

Career Coaching Tools - Achievements Exercise

Often, when asked to talk about our life's achievements, we describe our various achievements from the viewpoint of our work activities. Seldom do we call upon what we may have accomplished in the other aspects of our lives. Whenever we complete our CVs, how many of our listed achievements are describing events outside of our working lives?

An achievement is a success story that we should be proud of. It is a moment or event that offers up a glimpse into the best version of ourselves. But the achievement is not so much about the actual outcome, or event. Rather it is about the story behind the achievement. What was the effort involved? What was the energy expended? What did you have to concentrate upon, or sacrifice?

When asked to talk about our successes, to describe how we succeeded when faced with various challenges, it would be refreshing if we could draw upon events from all aspects of our lives. Certainly, for the interviewer, it would make for a more interesting story to listen to.

The idea that there should be a human side to our story, was raised by Jeff Matthews, head of LinkedIn Training, during a career workshop I attended. When preparing for an interview, Jeff highlighted the power of including details and aspects of our lives outside of work; including such details when answering interview questions or drafting our CV and LinkedIn profiles.

If asked to write down your achievements, how many of those listed would be from moments in your lives that were not related to your career? I suspect, not so many. To help you think about all the achievements in your lives, I would like you to complete the following exercise, and present examples from your list at our session.

To help you think about the various aspects of your lives, I offer the Wheel of Life tool. This tool is used by coaches to help clients identify aspects of their lives that are not as good as they could be, and require focus and attention. Today you can use it to help focus on achievements outside of your work and career.

Please select at least four segments of the Wheel of Life and list at least one Personal Achievement related to each of those segments. You cannot, of course, select the Work/Career segment, as that would rather defeat the whole point of this exercise. You can go further, and compile a list of achievements for all aspects of your life, from the Wheel. You can use this tool to help jog the memory as you remember these events.

Here are a couple of examples for you -

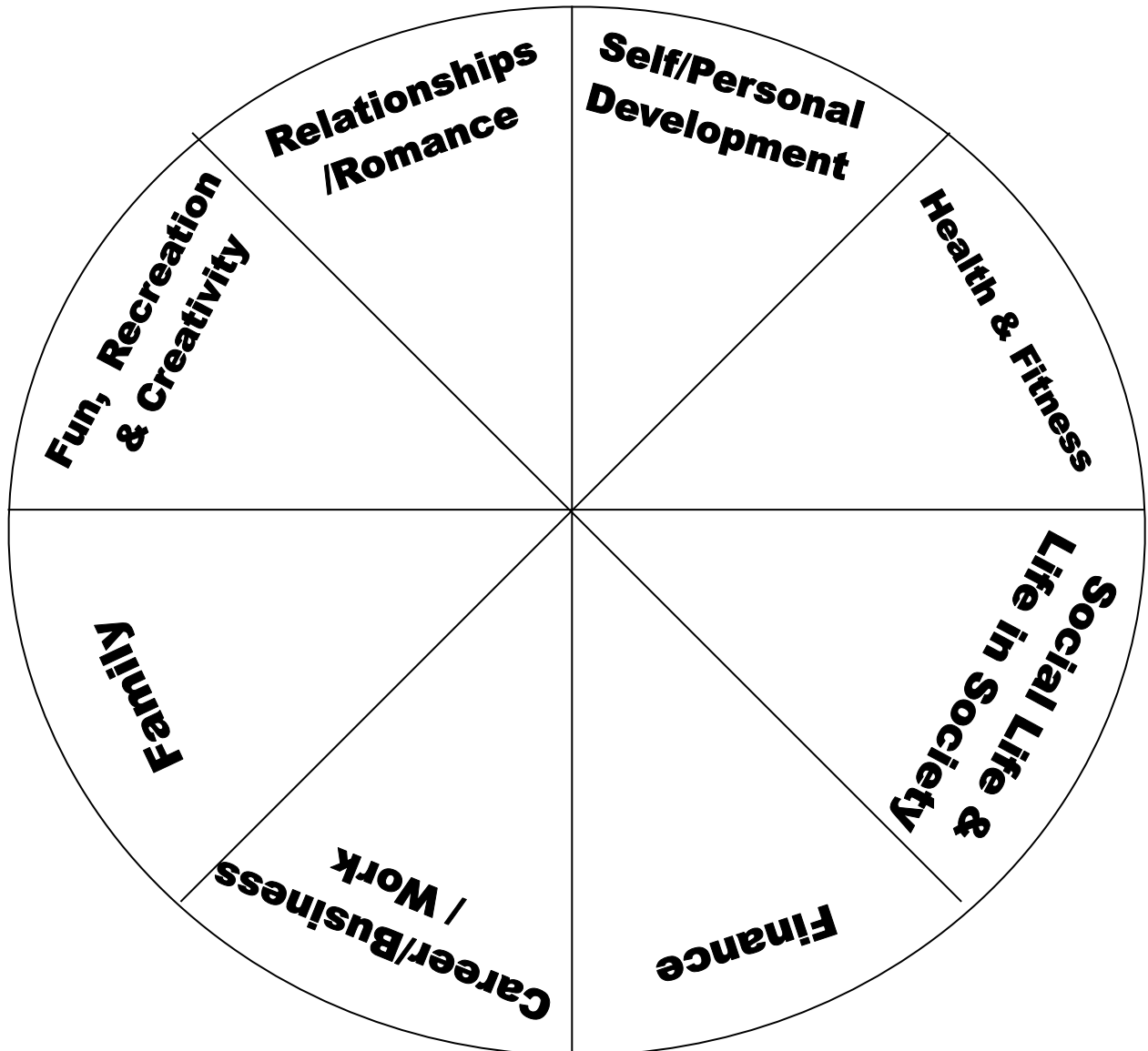
- Resilience in fully supporting my son through recovery from paralysis and, at same time, successfully completing post graduate diploma course in Trinity College.
- Perseverance in completing the Dublin City Marathon, in a time I was pleased with, after six months of training.

And most importantly, I hope you have fun doing this!!

Slán

Chris

The Wheel of Life



Name:

Date: