Individual Assessment:
Skills  Interests
Values  Preferences
Experience  Lifestyle
Aspirations  Needs

What you like doing + what you’re good at + what you need and want

Explore options:
Careers resources  Opportunities
Websites  Networking
Professional associations  Books

Research Preferred Options:
Volunteering
Work
shadowing
Informational visits
Networking

Planning and taking action:
Application & CV
Writing
Interview skills & Practice

Further training / learning
Job search
Networking