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CAREER VALUES AT WORK

- how to find your why to enjoy
a fulfilling working life

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WELCOME

At the heart of whatever you do in life, you'll find your values in action.

Whether it's the clothes you wear, the partner you are with, the place you live, what you spend your money on, the restaurants you eat at, or even the choice you make between owning an Apple or Android phone, your decisions are all expressions to the world of the values you hold and reflect who you are.

And the work you do is no different.

If chosen well, it reflects what matters to you and enables you to enjoy a fulfilling working life. If chosen badly, it fails to serve you and keeps you from fulfilling your true potential. It is no accident that those who derive most pleasure and success at work do so because they are crystal clear about their values and work on purpose.

Values act as unconscious filters through which we view the world. They are our motivators and act as the standards and principles we live by, creating our map of the world which we use to navigate our way through life. Sometimes they are so unconscious, we fail to make the right choices because they are buried deep us.

This short guide is designed to help you get to the heart of what you need to help you feel happy and fulfilled in your career – your career values.

Best wishes from the team at Career Alchemy.

IDENTIFYING YOUR CAREER VALUES

This activity will help you gain a clear understanding of what matters to you in your career. Read through it first and then write your answers on your Values Brainstorming list on the next page as you work through the questions.

Q1: “When I think about your career/work, what matters to me?”

If you start to run out of answers quite quickly, read through the list again and then ask yourself the next question

Q1a: “What else matters?”

Once you are convinced that you have included everything that matters to you for now, answer the next question.

Q2: Now, think back to a time when you felt totally motivated in connection with work (including your academic work) and as you think about that time, ask yourself “What was the very last thing that I felt just before I was totally motivated?”

Add the name of this feeling to the list. Make sure that the word is meaningful.

Now re- read the list of values you have identified and ask the following:

Q3: Ask yourself: “If I had all the values in my list in my career, including the last value I wrote down, what, if anything, could cause me to leave?”

Add the answer to the list if there is one.

Finally re-read your list and ask yourself:

Q4: “If I had all the values on my list, including the value I’ve just added, what would have to happen to cause me to stay?”

Add this answer to your list. Make sure that the word is meaningful. If there isn’t anything, then repeat Q3 and Q4 until you get repeat words or no more words.

Congratulations - you have now discovered what really matters to you in your career.

FINDING YOUR WHY

Which is your top value?

If you were to tell someone what it is, could they picture it? If not, drill down into it to create a specific description which enables them to do so. That's your why.

Use the space below to write your description down.



Thinking about what you have learnt in this guide, use the space below to write down your answer to the following question:

What your biggest light bulb moment about your values and beliefs?

ABOUT THIS GUIDE

The values exercise you have just completed has been taken from our [INSPIRED Professional](#) course, created by our Lead Coach and Founder, Carolyn Parry.

We hope it helps you understand what matters to you so that you can create a successful, fulfilling and sustainable career.

To find out more about how we help early stage and established career professionals develop effective working lives, please visit www.careeralchemy.co.uk

ABOUT CAROLYN:



After an outwardly seventeen-year business career in property, software and publishing, a half-life career crisis led Carolyn to do some soul searching and retrain as a university careers adviser. After 14 years working at Aberystwyth University, she now runs her own award winning career coaching and training company helping early stage career professionals and career changers to create happy, successful and sustainable careers built on purpose and contribution.

A national Career Coaching trainer for AGCAS (Association of Graduate Careers Advisory Services), member of the CDI (Career Development Institute) Professional Register, Fellow of the Higher Education Academy and trained Enterprise Educator, former chair of the Association of Graduate Recruiters (Wales and West), Carolyn is a trustee of NASES and a recently appointed Fellow of the Royal Society of Arts.