



*Re-invent yourself in Germany:
The Curvy Career Path*

"Can careers be planned, after all?"

Tools & Resources

Elizabeth Gilbert – Hobby, Job, Career, Vocation

Consider where you stand, where different activities fit and **where you want them to fit** within your life

HOBBY

Something you do purely for pleasure. It doesn't have to bring you money, fame, no one even has to see it – it's purely meant to bring you fun and enjoyment.

**Not a must
(nice-to-
have)**

JOB

Something you do to support yourself financially. It doesn't have to be great, doesn't have to bring you fulfillment or joy, you don't have to love it – it just has to pay.

**Actual
must-have**

CAREER

A job, that you enjoy and love. Somewhere where you're willing to put the extra efforts, because you do believe in it. A career that you hate is just an unpleasant job in disguise. You should love your career or not have one (have a job instead!).

**Not a must
(nice-to-
have)**

VOCATION

Your calling, your purpose in life. A vocation can become a job, a career, but only if aligned (not a must). If not aligned, a vocation can co-exist with a job but not with a career (career takes too much of your time). Your vocation will also outlive a job or a career – if you have it, it's always there in you.

**Not a must
(great to
find)**

IKIGAI – A reason for being



Job Crafting

Job crafting is about taking proactive steps and actions to redesign what we do at work, essentially changing tasks, relationships, and perceptions of our jobs (Berg et al., 2007). The main premise is that we can stay in the same role, getting more meaning out of our jobs simply by changing what we do and the 'whole point' behind it.

3 Key Types of Job Crafting

- Task Crafting: Changing up responsibilities
- Relationship Crafting: Changing up interactions
- Cognitive Crafting: Changing up your mindset

For more info, please visit:

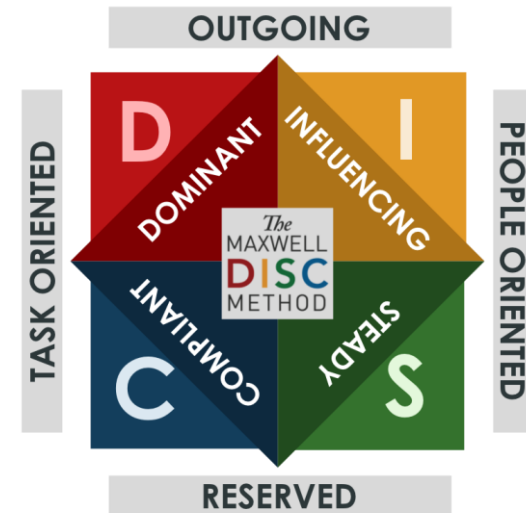
<https://positivepsychology.com/job-crafting/>

KNOW YOURSELF AND OTHERS

Using **DISC** as a tool to understand yourself and others.

If you are interested in a Free 5-week online process on **Personalty Type Hacks for Effective Individuals and Teams**, check the link below to see which module meets your growth needs:

<https://nicolae.info/upcoming-events/>



Reaction-Intention Card

A Reaction-Intention Card consists in a set of own rules that help you create space and time before reacting to a situation of stress, anger or frustration. It represents the gap between stimulus and response, allowing you to choose how you want to respond.

How to use:

- 1) Grab a piece of paper and a pen (preferably in a size you can fit into your pocket or a post-it you can put in your laptop or desk).
- 2) Write down a set of simple rules (between 3-5) that help you calm down after a situation that triggered you. It can related to your personal or professional life.
- 3) Read the card out loud every time you feel triggered and follow the rules you have written down.

Examples of rules:

- Go for a walk alone without any devices
- Breath deep and count to 10
- Scream into a pillow
- Anything else that works for you...



OTHER TOOLS AND BOOKS

Tools to reflect on your Curvy Career Path

- Elizabeth Gilbert “[Hobby, Job, Career, Vocation](#)”
- Making meaning of your curvy path: Jodi Glickman on “[Leading with your destination](#)”

Tools to reflect on your strengths

- [High 5 Test](#)
- [Gallup CliftonStrengths](#) (*Please reach out to info@redkoicoaching, in case you need a discount code for the report*)

Tools to reflect on your career fit

- [Career Fitter – work personality traits](#)

Tools to build mindfulness

- [Shine](#)
- [Headspace](#)

We are grateful to have you in the workshop.

Your feedback and ideas are highly welcomed.

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