

# Cosmic Coaching Centre

*Corporate & Individual Career Solutions For  
Middle Managers & Mid-Career Professionals*

## **Approaching the Job Market Assessment**

### **Preparing yourself to Approach the Marketplace**

We choose our career path for many different reasons: because of our parents' encouragement; because it is a successful occupation; or for the financial reward (to name just a few). In order to effectively plan your career, you need to be clear on what is important to you, your values and what you are good at, your attributes. Both values and attributes should guide your career development. Preparing yourself to Approach the Marketplace will help you take inventory of your life and what is really important, and where your strength and interest lie.

By assessing your accomplishments, skills, strengths and weakness you will be able to see a link between what it is that you value, what you are good at, and where the "juice" is for you - all things that you need for a success career or turn into a new career.

*"Success and happiness are not accidents... They are created by a certain way of thinking, and acting."*

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## Core Values

Check the top 6 Core Values in order of importance to you, 1 (most important) to 6 (less important)

<b>Achievement</b>	<i>accomplish something important</i>
<b>Advancement</b>	<i>have work leading to better opportunities for greater responsibility</i>
<b>Adventure</b>	<i>participate in exciting or unusual experiences</i>
<b>Affiliation</b>	<i>work with people in teams or organization</i>
<b>Autonomy</b>	<i>work without direction from others or involvement of others</i>
<b>Authority</b>	<i>have control over the activities of others</i>
<b>Challenge</b>	<i>to be involved in activities providing intellectual or spiritual stimulation</i>
<b>Creativity</b>	<i>to be able to create, using imagination and self expression</i>
<b>Fame</b>	<i>to achieve a widespread reputation, renown, public eminence</i>
<b>Family/Friends</b>	<i>spend time with family/friends in supportive and caring roles</i>
<b>Financial Security</b>	<i>make sufficient money to support a desired lifestyle</i>
<b>Freedom</b>	<i>able to exercise choice and make decisions without constraint</i>
<b>Growth</b>	<i>continually develop toward one's potential</i>
<b>Health</b>	<i>live life with a focus on vitality and well-being</i>
<b>Helping Others</b>	<i>provide a service to other people such as teaching, guiding, curing</i>
<b>Influencing</b>	<i>to affect how people think or act</i>
<b>Integrity</b>	<i>recognized for one's honesty and moral principles</i>
<b>Intelligence</b>	<i>increase learning and be appreciated for one's expertise</i>

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<b>Leadership</b>	<i>influence and direct the work of others</i>
<b>Order</b>	<i>surroundings and activities neat and organized, planned and systematic</i>
<b>Personal Development</b>	<i>achieve the fullest use of one's potential</i>
<b>Recognition</b>	<i>have public acknowledgement, respect or admiration for achievements</i>
<b>Respect</b>	<i>achieve others' high regard for one's abilities</i>
<b>Responsibility</b>	<i>accountable for, control, or manage something within one's power</i>
<b>Risk Taking</b>	<i>overcome fear and/or break through perceived or imaged limitations</i>
<b>Security</b>	<i>achieve a life of stability, without risk</i>
<b>Self Respect</b>	<i>feel good about oneself and one's accomplishments</i>
<b>Status</b>	<i>gain power, influence or a desired position in relation to others</i>
<b>Structure</b>	<i>have clearly defined duties, requirements and relationships</i>
<b>Spirituality</b>	<i>seeking a sense of meaning and purpose in work and life</i>
<b>Variety</b>	<i>have frequent change in activities or environments</i>
<b>Wealth</b>	<i>to acquire a great quantity of money</i>
<b>Work/Life Balance</b>	<i>to enjoy life and work</i>
<b>Other</b>	<i>list any important Values not listed</i>

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## Descriptive Personal Attributes

**I see myself as someone who is:**

**Choose the top 6 Descriptors that you think are most applicable to you:**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Ambitious       | <input type="checkbox"/> Improviser    | <input type="checkbox"/> Reasonable     |
| <input type="checkbox"/> Analytical      | <input type="checkbox"/> Impulsive     | <input type="checkbox"/> Respectful     |
| <input type="checkbox"/> Approachable    | <input type="checkbox"/> Incisive      | <input type="checkbox"/> Responsible    |
| <input type="checkbox"/> Benevolent      | <input type="checkbox"/> Influential   | <input type="checkbox"/> Righteous      |
| <input type="checkbox"/> Blessed         | <input type="checkbox"/> Informative   | <input type="checkbox"/> Rugged         |
| <input type="checkbox"/> Boundless       | <input type="checkbox"/> Initiator     | <input type="checkbox"/> Scrupulous     |
| <input type="checkbox"/> Challenger      | <input type="checkbox"/> Innovator     | <input type="checkbox"/> Secretive      |
| <input type="checkbox"/> Communicator    | <input type="checkbox"/> Inspirational | <input type="checkbox"/> Self Assertive |
| <input type="checkbox"/> Competitive     | <input type="checkbox"/> Inventive     | <input type="checkbox"/> Self Improver  |
| <input type="checkbox"/> Confident       | <input type="checkbox"/> Judicious     | <input type="checkbox"/> Sharp          |
| <input type="checkbox"/> Conservative    | <input type="checkbox"/> Leader        | <input type="checkbox"/> Sincere        |
| <input type="checkbox"/> Controversial   | <input type="checkbox"/> Liberal       | <input type="checkbox"/> Sociable       |
| <input type="checkbox"/> Creative        | <input type="checkbox"/> Listener      | <input type="checkbox"/> Solemn         |
| <input type="checkbox"/> Cultural        | <input type="checkbox"/> Lively        | <input type="checkbox"/> Specialist     |
| <input type="checkbox"/> Curious         | <input type="checkbox"/> Logical       | <input type="checkbox"/> Spontaneous    |
| <input type="checkbox"/> Decisive        | <input type="checkbox"/> Managerial    | <input type="checkbox"/> Strategic      |
| <input type="checkbox"/> Demanding       | <input type="checkbox"/> Mentor        | <input type="checkbox"/> Sturdy         |
| <input type="checkbox"/> Determined      | <input type="checkbox"/> Mindful       | <input type="checkbox"/> Talkative      |
| <input type="checkbox"/> Devoted         | <input type="checkbox"/> Moral         | <input type="checkbox"/> Team Player    |
| <input type="checkbox"/> Dynamic         | <input type="checkbox"/> Nonchalant    | <input type="checkbox"/> Tenacious      |
| <input type="checkbox"/> Energetic       | <input type="checkbox"/> Open Minded   | <input type="checkbox"/> Tentative      |
| <input type="checkbox"/> Enterprising    | <input type="checkbox"/> Optimistic    | <input type="checkbox"/> Thoughtful     |
| <input type="checkbox"/> Entrepreneurial | <input type="checkbox"/> Original      | <input type="checkbox"/> Timid          |

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- |   |                                      |   |
|---|--------------------------------------|---|
| <input type="checkbox"/> Ethical          | <input type="checkbox"/> Parental    | <input type="checkbox"/> Traditionalist |
| <input type="checkbox"/> Facilitator      | <input type="checkbox"/> Passionate  | <input type="checkbox"/> Trustful       |
| <input type="checkbox"/> Family Facing    | <input type="checkbox"/> Perceptive  | <input type="checkbox"/> Understanding  |
| <input type="checkbox"/> Fanatical        | <input type="checkbox"/> Persuasive  | <input type="checkbox"/> Unselfish      |
| <input type="checkbox"/> Fastidious       | <input type="checkbox"/> Pessimistic | <input type="checkbox"/> Versatile      |
| <input type="checkbox"/> Focused          | <input type="checkbox"/> Pragmatic   | <input type="checkbox"/> Visionary      |
| <input type="checkbox"/> Forward Thinking | <input type="checkbox"/> Proactive   | <input type="checkbox"/> Well-meaning   |
| <input type="checkbox"/> Generalist       | <input type="checkbox"/> Purposeful  | <input type="checkbox"/> Wise           |
| <input type="checkbox"/> Humorous         | <input type="checkbox"/> Rational    | <input type="checkbox"/> Workaholic     |
| <input type="checkbox"/> Idealist         | <input type="checkbox"/> Raw         | <input type="checkbox"/> Youthful       |
| <input type="checkbox"/> Imaginative      | <input type="checkbox"/> Realistic   |   |

Take a look at your answers. Is your present or past career in line with who you are, what you value, and what you are good at?

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