

VALUES IN CAREERS

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STATUS QUO: PAINFUL FACTS



sad

THE GRASS IS GREENER....



WHY IS THIS?



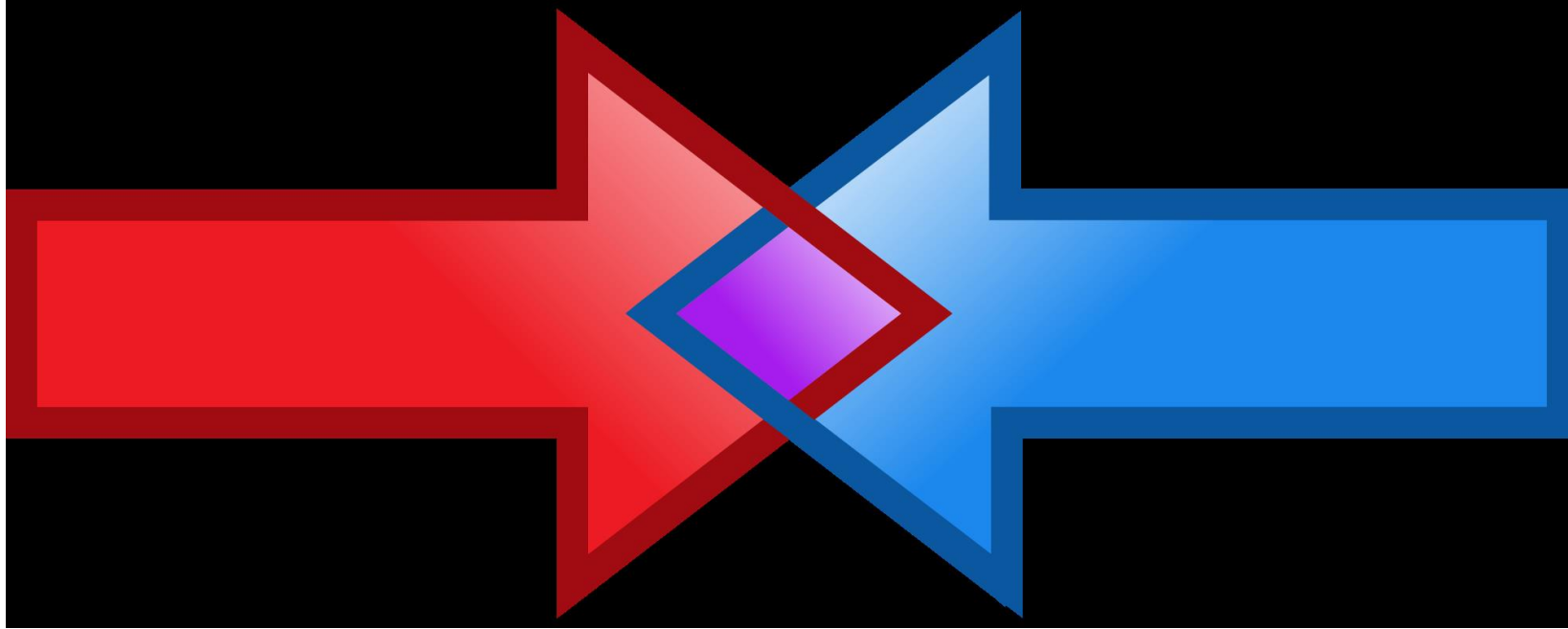
BRIEF EXERCISE



WHERE IS THE WATER....?



MATCHING PROCESS: TWO-WAY



MY STORY



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THE HOW: USING VALUES TO DECIDE

- Intrinsic Values

I ♥
MY
WORK

- Extrinsic Values
(includes Work and Environment)



- Lifestyle Values
- Using Top Values as Vision Board



CASE STUDY: EARLY LIFE CRISIS



WHY IS IT IMPORTANT TO USE VALUES?

- Higher levels of happiness
- Satisfaction
- Purpose
- Less fear



FLOW



CONCLUSION

- Resources: 2 free online tools (please see me)
- Key takeaway – use values to:
 - Evaluate current career path
 - Regularly check-in
 - Make changes/transition
 - Find a brand new career or work you love!



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