



Career Development | 10 Minute Tools

The Mirror Test



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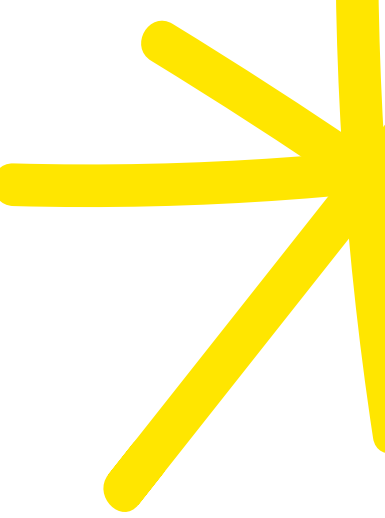
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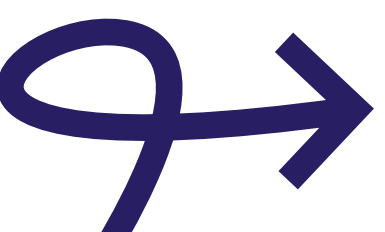
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Starting With You

Working out *what you want to be known for* compared with *what you're actually known for* is a great way to get feedback and manage your brand.





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Start by writing down **5 words** you want to be known for.















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Then, go to at least *six people* and ask them for *three things* they think you do well

Alternative ways to ask this question include:

- ▶ 'Can you tell me three things that make me stand out?'
- ▶ Or 'What three words would you use to describe me at my best?'

Person 1

Person 2

Person 3

Person 4

Person 5

Person 6



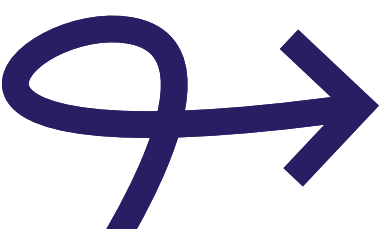


What themes do you spot in the words you have been given?

How does this compare with your words?

Words that are consistent

Words that are different





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Consistent words show that what you want to be known for is how you're showing up

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That is a really positive outcome and something to keep focused on.

Words that are different might be an insight into strengths you show-up with that you weren't aware of or that you are overplaying some of your talents and it's taking away from the things that you want to be known for.

Take a moment to think to reflect on what you will do differently as a result of this insight.





Learn more



Watch



The Secret To Giving Great Feedback, LeeAnn Renninger



Read



The Squiggly Career, Helen Tupper & Sarah Ellis



Listen



Squiggly Careers Podcast Episode #122: How To Make Sure Your Strengths Show Up And Stand Out



