

**Monash Health  
Women in Medicine  
Leadership Program 2015**

**Career Planning**

**What should I be considering?**

**Designed and Facilitated by**

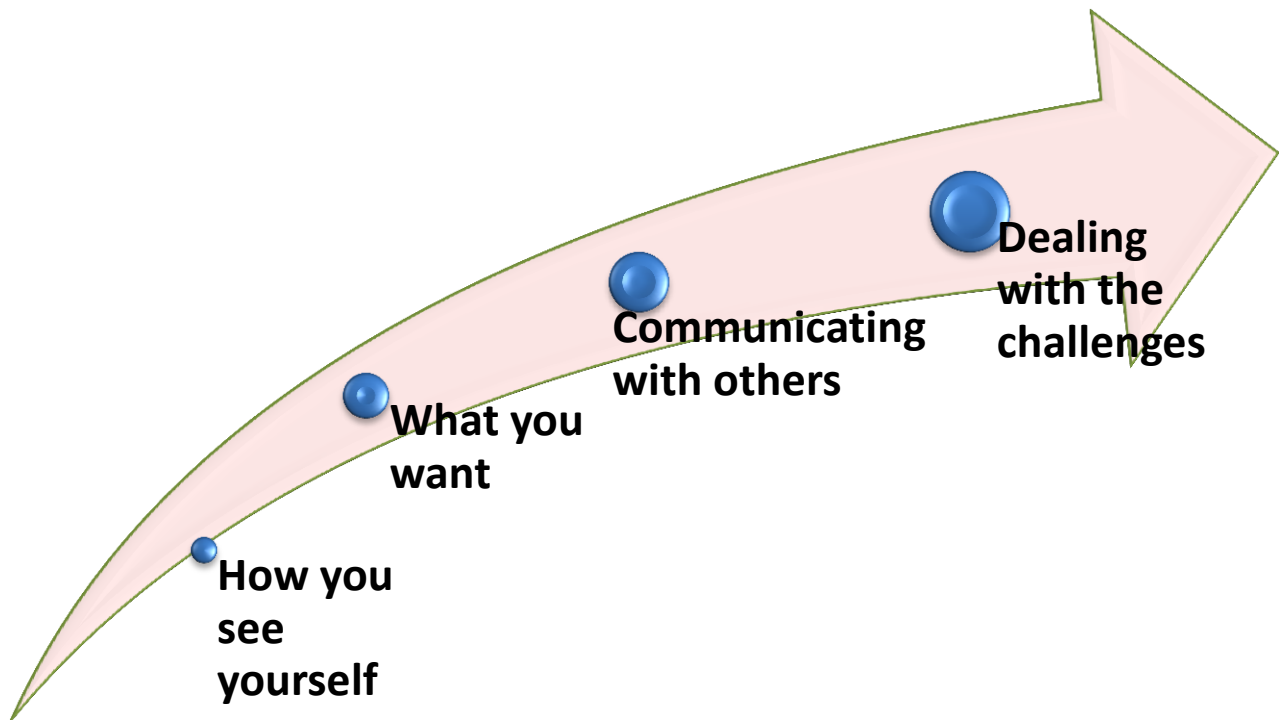


**Sandi Givens**

**People Catalyst and Team Strategist**

*Creating Meaningful Learning ... Sustainable Change*

## The keys to managing your Career



## What's my Goal?

## How do I see myself?

As a Leader ...

The roles I fill ...

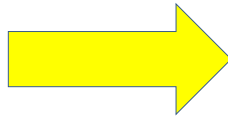
The value I bring to my work ...

## Self-Talk – Internal Dialogue – Reframing

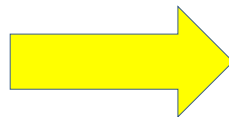
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**Gaining clarity about what you want**

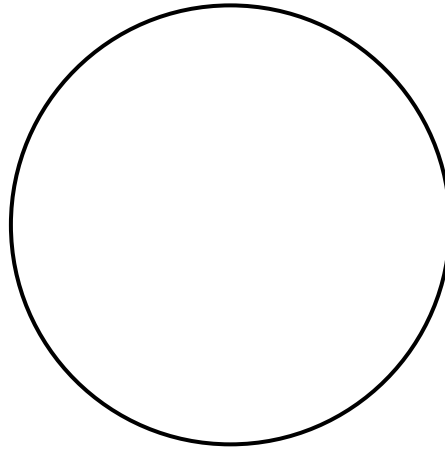
**Align your goals with your values**

Attainment Values

Attribute Values

Attitudinal Values

## Your Life Arenas Map



## Communicating to others

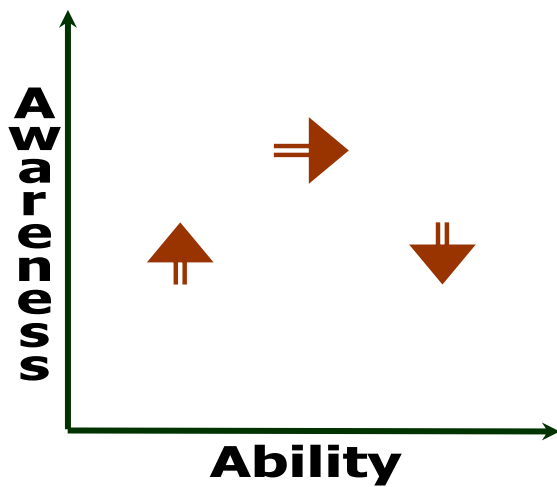
### Your Achievements

### Your Boundaries

## Where is your Focus?

### Dealing with the Challenges

#### Challenge #1: Living on Auto-Pilot



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\* Other challenges we need to manage include Expectations, The Financial Commitment Spiral, If ... Then ... Thinking, The Team Player Trap and Seeking 'Perfection'.

Specific tools and strategies for dealing with these will be covered in our 1/2 day Career Planning Workshop.

## **There's NO Power in Knowledge!**

### **Top 3 Actions to Implement**

1.

2.

3.

### **Resources/Assistance I'll need**

### **Measurement of Success**

### **How I'll Celebrate**