

Achievements

A success that is important to you, something you have accomplished. Something you are proud of, on your own or as part of a team.

Review your skills list, your CV, your performance reviews and any other sources of information about your career. Write down your three proudest work/career achievements.

My proudest achievements	What made them special for you?
1.	
2.	
3.	
How can you use these to	
Build your confidence?	Sell your CV?
Celebrate the past?	Perform well at interviews?

Additional Resources



Print a copy of 'My achievement' from the Additional Resource CD Rom. You will also need a flip chart stand, paper and pens to complete this additional activity. You will find it more fun and useful to do this with a few of your colleagues.



Go back to the wheel, what score did you give for career achievements? When you have completed your 3 proudest Achievements, mark in a different colour where you would like it to be.

Challenge

Have you ever asked yourself how much of 'yourself' or 'what you could do' at work? No? Try it!

In studies by the CIPD, Mercer and John Whitmore it has been found that people withhold from 25% - 40% of their effort or in other words their potential. Why? Sometimes it is intentional but much of the time it is subconsciously applied.

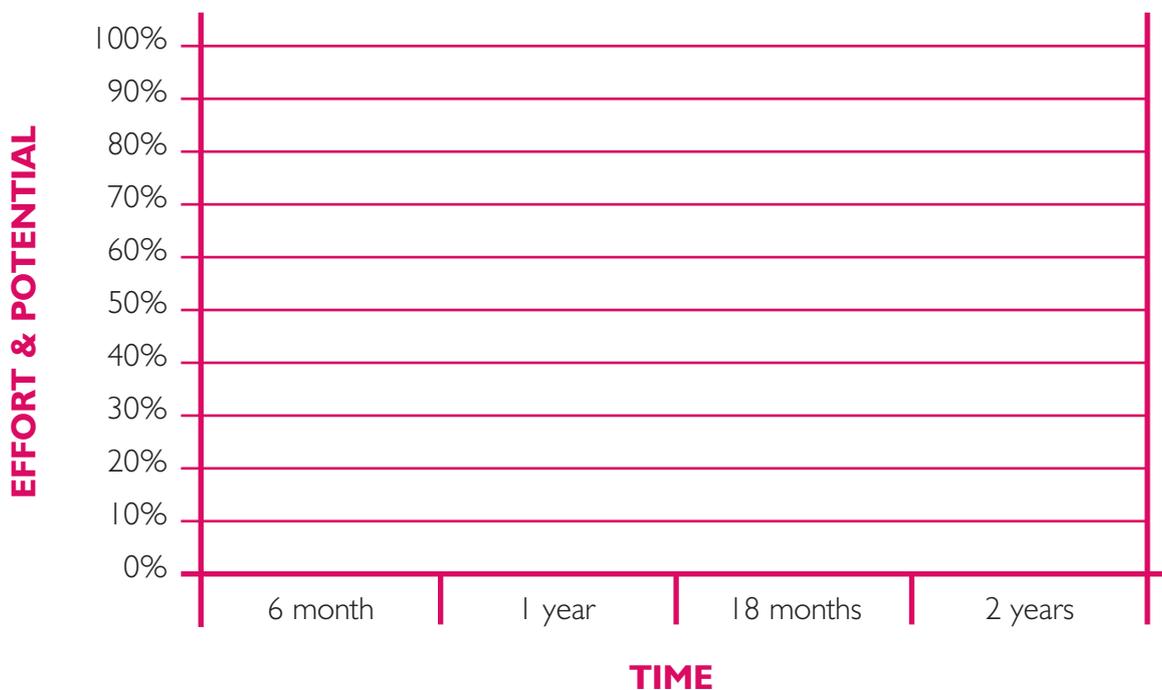
Activity



Mark on the graph below how much effort and potential you have been putting into your work over the last 2 years.

The challenges of change are always hard. It is important that we begin to unpack those challenges that confront this nation and realise that we each have a role that requires us to change and become more responsible for shaping our own future.

Anon



- 1 What would it feel like if you were to give 100% effort or release 100% of your potential?
- 2 When have you achieved this? Be specific!
- 3 If you are dissatisfied with your answer to question 2.....read on!

Mikalyi Csikzentmihalyi, a Chicago psychologist established a theory that explains that if you have two key measures - Skill and Challenge - working together at a high level, you will work in a place called 'flow'.