Coach and mum to girls aged 7 and 8, I am passionate about supporting women to continue to progress in their careers whilst maintaining a balanced home life, because, for me, the two go hand in hand.

So take a look at my 8 steps to creating a career on your terms and start thinking about what you want your career and life to look like, in a way that's ideal for you.

How to create a career on your terms

Move through the steps to begin to create a career that works, just for you

- 1** **Get clear.** What's working, what's not, at home and at work. Career unhappiness doesn't just stem from work itself it can also be affected by imbalance or lack of power in your home life.
- 2** **Get grounded.** If work or home life is overwhelming, start creating space and build your power in the day to day before moving forward with your bigger career ambitions.
- 3** **Know your career values.** Understand what's driving you.
- 4** **Get to your career core.** What are the elements of your career that you will enjoy whichever way you do it? What are those key skills and outcomes that truly drive you and give you satisfaction?
- 5** **What are your non-negotiables?** Get really honest with yourself. What just won't work for you.
- 6** **Think of all the ways.** What could work for you now, even if it isn't your ideal way of working in the future? Look at all the possible ways of working using your core career kit.
- 7** **Get creative.** Do you have to follow a path that already exists? Could you pitch a new job role, network into an unadvertised role or start your own business?
- 8** **Create a vision of your future career.** Then take the steps and get there in a time frame that feels right to you and takes into account all of your other life goals.



Questions to ask yourself

What is wrong with my current work situation?

What is right with my current work situation?

Is there anything in my home life that isn't working so well?

What would I like more of to make my work better for me?

What are my core skills that I want to continue to use?

These are great initial questions to get things moving.

If you want more help, figuring it all out, get in touch [here](#) to arrange a free short call to see how I can help you make the changes you need.