

Make Your Career Work for You



By
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FRDNY

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Priorities/Motivators

Rate each motivator:

5 = Essential

4 = Very Important

3 = Somewhat Important

2 = Important only Occasionally

1 = Not Important to Me

Independence	Be able to determine nature of work without significant direction from others: not to have to follow instructions or conform to regulations.
Challenging Problems	Engage continually with complex questions and demanding tasks, trouble-shooting and problem-solving as a core part of job.
Exercise Competence	Demonstrate a high degree of proficiency in job skills and knowledge: show above-average effectiveness.
Job Tranquility	Avoid pressures and "the rat race" in job role and work setting.
Creative Expression	Be able to express in writing and in person my ideas concerning a job and how I might improve it; have opportunities for experimentation and innovation.
Work Under Pressure	Work in time-pressured circumstances, where there is little or no margin for error, or with demanding personal relationships.
Physical Challenge	Have a job that requires bodily strength, speed, or dexterity, or agility.
Status	Impress or gain the respect of friends, family and community by the nature and/or level of responsibility of my work.
Security	Be assured of keeping my job and a reasonable financial reward.
Precision Work	Deal with tasks that have exact specifications that require careful, accurate attention to detail.
Intellectual Status	Be regarded as a very well informed and a strong theorist, as one acknowledged "expert" in a given field.
Change and Variety	Having work responsibilities frequently changed in content and setting.
Knowledge	Engage myself in pursuit of knowledge, truth and understanding.
Fast Pace	Work in circumstances where there is a high pace activity and work done rapidly.
Advancement	Be able to get ahead rapidly, gaining opportunities for growth and seniority from work well done.
Aesthetic	Be involved in studying or appreciating the beauty of things, ideas, etc.
Excitement	Experience a high degree of stimulation, of frequent novelty and drama on the job.

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	Work on Frontiers of	Work in research and development, generating information knowledge and new ideas in the academic, scientific, or business communities.
	Work Alone	Do projects by myself, without any amount of contact with others.
	Friendship	Develop close personal relationships with people as a result of work activity.
	Public Contact	Have a lot of day-to-day contact with people.
	Influence People	Be in a position to change attitudes or opinions of others.
	Make Decisions	Have the power to decide courses of action, policies, etc. – a judgment job.
	Affiliation	Be recognized as a member of a particular organization.
	Help Others	Be involved in helping people directly, either individually or in small groups.
	Power and Authority	Control the work activities or (partially) destinies of others.
	Competition	Engage in activities that pit my abilities against others.
	Stability	Have a work routine and job duties that are largely predictable and not likely to change over long periods of time.
	Help Society	Do something to contribute to the betterment of the world.
	Creativity (General)	Create new ideas, programs, organized structures or anything else not following format developed by others.
	Community	Live in a town or city where I can meet my neighbors and become active in local politics or service projects.
	Location	Find place to live (town, geographic area) conducive to my lifestyle, and desirable home base for my leisure, learning and work life.
	Profit, Gain	Have strong likelihood of accumulating large amounts of money or other material gain through ownership, profit-sharing, commissions, merit pay increases, etc.
	Time Freedom	Have responsibilities I can work at according to my time schedule: no specific working hours required.
	Artistic Creativity	Engage in creative work in any of several art forms.

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	Supervision	Have a job in which I am directly responsible for work done by others.
	Recognition	Get positive feedback and public credit for work well done.
	Work with others	Have close working relations with group: work as a team to common goals.
	Adventure	Have work duties that involve frequent risk-taking.
	Moral Fulfillment	Feel that my work is contributing to ideas I feel are very important.
	High Earnings	Be able to purchase essentials and the luxuries of life I wish.

MY TOP 5 MOTIVATORS ARE:		1.	
2.		3.	
4.		5.	

Sample Action Steps

Set up yearly goals and track your successes
Ask a mentor or colleague for feedback on your strengths and talents and find ways to express them at work
Identify what you're most passionate about and align your career goals appropriately
Take a course and upgrade your skills
Network within and outside your company and build your contacts
Hire a coach or find a mentor to help with your career strategy
Informational interview someone whose career you find intriguing
Take time once a month to connect with people in your network
Meet with your manager and identify the top priorities in your job and how you can best support the needs of the department and the company

Presenter Information

Maggie is a certified life purpose and career coach. After being Director of Learning & Development for Martha Stewart Living Omnimedia for several years, she became Martha Stewart Living Radio's Career Coach on SIRIUS Satellite Radio.

Maggie makes weekly appearances every Thursday on "Morning Living" and "Living Today" on the channel and is known to share spot-on advice with callers. She also hosted "Making a Living with Maggie" for two years, interviewing some of the most successful and inspirational names in their fields from Martha Stewart to Sally Field to Deepak Chopra to Cynthia Rowley. Maggie has also appeared as an expert guest on the Candace Bushnell Show on SIRIUS Stars Channel.

But Maggie's passion is her career consulting practice, working with individuals to identify their ideal careers and allowing them to make their career change. Unsatisfied employees of all levels and backgrounds seek out her coaching to get their careers on track. Top corporations such as CIGNA, Diageo NA, and Martha Stewart Living Omnimedia also seek Maggie's help in developing their employees and managers.

Maggie's experience has positioned her to speak at leading events for career-minded professionals. She was delighted to speak at the Women's Congress in Boston, one of the top conferences for women in the country. Maggie was also a recently featured speaker at America's largest one-day conference on philanthropy in New York City.

In addition to coaching, radio and speaking, Maggie has been featured in the alumni profiles of Villanova Magazine, her Alma-mater. She has also been quoted in articles for the New York Times, the New York Post, New York Newsday, AM New York and the Boston Globe. She regularly writes articles for workplace site - NicoleWilliams.com.

Maggie is also an affiliate coach of Vocation Vacations -the only company of its kind dedicated to enriching people's lives by allowing them to test-drive their dream jobs.

You can also find Maggie volunteering for Streetwise Partners using her career coaching services to help the unemployed and under-employed. With her spare time, she continues to paint in impressionist style and explore the place she calls home, Manhattan.

You can find out more at <http://www.maggiemistal.com/>.

Action Plan Follow-Up

Name _____ Preferred Email _____

Action Plan: I've included my action plan step(s) below so that you can follow-up on my progress.

Action Plan Step(s):

I would like you to contact me regarding my action plan via email in:

1 week _____ 2 weeks _____ 1 month _____ Other _____

Questions: I've included questions I have below. Please contact me via email with your response.

Question(s):

I'm interested in more information on the following:

- Coaching (1-4 times per month focused on achieving your career goals)
- The entire process (6-8 one hr. sessions)
- Brainstorming/Problem-Solving Session (1-2 hrs)

Additional Comments:-
