

# Resources

This document lists the resources (with brief description) available on this site to support the Whatever Next programme.

## 1 Foundational

**Career Considerations** - a brief handout discussing the three interlocking considerations of Strengths, Aspirations and Opportunities and how to engage with them.

**Achievements Review** - a pro forma for you to use to gather and analyse your achievements: this is foundational for a lot of the other processes/documents in the programme. Processes that depend on prior completion of this Achievements Review are marked with an asterisk \*.

## 2 Aspirations, Values and Needs

**Values and Needs\*** - this exercise will help you to consider what is important to you in your next role, and what to avoid, in terms of values and needs.

**With the End in Mind** - this exercise helps you to take a balanced look at what you want to achieve.

## 3 Strengths and Skills

**Ability Analysis\*** - this document will help you to analyse your achievements in terms of the underlying abilities demonstrated, and develop a clear sense of your transferable strengths.

**Ability Analysis Template\*** - this spreadsheet is used conjunction with the previous document to complete your Ability Analysis

## 4 Presenting Yourself

**Thinking about a CV** - some tips on how to present yourself in writing.

## 5 Developing Opportunities

**Developing Options and Segmentation** - this will help you to think more broadly, or in a more focused way, about where to put your energies in terms of developing opportunities.

**Information Meetings** - a guide to planning and running effective meetings with key contacts in support of your job search strategy.

## **6 Looking After Yourself**

**Resilience Self Audit** - a reflective document to help you to look after your physical, mental, emotional and spiritual wellbeing in difficult times.

**Affirmations** - a strategy for overcoming negative self-talk that may sabotage you.