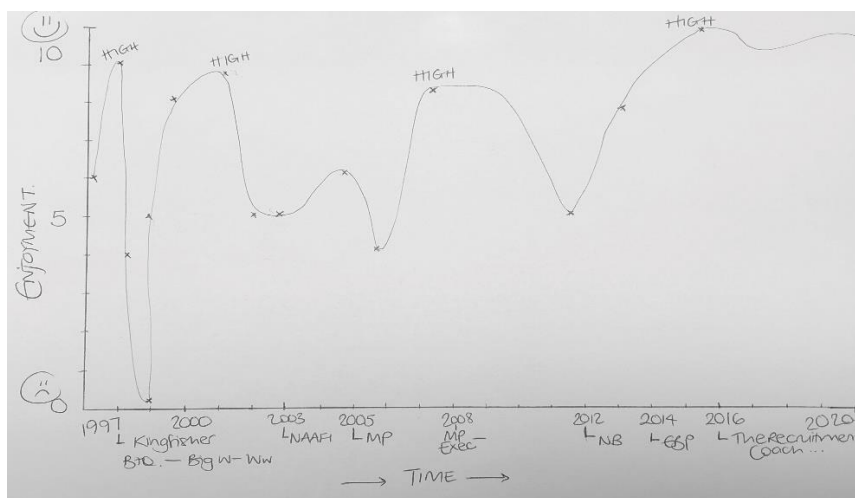


Ellie Rich-Poole

The Recruitment Coach

Career Timeline Exercise

This is a great exercise for helping write your CV and mapping what you did when. It is also helpful for reflecting on when you have been at your happiest in roles.



Draw a line on a piece of paper which represents your career to date with the starting year at one end and the present time at the other.

Plot the organisations / roles you have worked in along the timeline.

For each role, score the experience out of 10 for enjoyment. (1 lowest, 10 highest) and mark them on.

Identify three to five significant **career highlights** to explore – these could be roles you held, projects you worked on etc. For each:

Visualise yourself back then. Reflect for a few moments and then write down:

- What did you enjoy about the work?
- What were your key achievements?
- What activities did you feel energised by?
- What positive feedback were you given?
- How did people describe you at that time?

Identify any key themes that occur in each of your career highlights.

What is really important to you?

What is less important?

What is it telling you?