

Navigating Your Career

Workbook

The logo for 'the mind room' is a white circle containing the text 'the mind room' in a blue, lowercase, sans-serif font. The circle is positioned in the bottom left corner of the cover, overlapping a large, stylized brown flower shape. The background of the entire cover is a solid light blue, with a thick yellow wavy line running diagonally from the top right towards the center, and a large brown flower shape in the bottom left corner.

the
mind
room

A large, thick, yellow curved line or brushstroke graphic that starts from the top left and curves downwards towards the center of the page.

Welcome to The Mind Room

We are a health, wellbeing and performance psychology community based in Collingwood, Melbourne. We share psychological knowledge and tools to help you know, love and grow your mind.

Navigating Your Career

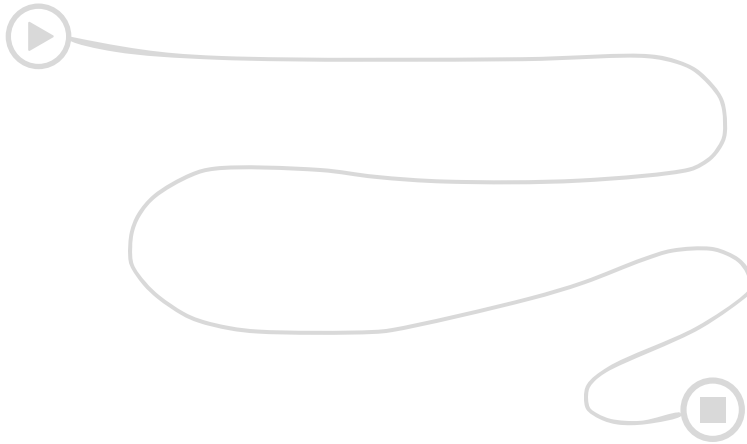
At a career crossroads? Looking for new challenges but unsure of your next steps? Whether you are feeling a little lost, or completely found, this is an opportunity to learn and share the highs and lows of a surgical career.

Join us for an interactive workshop exploring values-based career navigation. Through small group activities and discussions, reflect on what really matters to you, what holds you back, and how to meaningfully navigate your professional path.

Learn from your peers who have navigated various career stages - from early career to career or lifestyle shifts and contemplating retirement. Leave feeling empowered and supported in your choices, regardless of career stage.

Where are you now?

Map where you are right now in your career journey?



What motivated you to start on your current career path?
[Fame, fortune, family, curiosity, power, purpose, mastery,
not sure...]

How satisfied are you with your career journey currently?



Where are you heading?

In an ideal world, what would your work life look like?

- What activities would you be doing day-to-day?
- Where would you be?
- Who would you be with?
- How would it fit with your personal life and lifestyle?
- How would it play to your values and strengths?

What helps or hinders you?

- **Psychological:** Thoughts, feelings, behaviour, values, strengths, meaning and purpose
- **Technical:** Knowledge, skills, experience
- **Resources:** Money, time, energy, attention
- **Context:** workplace, culture, politics, people
- **Lifestyle:** family, friends, passions, interests
- **Other?**

What holds you back? [past, present or future]

What helps you? [past, present or future]

Last Thoughts

What have you discovered about how others have navigated their career journeys today?

What 'aha' moment have you had for your own career path?

What one small action could you take next to bring your closer to your ideal career?

Resources

Tools

Values Cards, The Mind Room
[\[themindroom.com.au/shop\]](http://themindroom.com.au/shop)

Strengths Profile
www.strengthsprofile.com

Picture Your Career, Vanderbilt University
[\[www.vanderbilt.edu/career/pictureyourcareer/\]](http://www.vanderbilt.edu/career/pictureyourcareer/)

Reading

Feeling Lost? Find yourself here.
[\[themindroom.com.au/feeling-lost-find-yourself-here\]](http://themindroom.com.au/feeling-lost-find-yourself-here)

You've got to stand for something.
[\[themindroom.com.au/youve-got-to-stand-for-something\]](http://themindroom.com.au/youve-got-to-stand-for-something)

The Happiness Trap, by Dr Russ Harris
[\[www.actmindfully.com.au/product/the-happiness-trap\]](http://www.actmindfully.com.au/product/the-happiness-trap)

Online Library, The Mind Room
[\[themindroom.com.au/library\]](http://themindroom.com.au/library)

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