

Worksheet: Build / Update Coaching Network

You will use this to fill out your action plan.

Step 1 - Discover (what's meaningful and important to you now?)

- How would I define my current career stage / situation?
- How is most meaningful to me in my career?
- What is of highest importance to me in my career? My life?
- Who's job do I want to have?
- In what ways do I feel like I'm swimming upstream? In what ways is the current flowing in my direction?

Step 2 - Explore (what are your options for moving forward?)

- To get where I want to do, what skills, experiences, knowledge, or people do I need to access?
- How do I hope to grow toward my next opportunity?
- What am I looking for from people? Is it mentorship / femtorship? Feedback? Information? To bConnecting with new people?
- Who in my network can help guide me along the path? Who could help me find new paths?

Step 3 - Plan (what sort of people, support, preparation, and work will help you get there?)

- What sort of coaching conversations would be helpful to me? From who? How often?
- How would I like to move forward? What will I do first? How will I stay accountable?
- What might progress and success look like?
- What is my timeline? Who can support?

Step 4 - Act (keeping accountable to your plan, being open to new developments)

- Where have I made progress? What's working / not?
- How have I overcome obstacles? How will I celebrate wins?
- How much new developments and learnings impact my plan?
- What are my alternative support needs / actions when priorities change?