## "Right Career" Insights

Whole Person



#### **Begin at the End Exercise**

Social Work Environment: I work in a collaborative and open social environment, the company is small and therefore I am able to know most of the employees at the company. I will value all of my employees' inputs on how to make the company better.

*Physical Work Environment:* My Company is a great asset to the neighborhood and is a well-known and well-thought of company. It is located downtown in a city near the beach.

*Personal Relationship:* I married my husband at age 28. We are both athletic and enjoy working out and keeping fit. He has a corporate job, but still supports my career.

Live: We own a house in the suburbs of a city near the beach.

Commute: We both own cars and will commute up to 30 minutes to our job

Car: Both my husband and I will have our own cars. I would like a luxury SUV.

*Fun:* My husband and I will take frequent trips downtown and go out to bars and shows. We love sporting events and will frequently attend sporting events. We will also eat out a lot and take overseas vacations once a year.

*Parenting*: We both hope to have our first child at age 30, and three more by the time I turn 36.

Extended Family: I am close to my parents and extra close to my brother. He might be a co-owner in my company. I see my extended family for all the major holidays.

*Friends:* I'm still friends with my closest friends from high school as well as my close friends from college. I have made other good friends in the city whom I have met through work and athletics.

*Health:* I belong to a fitness gym in my city. I have run at least one marathon and I work out five times a week, taking various classes including kick boxing, cycling, strengthening, yoga and Pilates.

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#### **Autobiography Exercise**

- Ancestors
  - o Dad
    - Has marketing degree and MBA
    - Has worked for a lot of high tech companies
      - Ebay, apple, go.com, elance, etc.
  - o Mom
    - First generation (both her parents are from France)
    - Accounting Major
    - Has her fiduciary license
    - Works for the city
- Personal Life Elementary through High School
  - Pre Elementary
    - Grew up in Los Gatos
    - Went to 2 different pre-schools from ages 1-4
    - Traveled to France
  - Elementary School
    - Went to the neighborhood elementary school
    - Made a lot of great friends that I'm still friends with to this day
    - Loved to play outside and I discovered my love of soccer
    - Won a contest when I was in 4<sup>th</sup> grade and I got \$20,000 and I got to travel to NY
    - Went on a family vacation to France
    - Traveled all over the US playing in soccer tournaments
  - o Middle School
    - Went to the local middle school
      - I met my best friend there who I am still best friends with to this day
    - Traveled all over the US playing in soccer tournaments
      - Became the goalkeeper for my team full time
    - Went on a field trip to Washington DC
  - o High School
    - Went to a large public high school
    - Changed teams to a team that was an hour away. It was a big commitment to commute everyday that far, but the team had a lot of success
    - Played varsity soccer my freshman-senior year at my high school
    - Became very involved in ODP Traveled to Costa Rica
    - Decided what college I was going to go to the summer between sophomore and junior year (there was a lot of pressure since I was so young)
    - Made a lot of new friends, who I'm still great friends with to this day
    - Graduated valedictorian from my high school

# "Right Career" Insights

Whole Person

- Personal Life College
  - o Moved to the Midwest to go to college
  - o Have made a lot of new life-long friends
  - Play soccer at a D1 school and we've had a lot of success (won the national championship)
  - o Have a close bond with all my teammates
  - o Able to become involved in charity work

### **Accomplishments Exercise**

Persona	lity	Exer	cise
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**Interests** 

**Strengths Exercise** 

**Skills Exercise** 

**Stories Exercise** 

**Drivers Exercise** 

**Meaning Exercise** 

# **Economic Engine Exercise**