

9 HACKS TO PROPEL YOUR CAREER

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Do you feel like your career is not progressing the way you want, you are feeling muted and invisible and fear is keeping you stuck and blocking your future and aspirations?

BRUISED & BLOODY trying to climb the career hill? Me, too! Back in 2010, I was working 60-70 hours a week, training new people who would then get promoted ahead of me, and playing the corporate game. While they told me that I was doing a great job, I never saw any accolades like a promotion, a raise higher than the baseline 2.4589%, or a meaningful bonus.

Climbing the corporate hill is tough. We think we have a great grip and are progressing upward, only to have the rope cut, or our foot slip. We are suddenly falling, rolling, or even barreling down the hill to land flat at the bottom. What do we do; give up, quit, or walk away?

With this blueprint, you become the CEO of your career. You are no longer muted and invisible, you are V.O.C.A.L.: Adding value and being valued, offered opportunities, exuding confidence, at the right tables, and leveraging your uniqueness.

Seeing your way through murky waters is certainly not easy! However, Dr. Carter's coaching provided me some paths to clarity around understanding what I wanted next in my career....Thank you, Dr. Carter, for prompting those deep dive questions to bring out my true career desires. You are truly amazing!

-D. Tutson

Tip #1: Create the future "you"

Who is the future you? Now is the time to ponder that thought. Quite often, we are chasing

someone else's dream, maybe a parent, friend, or idol. We need to know what we wish to achieve.

When you understand the destination, you can set incremental milestones to get there, and can reset plans when an outcome wasn't what you wanted.

To create the future "you":

1. Visualize where you want to be
2. Organize your skills, abilities and capabilities
3. Gain clarity of the present

Tip #2: Minimize the EGO

Cambridge Dictionary defines ego as "the idea or opinion that you have of yourself, esp. the level of your ability and intelligence, and your importance as a person". Often, how we regard ourselves is quite different than how others regard us.

Richard Rose, a Zen spiritual teacher stated that "The ego is the single biggest obstruction to the achievement of anything." One's ego puts boundaries and blinders around us.

To Minimize the Ego:

1. Assess your gaps
2. Lay out a plan
3. Be visible

Tip #3: Stay OPEN-Minded

Being open-minded means being receptive to a wide variety of ideas, arguments and information.

There may be assignments presented to you that may seem disconnected from your path, but provides learning, growth, and expands your network.

To stay OPEN-minded:

1. Be open to opportunities
2. Be Conscious of clues
3. Adapt and Learn

(Pertaining to her books which are supplemental tools for these tips) "What a triumph! Dr. Carter's communication is clear, direct, and effective. She leads the reader through ways to reflect upon a given situation and then through ways to take the necessary actions to change that situation. While reading her book, I was impressed by her grasp of so many of life's "truths", applicable to leadership and more. Perhaps the most important, was understanding that success requires you to be nimble and to readily shift your "mind set" when needed. This book will remain on my "shelf" and I know I will refer to it again, and again...and again.

-Dr. P. Straker, Psychologist, Healthcare Administrator

Now you have 9 hacks to propel your career and you have truly learned something that very few ambitious, results-oriented individuals know. And as powerful as it is, it really just scratches the surface of an effective career growth strategy. In fact what you learned today is the framework of my V.O.C.A.L. Empowerment Program.

If you are ready to be the CEO of your career and would like to get support in implementing this framework Go here for information on my upcoming Master class and V.O.C.A.L. Empowerment Program

**I AM READY TO BE
V.O.C.A.L.!!**

Dr. Elizabeth A. Carter is the CEO and Clarity Sherpa of AAPPEAL, LLC. Those who feel muted and invisible trying to move up in their organizational hill coach with me when they are ready for guidance and a guide path that allows them to be VOCAL and become the CEO of their career. With over 25 years in Corporate Leadership, she shares her lessons learned from the past and as she lives them in the present.