

Assessment of Life and Career 'Wants'

While subjective assessments may not fully capture the skill sets and expertise of clients, they help understand their wants and needs for current and future roles (Niles & Harris-Bowlsbey, 2017).

The following five questions help connect a sense of purpose with the career a person wishes to pursue.

Consider the following questions (modified from Niles & Harris-Bowlsbey, 2017):

How do your life experiences connect with and shape your career development (past and present)? For example, marriage, break ups, children, death, sporting and academic successes, etc.).

What makes your life meaningful?

What sort of life would you like to build? (for example, work-life balance, time spent traveling, etc.)

What would you like to express through your work?

What aspects of work, or ways of working, allow you to come closest to expressing who you are?

Reflect on the answers and consider how your existing or future career plans meet your expectations.

References

- Niles, S. G., & Harris-Bowlsbey, J. (2017). *Career development interventions*. Hoboken: Pearson.

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