

EXPLORE

Self-Reflection

FLOURISH & THRIVE

When considering our own version of success, it is important to find a career or job role that aligns with our values, ambitions and interests, so that we can flourish and thrive, rather than feeling miserable and burnt out. The activities below can be helpful in considering our own version of success, and what is important to us as individuals when it comes to career-decision making.

FLOURISH stands for

Take some time to jot down some answers to the following questions.

Fulfilment

What fulfills or energises you at work or during study?

Location

Where would you like to be based? Flexibility?

Occupation

Do you have roles and/or future aspirations in mind?

Usual work environment

Which type of work environment suits you best? E.g. your team

Rationale

What is the rationale behind your thoughts about future career?

Ideas

Do you have any current ideas about additional experiences?

Skill development

What skills are you hoping to take away from the experience?

Homework

Any gaps that you need to work on in the meantime?

THRIVE stands for

Training and development opportunities

You can reflect on this framework every time you find a role you are interested in, and compare your analysis to the answers you have given about yourself to the FLOURISH questions.

Hours of this job

Est.
2019 | LaunchPad

Responsibilities of the role

Institutional culture

Values and vision of the organisation

Employer Feedback