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Annual Career Checkup

Your career health diagnosis: discover what's working and what to fix.

Things have changed. Maybe you aren't as spry as you once were. AARP wants you, Medicare is lurking behind every corner, and #ageism rings in your ears. Even the elevator at work is calling your name.

After reaching "Level 50," we are faced with the responsibility of taking better care of what we have...our mental, physical, and spiritual health, our relationships, our possessions, and even our careers.

When was the last time you had a **second opinion** on the health of your career? Whether you have been in the same role for 2 years, 20 years, or are currently between careers, it's a good idea to run through this evaluation to see where you stand and not get blindsided by a "career collapse."

Below are some questions to ask yourself that may improve your career health for 2023. ***Let a spouse or trusted advisor answer these for you and give you an honest perspective.***

If you are unemployed, reflect on the most recent position you held.



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Personal Fulfilment at Work:

1. What are the top 3 things I love to do?
2. What do I do best?
3. What am I know for, what is my super-power, my genius?
4. What value do I create for my team, department, company?
5. What value does my company recognize me for?
6. What problems do I solve for my company?
7. What 3 words best describe me?
8. How much of my identity is tied to my career?
9. What is the 1 thing I would most like to change?
10. What are the 3 areas I have identified that have room for improvement?
11. How many days a week/month/year do I feel proud of my accomplishments and the work I do?
12. In what ways does this career meet my desire to make an impact?
13. When was the last time I got a raise or promotion?

External Impact:

1. How many hours of sleep am I losing each night due to career stress?
2. How easy is it to transition with healthy boundaries from my career to my personal life at the end of the day or while on vacation?



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3. How many hours do I work daily – including work from home?
4. What do the top 5 people in my life say about my work/life balance?

Unemployment Stress: (if currently employed, skip this section)

1. Am I feeling anxious and overwhelmed or inspired and motivated about my job search?
2. How many hours a day am I active in pursuing another career?
3. What is keeping me from finding my Encore Career?
4. What healthy habits have I put in place to manage the stress and embrace the change?
5. How confident am I with my aptitude for behavioral interviews?

Routine Maintenance:

1. When was the last time I updated my resume?
2. How closely does my LinkedIn profile match my resume and reflect my current goals?
3. How frequently do I network to build connections outside of my company walls?
4. What is my current proficiency in negotiating a raise or promotion?
5. Who is the primary person I have entrusted to make sure I am being proactive in preparing for a job loss or retirement?



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When you are on your way to the gym, the doctor, the organic isle, or the auto mechanic, take a moment and ask yourself if you are investing as much in maintaining a healthy career. If the answer is no, don't let your career continue to decline. You've got an opportunity to do a quick checkup and **revitalize your career**, no matter what stage you're in currently. For support accelerating your encore career, book a call and [Let's connect!](#)

I have spent the last 15 years helping professionals over 50 embrace their encore and make these years the best ever. I combine both encore career coaching with life coaching to quickly get my clients results and boost their confidence, visibility, and impact. I show them the endless possibilities and how to shift their mindset to embrace their encore years.





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After Level 50, our perspectives shift – we want to make money, be fulfilled, AND make a difference. That’s why I put together a powerful program to get you on the fast track with one-to-one coaching to achieve what you truly desire.

In the **Encore Career Accelerator**, we will:

- ✓ Uncover your genius and overcome limiting beliefs.
- ✓ Showcase your skills, experience and **contribution** and build an action plan to get you where you want to go.
- ✓ Craft a powerful personal brand and resume that **makes you stand out** from the competition.
- ✓ Get noticed on LinkedIn as a top candidate in your industry.
- ✓ Increase your **CONFIDENCE** and perfect your presentation.
- ✓ Navigate networking and ask for endorsements to improve your visibility, find **high-quality connections**, and expand your network.
- ✓ Claim your value and how to confidently negotiate your salary and more.

To see if the **[Encore Career Accelerator](#)** is right for you,

Book a **[Discovery Call](#)**