Your Career Sweet Spot

A WORKSHOP AND DISCUSSION ON YOUR PROFESSIONAL JOURNEY

Facilitated by Dr. Benjamin Ritter; LFY Consulting

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WHO IS DR. BENJAMIN RITTER?

Benjamin Ritter, EdD, MBA, MPH
- Founder of Live for Yourself (LFY) Consulting
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- 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

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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 (JOBssssssssss 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…
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:

WHAT YOU WANT TO LEARN AND WHERE YOU FEEL CHALLENGED

WHAT YOU'VE BEEN TRAINED TO DO

WHAT YOU LOVE TO DO AT WORK AND IN LIFE

Challenged and Confident

Challenged and Meaningful

Your Career Sweet Spot

Confident and Meaningful
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?
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.
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?