



Coffee break exercise: **MY IDEAL JOB**

This exercise is a useful starting point for anyone who is thinking about a big change in their career. It will help you sift through your priorities.

What to do:

Think about which ingredients would make up your ideal job. Consider as many factors as you can, such as content of the role, practicalities (e.g. location and hours worked), reward (e.g. pay and other benefits), colleagues, values, type of organisation etc.

Step 1.

Put each of the ingredients of your ideal role into the table below. Put anything you know you wish to avoid in the final column (but don't get too distracted by this!).

Essential	Nice to have	Definitely don't want

Step 2.

Think about where you have placed each ingredient. Can anything be moved (e.g. from the 'Essential' to the 'Nice to have' column)? What are you prepared to give in order to get what you want? Review your thoughts with a friend.