

The logo features a central dark blue circle containing the text 'UIC' in light blue. This circle is surrounded by a yellow ring, which is further enclosed by a red ring. From the top of the yellow ring, a yellow line extends upwards and to the right. From the bottom of the yellow ring, a yellow line extends downwards. From the right side of the red ring, a red line extends downwards and to the right. The background is a solid light blue color.

UIC

Alumni Exchange

**ALUMNI
ASSOCIATION**

Your Career Sweet Spot

A WORKSHOP AND DISCUSSION
ON YOUR PROFESSIONAL JOURNEY

Facilitated by Dr. Benjamin Ritter; LFY Consulting



focus



WHO IS DR. BENJAMIN RITTER?



Benjamin Ritter, EdD, MBA, MPH

- Founder of Live for Yourself (LFY) Consulting
- Leadership and Empowerment Coach
- Corporate wellness workshop facilitator
- Live for Yourself events and podcast host
- Author of The Live for Yourself Workbook
- Udemy course instructor: Craft a job you love from a job you have
- Founder of The Breakup Supplement

Contact me:

- LiveforYourselfConsulting.com
- contact@benjamin-ritter.com
- [@ritterbenj](https://twitter.com/ritterbenj)

Let's say hi

Introduce yourself and answer the following questions in the chat:

What did you want to be when you were a kid?



The BIG
question
that is
probably on
your mind...



Agenda

Your Career Mindset The Career Sweet Spot Q&A

Learn something new

Share something new

Connect with someone new

Your Career Mindset

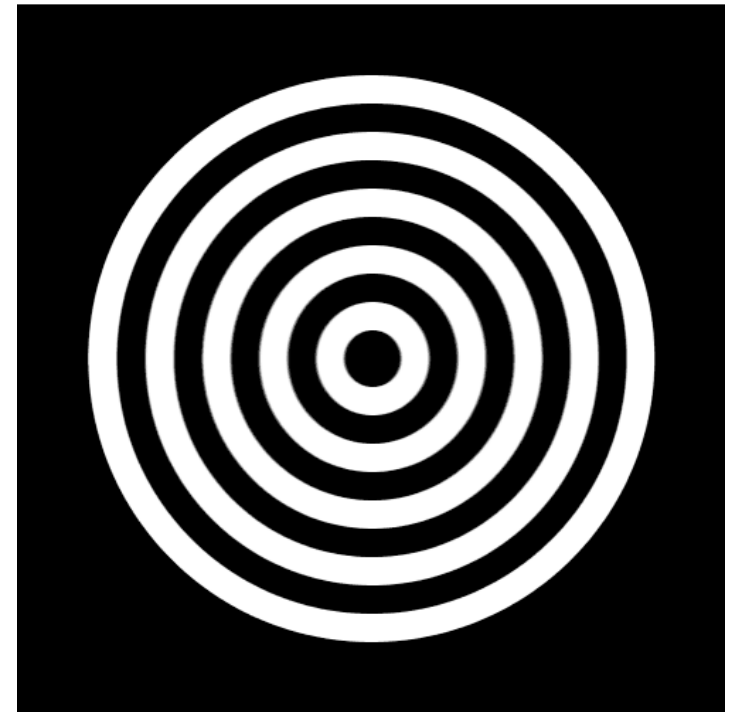
- The story you've been told about your career and fulfilling work
- Reframe from "it's a race" to "it's an opportunity"
- The career involves multiple milestones (JOBssssssss not JOB)

The Career Sweet Spot

- Choosing what you want not just from the choices you have
- Do your research...
- It's a moving target

Let's start our research...

A moving target



What you've been trained to do:

Think about your schooling, skills you've learned, strengths, and past work experiences

Identify what you have been trained to do (top 3-5 skills)



What you love to do at work:

Think of three to five moments at work where you felt successful, proud, accomplished, or happy at work.

Identify the tasks, people, environment, skills and values that comprised that moment



What you love to do in life:

Reflect on when you've felt like you had purpose or made an impact.

If you can't think of any think about times in your life when you've felt the happiest or in a state of flow.



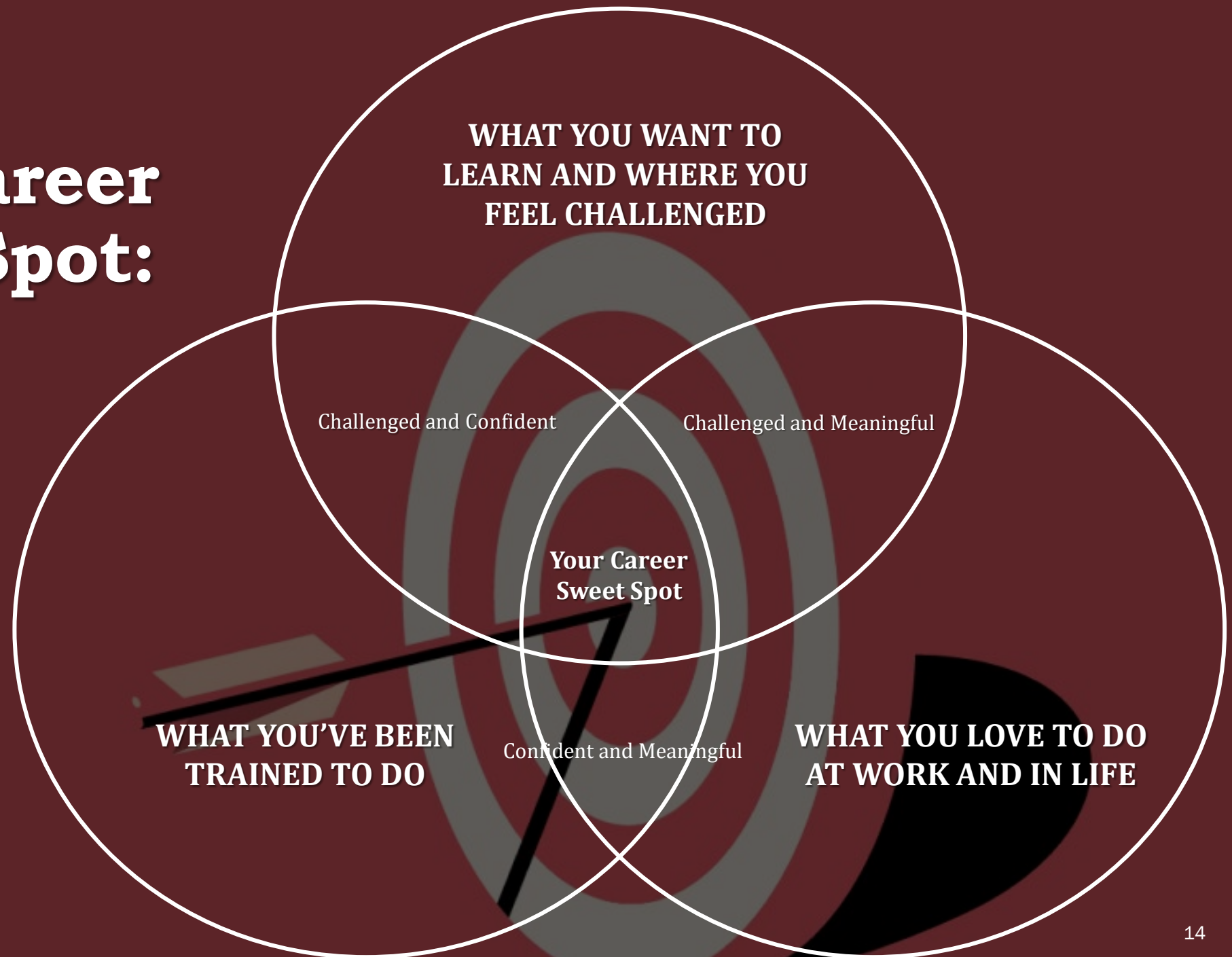
What you want to learn and where you feel challenged:

Identify experiences that you would like to have in the future.

What people would you like to work with and what potential opportunities or projects make you excited?



Your Career Sweet Spot:




Put it all together

- What have you been trained to do?
- What do you love to do at work?
- What matters most to you in life?
- What do you want to learn and where do you feel challenged?

What could potentially be next for you?

Questions?





"What is something you learned about love this past year?"

"What is something you hope to learn about love now and what can you do to make that happen?"

Next steps

Connect on other platforms:

YouTube & LinkedIn - Dr. Benjamin Ritter

Instagram - @Ritterbenj

Enter to WIN at bit.ly/LFYraffle + watch your inbox for the Career Sweet Spot worksheet

More info at: liveforyourselfconsulting.com/coaching



Bonus: Future Mapping

Visioning:

You're at the end of your career and ready to retire.

Where have you ended up?

Choose 3-5 different future end points.

These futures can be related or unrelated but should land in your career sweet spot.



Future Maps

Pick only one of your futures.

Work together to map out 3 different versions of how one future could become a reality.

List milestones, jobs, experiences, etc. that could lead you to your end point.

What does
your future
hold?



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