

Career Search Assessment – Middlesex West Job Club

Contact : Karen Burke www.mobiuscoach.com,
karen@mobiuscoaching.com

Name:

Email:

Phone:

(For multiple choice questions, please place an X next to your selection)

1. How would you describe your mindset as you search for your next job?
 - a. Excited about the possibilities
 - b. Reasonably optimistic
 - c. Neutral
 - d. Fearful
 - e. Depends on the progress of the day
 - f. Confused
 - g. Hopeless

2. How are you conducting your job search?
 - a. Energetically and enthusiastically
 - b. Actively
 - c. Passively
 - d. Slowly
 - e. Not at all

3. How much time per week do you spend on the following activities:
 - a. Sending out resumes
 - b. Networking
 - c. Setting up informational interviews
 - d. Identifying and researching target companies
 - e. Following up on resumes sent
 - f. Calling contacts for help with your search
 - g. other

4. Are you happy with your current resume?

5. Have you had your resume reviewed by a professional such as a career counselor?

6. How long have you been in the workforce?
 - a. Under two years
 - b. Two-four years
 - c. Over five years
 - d. Over ten years
 - e. Fifteen to twenty years
 - f. Over twenty years

7. How long have you been in a career search?
8. How clear are you about what you are looking for in your next position?
 - a. Very clear
 - b. Somewhat clear
 - c. Somewhat unclear
 - d. Not clear at all
9. What is your preferred work-scape?
 - a. Small company
 - b. Medium sized company
 - c. Large corporation
 - d. Independent contractor
 - e. Start my own business
10. My top three career challenges or concerns are:
 - 1.
 - 2.
 - 3.
11. What is your greatest strength?
12. What is your biggest weakness?
13. When you review your career successes over the last three years, what attitudes, attributes, skills, and actions have helped you to be successful?
14. Does your career give you a sense of purpose?
15. Do you have a healthy and fulfilling life outside of work?
16. Do you have a support system? Family, friends, job search group, recruiters, former bosses?
17. Describe your current financial situation:
 - a. I am comfortable and able to meet all of my financial commitments each month
 - b. I am fortunate to have some savings, and will need an income soon
 - c. My income is sporadic- some months are better than others
 - d. I am barely meeting my bills
 - e. I am not meeting my bills and going into debt

Readiness for Coaching

Rate on a scale of 1-10 (1-not ready and 10- very ready/committed to change)

I am willing to make real and positive changes in my life _____

I am ready to create plans and take action to achieve my job searching goals _____

I am ready and willing to overcome self-limiting beliefs and behaviors _____

I am ready to improve my personal and/or business relationships _____

I am ready to achieve a sense of fulfillment in my life and in my next position _____

I am ready for more fun and enjoyment in my life (yes, even while job searching!) _____

I am ready to create more balance in my life _____

I am ready to find and live my life's purpose _____

TOTAL: _____

Under 25

Perhaps now is not the right time to consider change.

25 to 50

You may need to think a little further about why you want to make some change and recognize that it will involve sacrifice and commitment.

Over 50

Congratulations, you are willing to do whatever it takes to create the life and business you deserve and desire.

If you have any questions, please contact Pamela Beudet: pamela@keytosuccesscoaching.com

This assessment was based upon a Career Overview developed by

Dawn Quesnel (CoachDQ) www.careerlifebalance.net