

# Career Mapping



# Where are you going?

**A simple way of working out where you want to go?**

Find out where you have come from; what has given you satisfaction in the past & what the work ingredients that work for you.

There are a few options here depending on what works for you.

You may wish to draw free-hand; to use a grid or create a mind map.

Follow what you feel like in the moment.

Let me know how you get on.

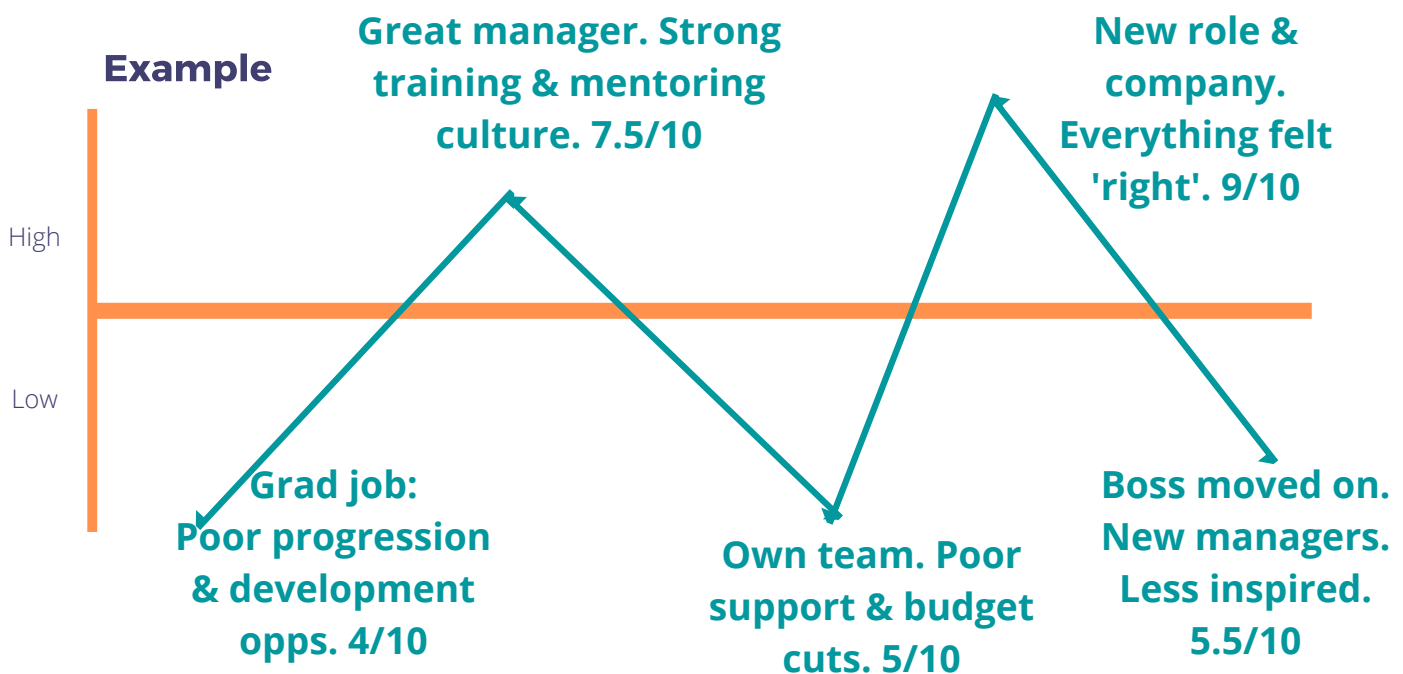


# Career mapping

Find your next step by looking at where you have come from...

## Option 1:

Use a graph to show your career highs & lows. You may wish to write in a satisfaction score out of 10 for each role.



## Option 2:

Draw a mind map to show the different roles, teams or companies you have been involved with. Use multi-colours if you would like - make it right for you.

You may like to choose different shapes, positions & colours.

## Option 3:

Free dawing. You may wish to draw a tree; building or flower - any shape that feels right. One for how you look; see or feel when you are in a great place at work & one when you feel less inspired.

Compare the two & annotate if you would like.



# NICOLA PITT

**Nicola has over a decade of experience enabling people, individually and in teams, to fulfil their professional potential without feeling stuck, overwhelmed or uncertain.**

**An Executive Coach, Trainer, NLP Master Practitioner and Clinical Hypnotherapist, Nicola brings her expertise to support managers to develop world-class skills.**

**Nicola brings her medical expertise alongside years of supervising, mentoring and empowering individuals to help everyone succeed.**

**Clients include HSBC, Pearson, Royal Mail & NHS Leadership Academy.**



**E: [nicola@nicolapitt.co.uk](mailto:nicola@nicolapitt.co.uk)**

**W: [www.nicolapitt.co.uk](http://www.nicolapitt.co.uk)**

**[www.linkedin.com/in/nicolapittcoach](https://www.linkedin.com/in/nicolapittcoach)**