Podsheet

10 Career Quick wins

Who could keep you committed to taking action?

Quick action-focused wins in your squiggly career can help create the motivation and momentum you need to do your best work.

Use quick wins as prompts for your progression.

10 Ideas for action & recommended resources

1. Pick a new tool to try out - 10 mins

Play with a new tool, and share what works for you with other people.

Try out Miro, ChatGPT, Microsoft Loop, Paper, Fireflies.ai, Coggle

2. Give a thoughtful thank you - 5 mins

Ask yourself: Who has made a difference to me at work this year / month / week? Send them a voicenote, card, message or email.

How to use AI to support development **D**MCareers

Listen to #331 of Squiggly Careers

6. Do someone a fast favour - 5 mins

Ask yourself: How could I easily help someone else?

eg. Teach them a quick tech hack, share one recommendation for a podcast/book, help review work.



Listen to <u>#298</u> of Squiggly Careers



Listen to Kindness

with Mary Portas

7. Assess your learning agility

Learning agility is your ability to succeed in first time situations. Complete our learning agility assessment for personalised ideas for action.

8. Add an additional active rest activity for 1 week - 15 - 30 mins

Active rest means doing something that fully absorbs your focus eq. reading / gardening / exercise. Try one new active rest activity in a week.

9. Each one / Teach one

- 20 mins Identify one area you have expertise

or experience in and share it with someone else. In squiggly careers everyone's a

learner and everyone's a teacher.

10. Keep a ' 3 very small successes Doing this simple reflection exercise

for 1 minute a day will give you 30 small successes to be proud of. Writing it down builds up your optimism so that you are better at spotting opportunities.





Take our online assessment



Listen to expert Alex Soojung-<u>Kim Pang</u>



Watch our TedX Talk



Listen to #214 of Squiggly Careers

3. Do a 'So what' Ted Talk - 20 mins

Watch a Ted Talk, then take a few minutes to reflect and ask yourself: -What did I learn?

- -What did that make me think? -What action will I take now?

4. Have a curious career conversation - 30 mins

A conversation away from your day to day will make a difference to your development. Prepare for conversations by reflecting on the question: 'How could they help me?' Celeste Headlee



strengths - 5 mins Collect data on your development.

-What 3 words describe me at my best? -When do you see me have positive impact?

-What's 1 skill I have that you see is useful in our team?



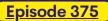
Listen to expert

Listen to #301 of Squiggly Careers









Watch The Anti-CEO playbook

- 10 mins