

# CAREER CLARITY

*Break the Procrastination  
Pattern & Land  
Outstanding Career  
Opportunities*



WITH REBECCA ALLEN

# Welcome!

Hi there and welcome on in to this *kit, Career Clarity - Break the Procrastination Pattern & Land Outstanding Career Opportunities.*

I really enjoy coaching on this topic because I have seen first hand *so many times now* that when women become super purposeful about creating new opportunities in their careers, magic starts to happen!

And I mean *literally!*

If you're feeling totally stuck, don't worry, *we've got this!*

To feel more success in your career, the first step is always to start focusing on exactly what it is you *do* want (rather than what you *don't*)...

And once you start that process, you'll start finding easier, *smarter* ways to create more of the opportunities you want from you career.

So let's get straight into it shall we?

Rebecca x



Before we dive headfirst into this kit, I'd love to introduce myself... because this is a bit of a journey that we are about to go on!

I'm Rebecca Allen and I have had the privilege of coaching women - from ANZ, KPMG, Woolworths, Ministry of Defence, Adobe - for over 13 years now. Over that time, I have helped 100s of women land roles that are fully aligned with their strengths and values, that energise them and that give them their best opportunities to shine.

Is that what you want too?

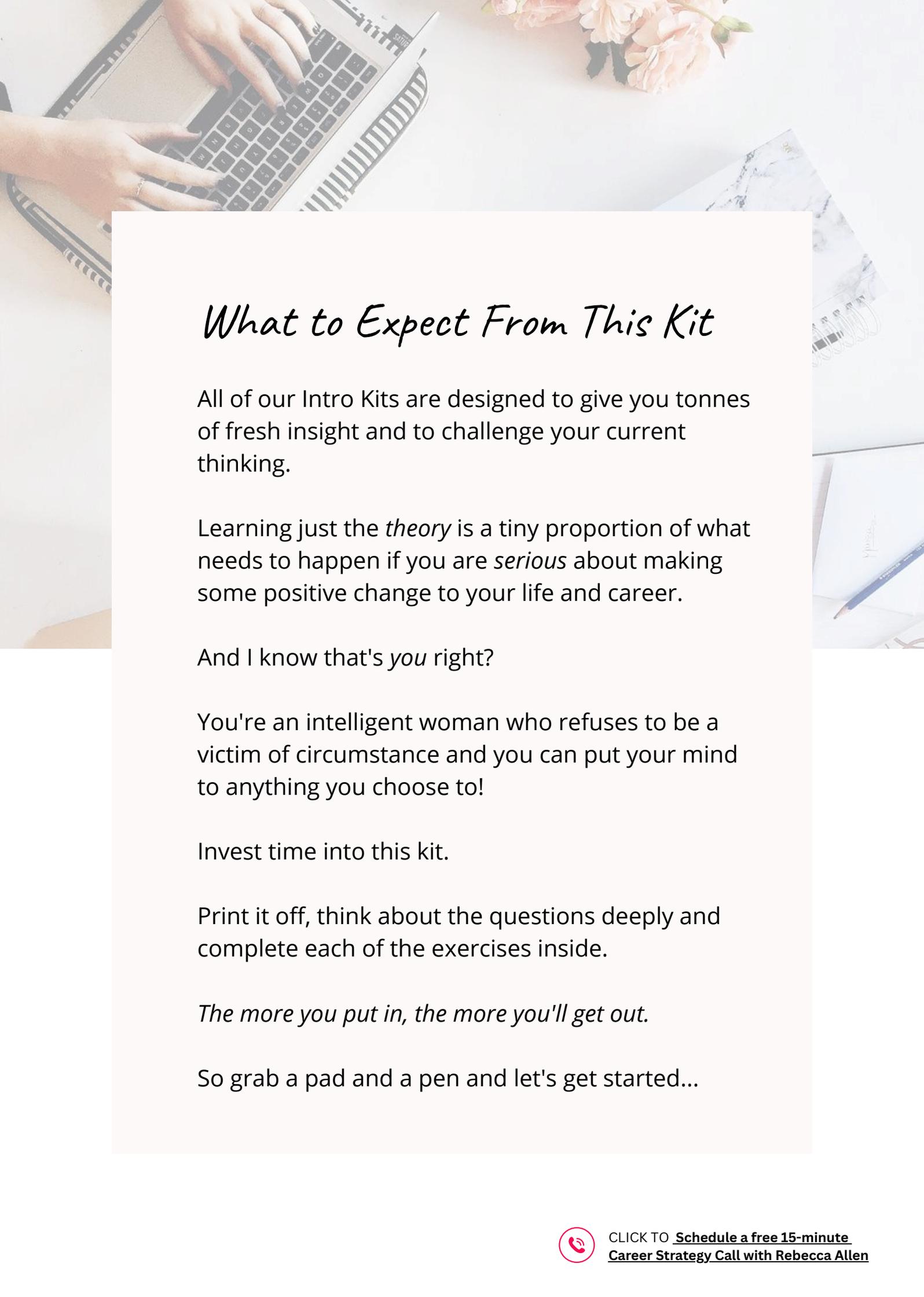
*Perhaps right now...*

- ★ You're feeling a bit **lost and a bit stuck**?
- ★ Maybe your current **role is poorly defined**?
- ★ Perhaps you are doubting whether you're adding the sort of **meaningful value** that you want to?
- ★ You could be worried that any 'wrong move' could be a **potential career risk**?

If any of those thoughts reflects how you feel, it's high time you had a *strategy* to help you define your first step, and next stretching role, with total clarity and confidence.

Let's get started!





## *What to Expect From This Kit*

All of our Intro Kits are designed to give you tonnes of fresh insight and to challenge your current thinking.

Learning just the *theory* is a tiny proportion of what needs to happen if you are *serious* about making some positive change to your life and career.

And I know that's *you* right?

You're an intelligent woman who refuses to be a victim of circumstance and you can put your mind to anything you choose to!

Invest time into this kit.

Print it off, think about the questions deeply and complete each of the exercises inside.

*The more you put in, the more you'll get out.*

So grab a pad and a pen and let's get started...



CLICK TO [Schedule a free 15-minute Career Strategy Call with Rebecca Allen](#)

# What Is 'Career Strategy'?

Like any strategy, career strategy is about taking a step back and looking at the bigger picture to decide if the path you're currently on is the best one for you.

When you start looking at your own career strategy, it is about becoming super purposeful about determining *what you want* from your career and then taking the steps to *achieve* those ambitions.

*If you're unhappy in your career...  
Feeling stuck...  
Not sure which step to take next...  
Doubting your value...  
Or just ready to take charge of your career...*

You're in the right place right now!

And I am *really* glad you're here...

Because it is so horribly debilitating to feel unsure, uncertain and lost...

And I know that because I've been in that dark space before.

Years ago, I hit my own wall. I knew I needed to take some action. I knew I needed to back myself and eventually, I grew the courage to take charge and my career literally flourished.

And this kit will help you start turning that corner too. : )

# Activity 1

1/ How **satisfied** right now, out of 10, are you with your career?



2/ Reflect on your score. For a score 8 or below, ask yourself *what's missing?* Another way to ask this is, *what's frustrating you most?*

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*The more honest you are with this exercise, the more you'll get out of it.*

# Activity 2

3/ Some people decide how they *want* their careers to turn out... whilst others are quite passive and reactive, often with **other people (e.g. bosses, partners, even parents) determining** their roles and outcomes *for* them.

How proactive are *you* about your own career?



4/ What have you just learned?

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*Even if you feel you're not on the right track, it's never too late to make changes*

5/ What stopped you from scoring higher?

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## Activity 3

6/ What are 1-2 of your top career ambitions / goals?

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7/ If you were to achieve these ambitions / goals, what would **change or improve** for you?

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8/ What's **really stopping you** from pursuing those ambitions?

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# Activity 4

9/ If you're weighing up your options right now, possibly running a 'Should I/ Shouldn't I?' procrastination pattern, you're likely in a spot where the **potential risks** are trumping the **potential benefits** of making this next decision. Use this space to capture those thoughts:

*'Should I?'*  
Potential gains of saying YES

*'Shouldn't I?'*  
What are your fears?  
What are the potential risks?  
What are you avoiding?

10/ What have you learned getting these thoughts on paper?

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# Review Activity

11/ What has been your number 1 take away from completing this kit?

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12a/ What is the 1 THING you are going to STOP doing?

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12b/ What is the 1 THING you are going to DO immediately?

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## Book a Career Strategy Call

If you're ready to jump back into the driving seat of your career, be more aligned and seek out the best career opportunities so you can feel super proud about your day, *every day*...

I'd *love* to invite you to book a **free 15-minute Career Strategy Call** with me *right now* and get you started!

