Squiggly Career

Knowledge Navigator

HOW ARE YOU FEELING IN YOUR CAREER?

Stuck

Do you know how to get unstuck?

- **YES** → Do you know what's holding you back?
  - **YES** → Motivation / Bias / Opportunity / Confidence
  - **NO** →
    - Squiggly Careers PodSheet – Growth Mindset in Action
    - #55 How to get unstuck

Energised

Do you want to use your energy to...

- Grow yourself? → Squiggly Careers PodSheets – How to explore your potential
- Grow others? → Squiggly Careers PodSheets – How to be a meaningful mentor

Ambitious

Do you know what you want to achieve?

- **YES** → #36 How to grow your grit
- **NO** →

Lost

Has something triggered this?

- **YES** → Have you been made redundant?
  - **YES** → Redundancy Reset Toolkit
  - **NO** → Whole Life Career Management
- **NO** → Is self-doubt getting in your way?
  - **YES** → Redundancy Reset Toolkit
  - **NO** → Whole Life Career Management

Isolated

Do you have an active career network?

- **YES** → Would you like to join a career learning community?
  - **YES** → PodPlus
  - **NO** → Squiggly Careers PodSheets – How to build your Personal Board

Motivation

- Bright Sparks & Black Holes

Bias

- Squiggly Careers – Ask The Expert – Sophie Williams, Progression

Opportunity

- PodNews: EPISODE 217 – 3 ideas for progression at work

Confidence

- How to Overcome Your Confidence Gremlins