

The following questions are meant to help you reflect and align your thought processes prior to your interaction with your Career Advisor. *You may not have definite answers to all.* This is a journey, and we will be with you every step as you define and plan your future going forward.

1. What work and leadership traits are attributed to you at your workplace?

2. How comfortable and confident are you in speaking up, and expressing your opinions?

3. Think of a recent situation at work where you performed extremely well and felt great about your impact. What factors contributed to your being at your best?

4. How do you conduct yourself in pressure situations?

5. Are you pursuing a career that is aligned with your strengths, weaknesses and interests?

6. What professional and personal priorities have you identified for the next 12-18 months?

7. What behaviors or/and factors do you believe are limiting your progress?

8. How satisfied are you with the time that you spending on your key priorities?

9. How would you introduce yourself at an external professional gathering/event?

10. How do you define and measure success for yourself?

