

EXERCISE



Career Mapping: Conducting an Inventory

Purpose: Look back on your career journey to identify areas of expertise, skills, and passions to uncover recurring patterns or themes.

By looking back on your career journey, it can provide clarity on the skills, talents and expertise you may be overlooking and reveal the patterns of what works best and what can be improved in your career and life.

Instructions:

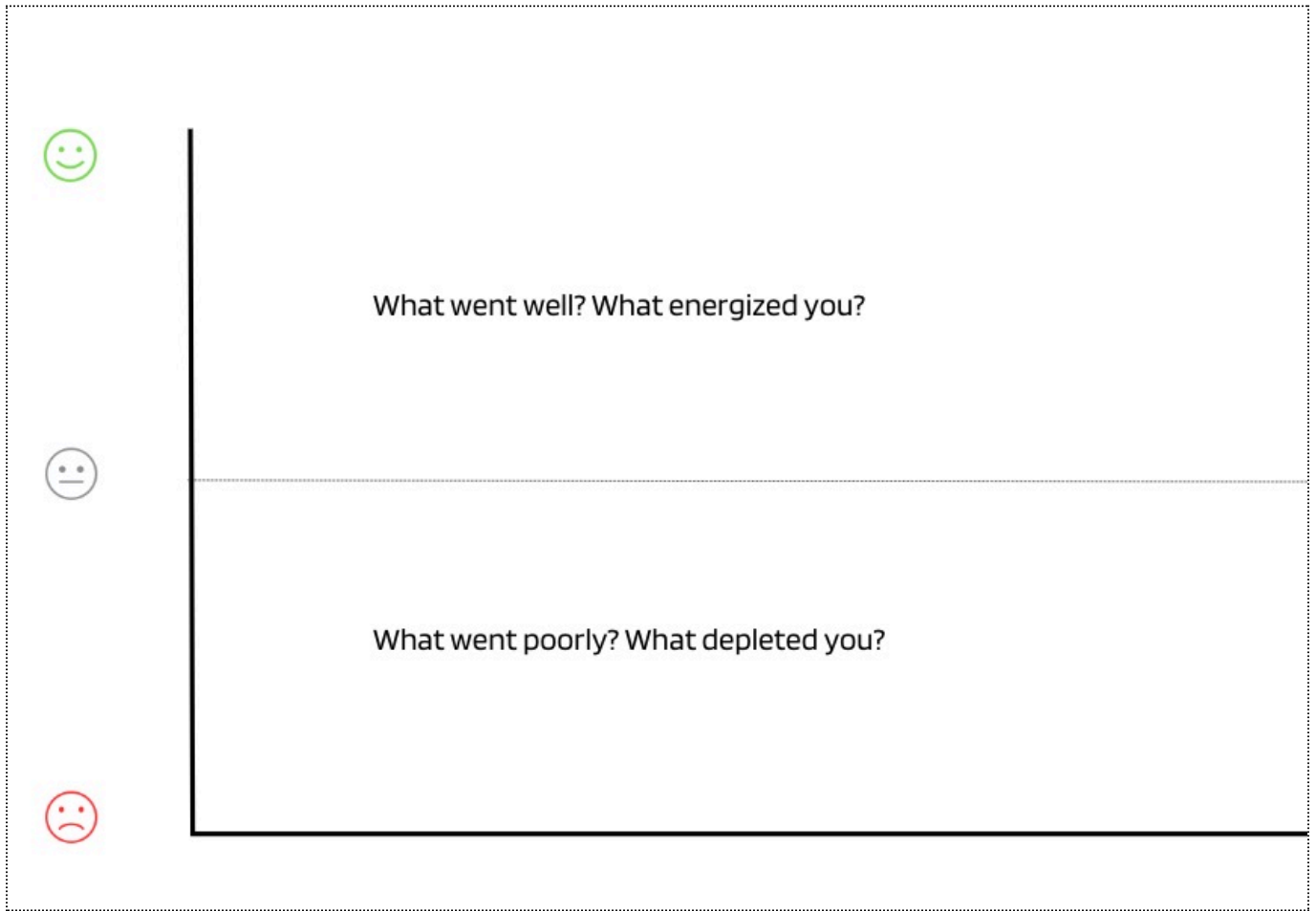
1. Write down the names of the companies and organizations you have worked for across your entire career. Include significant personal milestones, such as starting a business or taking a career break.
2. For each job role, consider and write down the following:
 - What did you love about this role? What are two things that went well?
 - What didn't work for you? What are two things that could have been better?
 - What skills and talents did you learn, grow, or refine during this career stage?

Reflections:

- Are there patterns in the roles, responsibilities, and activities that you enjoyed the most?
- What skills and talents were you best at?
- What lit you up about the work? What lit your colleagues up about your work?


Career Map Template

For each job role, map out the activities and responsibilities that energized and depleted you? Do you see patterns across the roles?



The diagram is a large rectangle with a dotted border. On the left side, there is a vertical line. To the left of this line are three smiley face icons: a green one at the top, a grey one in the middle, and a red one at the bottom. A horizontal dotted line extends from the middle of the vertical line across the entire width of the rectangle. The text "What went well? What energized you?" is centered in the upper half of the rectangle, above the horizontal line. The text "What went poorly? What depleted you?" is centered in the lower half of the rectangle, below the horizontal line.

OUR NEXT COHORT STARTS ON FEBRUARY 11, 2025



Reimagine Your Career: A Playbook for Designing Your Next Act

Women in mid to senior-level roles in tech are managing feelings of isolation and loneliness. It's a struggle to navigate the demands of intense careers while also cultivating a fulfilling life outside of work.

Lift Up Connections provides the peer community support, guidance, visioning, and leadership expertise to bring your whole self to your work, reimagine what's possible, and cultivate your authentic voice.

Next cohort begins on February 11, 2025

A promotional banner for a cohort. On the left is a portrait of a woman with shoulder-length brown hair, wearing a dark blazer over a black top and a necklace. The background of the banner is a dark teal color. To the right of the portrait is the title 'Reimagine Your Career: A Playbook for Designing Your Next Act' in white bold text. Below the title is a paragraph of white text. Below that is another paragraph of white text. At the bottom right is a blue rounded rectangular button with white text.

liftupconnections.com