

How to develop the 5 skills to succeed in a squiggly career

Knowing and using your **strengths**, living your **values**, caging your **confidence** gremlins, building a **network** in a way that works for you, and exploring your future **possibilities** are the essential skills to have a happy and successful squiggly career.

Sharing and supporting people to develop these skills is how we can all contribute to making careers better for everyone.

It is within everyone's capability and control to develop these skills no matter what stage of career you are at - whether you've started your first job, are a manager leading a team of 10 people, or have just launched your own business.

Helen Tupper & Sarah Ellis,
The Squiggly Career



Strengths

Strengths are useful when you want to identify what you want to be known for & want to make your strengths stronger.

Strengths are what gives you energy even if you're not great at them yet.

Do more of what you want to build a reputation for and be known for.

Idea for action

Carry out an energy audit at the end of every day.

Ask yourself 'what gave me the most energy today?'

Identify and stretch these strengths.

[Make strengths stand out](#)



Values

Values are useful when you want to increase the sense of satisfaction & fulfilment you get from your work.

Values are what motivates & drive you. What's most important to you?

Exploring your values gives you a filter for decision making

Idea for action

Carry out High/Low learning

Reflect on what your highs have in common & what you can learn from any lows. Ideally answer with someone you trust.

[Use our values tool](#)



Confidence

Confidence is useful when you want to make the most of opportunities and want to overcome obstacles.

Belief in yourself and other people believing in you too.

When you have strong self-belief you can be braver and say yes.

Idea for action

Reflect on small wins at the end of the day

Remember, record, & reflect on your wins. This helps you understand what success might mean to you

[Develop career confidence](#)



Network

Network is useful when you want to learn from other people and have the right people to for your progression.

People helping people. How could you be useful to others?

No one succeeds in their squiggly career by themselves.

Idea for action

Reflect on the 4c's

4 ways to help others & help yourself in your career

- As a Consumer
- As a Contributor
- As a Connector
- As a Creator

[Ask the expert on networking](#)



Possibilities

Possibilities are useful when you want to be curious about your career and explore new directions for your development.

Being curious & creating not waiting when it comes to your career.

We can proactively increase our chances for interesting possibilities.

Idea for action

Have regular curious career conversations

Find out more about somebody else's world of work. Could it be a possibility you could explore in the future?

[Try our Career Canvas tool](#)

Coach yourself questions

Prioritise the skills you need to work on from 1 - 5
1 being highest priority

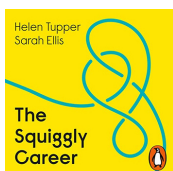
Strengths Values Confidence Networks Possibility



Who could support you to explore your squiggly skills?



Recommended resources



The Squiggly Career - buy as a [book](#) or [videobook](#)



The best career path isn't always a straight line

Our TedX talk reframes what a successful career might look like



How to redefine success in a squiggly career
Squiggly Careers
Episode #214