

# **Career Gear**

## **Workshop 1**

### **Building Your Career Vision**

Foundations for Success  
Canada Millennium Scholarship Foundation



2007

# Objectives of Workshop Series

This series will provide you with tools and strategies to help you:

- Explore myths and realities about today's "labour market" (where and how people work)
- Develop a vision of your own preferred future
- Increase awareness of your personal interests, values, abilities and personality traits
- Apply the career planning process
- Apply both vision and awareness as tools to consider current program and career "fit"
- Expand your scope of career possibilities
- Identify personal strengths and skills which support career self-management
- Develop an action plan to move toward your preferred future

# Objectives

## WORKSHOP 1:

- ***Explore myths and realities about today's "labour market" (where and how people work)***
- ***Develop a vision of your own preferred future***
- ***Increase awareness of your personal interests, values, abilities and personality traits***
- ***Apply the career planning process***
- ***Apply both vision and awareness as tools to consider current program and career "fit"***
- ***Expand your scope of career possibilities***

## WORKSHOP 2

- Identify personal strengths and skills which support career self-management
- Develop an action plan to move toward your preferred future

# Career MYTHS

1. By now I am supposed to be clear about my career direction
2. There is one right job for me.
3. There are some short courses that set people up for great jobs.
4. If you find a job in a large well established secure company, you are set for life.
5. Employers are only interested in your past jobs and in your educational qualifications when they evaluate you.
6. If I am not in the right program, I am wasting my time and money.
7. By now, I should be able to make my own career decisions without any outside help.
8. It is almost impossible to find good jobs in today's labour market.
9. The first step in finding a job is to have a good resume and to send it out to lots of employers.
10. Once you have had outside assistance with your career planning, you don't need to worry about it again.

# Career REALITIES

1. 47% of students in post-secondary institutions in Canada change programs at the end of their first year
2. The majority of new workers will have a minimum of eight jobs in three different fields over their working lives.
3. Over 70% of new jobs in Canada require a post-secondary qualification (diploma, degree, vocational qualification)
4. 76% of new jobs in Canada are in small business (less than 20 employees).
5. 83% of employers look for volunteer experience before hiring.
6. Many of the skills you're building now are "transferable" in that they can apply to jobs across many fields.
7. 70% of students in post-secondary education indicate that they need additional support
8. In a recent survey of Canadian workers, the majority reported liking their work and not wanting to retire.
9. Most jobs are never advertised but are found in the "hidden" labour market.
10. None of us remains the same over our lifespans.

# Career MYTHS AND REALITIES

- What surprised you about either or both of the myths/realities? If you were not surprised, how did you find out about or experience the myth/reality in question?
- As you think about the realities, what are the implications for you and your own career development?

# 10 Things I love to do



# Career Planning is about...

## ▣ DREAMING:

- Imagine yourself in the future in a positive way;

## ▣ SEEING:

- See options in the labour market;

## ▣ GETTING:

- Get the skills, attitudes and knowledge you need; and

## ▣ DOING:

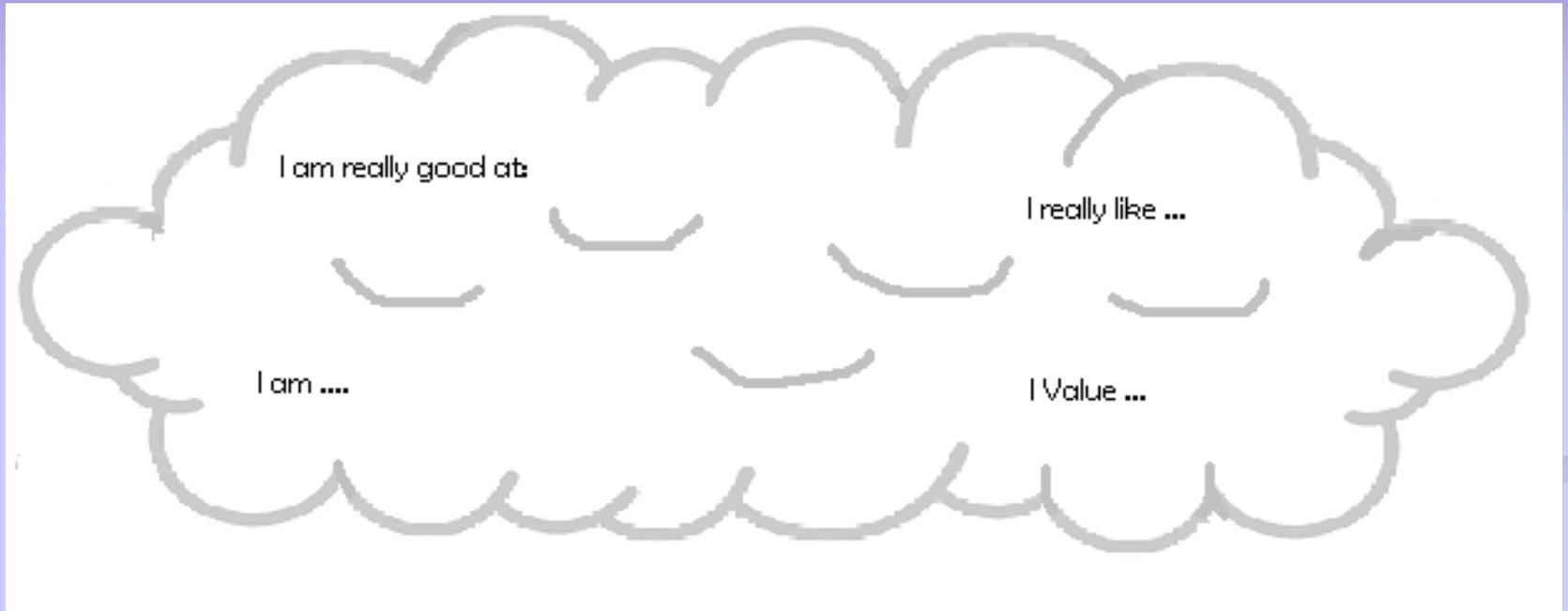
- Create a plan to build your own future.

*The best way to have the future  
you want is to start imagining it  
now!*

# Preferred Future

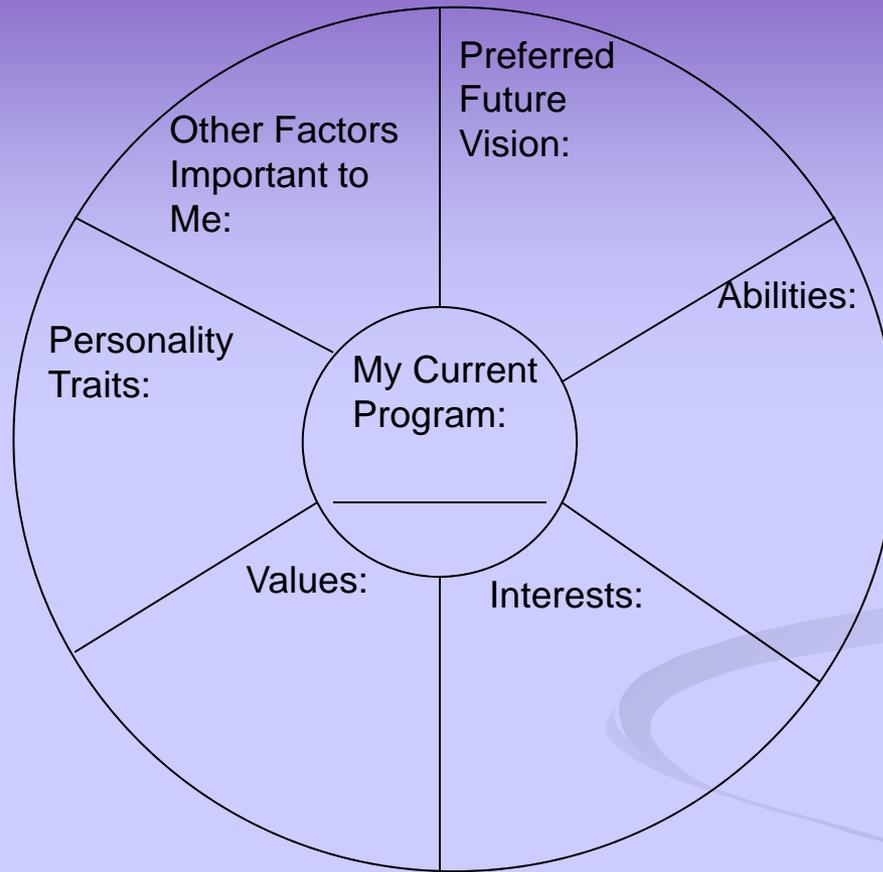
*When we put our “preferred future” vision “out there” (i.e. on paper), we put “out there” important aspects of who we are, what motivates and matters to us, and how we want to be in our world. “Putting it out there” is another step forward in creating our Preferred Futures.*

# Preferred Future

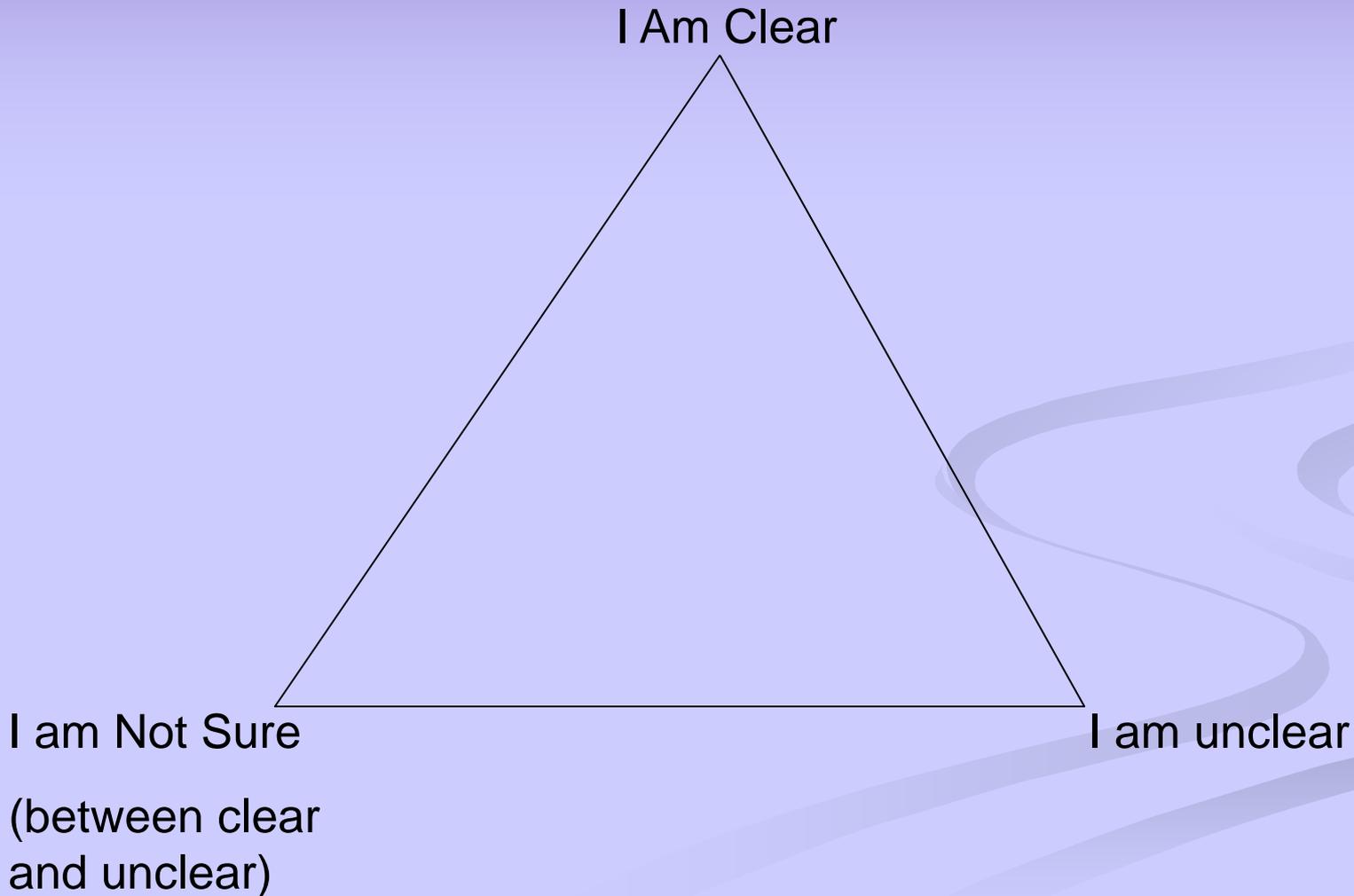


- Abilities
- Personality Traits

- Interests
- Values



# Where I am Now



# Between Now and Workshop 2

- Consider the action plan steps suggested for your position in more detail;
- Consider each step, deciding whether it would help in your case;
- Select and DO at least 2-3 steps between now and the next workshop.

# **Career Gear**

## **Workshop 2**

### **Skills for Success**

Foundations for Success  
Canada Millennium Scholarship Foundation



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# Story Telling Tasks

- *Story Teller*      *Tells his/her story*
- *Listener*      *Listens and asks open questions to get more details about the story*
- *Recorder/Observer*      *Writes down skills heard in the story and gives these skills as feedback to the story teller*

# Career Planning is about...

## ▣ DREAMING:

- Imagine yourself in the future in a positive way;

## ▣ SEEING:

- See options in the labour market;

## ▣ GETTING:

- Get the skills, attitudes and knowledge you need; and

## ▣ DOING:

- Create a plan to build your own future.

# Career Action Plan

- What are the next 3 things you need to do to get closer to your preferred future?
- What supports do you need to do these 3 things?

# Career Wisdom

*When it comes to the future there are three kinds of people:*

- *Those who make it happen*
- *Those who watch it happen*
- *Those who wondered what happened!*

*You are among those who **make it happen**  
– Go forward to your preferred future*