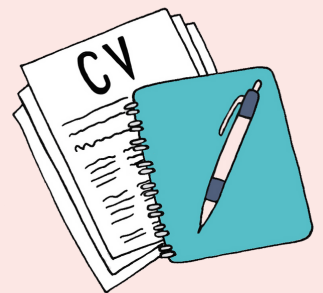


# HOW TO CREATE A CAREER LIFELINE



## Objective

By highlighting the major events in your career story, it can reveal those events which were most rewarding and positive and those that were less so. You can then start to identify patterns that can in turn reveal more about your motivation and needs in your career.



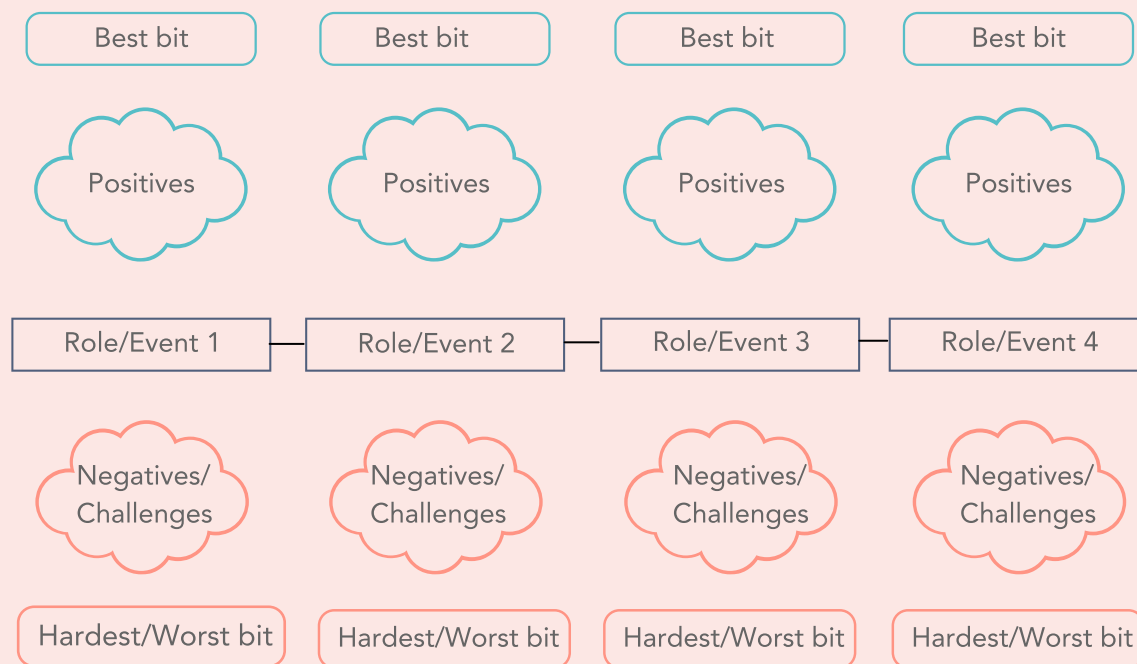
## How to Create a Career Lifeline

The career lifeline can start from as early as you wish, the important thing is to include all your roles and any transitions and life changes (for example having children or having a career break).

For each event, make a few brief observations. If they are positive put them above the line and if negative below the line (you might want to use colour coding too).

Sketch it out on an A4 landscape piece of paper – it might end up that you use more than one and you need to Sellotape them together! You can complete it in any format that feels right for you, example below to get started:

## Example of how to complete a career lifeline:



## Reflection on completion

Once completed, look back over the lifeline and make notes reflecting on the following:

- What patterns can you identify of interests, values and motivations.
- How might this influence future career decisions?
- What could you develop and do more of?
- What might you change or steer away from?
- List 3 – 5 key actions or takeaways from the exercise

## Further Developments

Apart from reflecting what the lifeline shows about your career to date, you can also use it to craft your own story – how do you want to position yourself as you wish to be seen by future employees.

This tool was written and produced by Jane McKenna, one of the **Careering into Motherhood** partner Coaches. For more information and to book a free call with Jane click [here](#).

