



DISCOVERY EXERCISE: *MY IDEAL CONDITIONS OF EMPLOYMENT*

INSTRUCTIONS: Complete the columns below and address the issues that follow. Then, describe your ideal conditions of employment. **Do not list an occupational title or job description,** instead, describe the workplace environment, the people, and the tasks you would be most comfortable with based on your completed lists. Finally, list the places you would visit to explore your ecological fit.

Preferred Process: Pair-up with a colleague or friend and complete the lists based on your experience with them. Determine each other’s ideal conditions of employment, then compare and discuss how you agree and disagree with each person’s assessment of the other.

PERSONAL ATTRIBUTES (e.g. punctual, opinionated, quiet)	INTERESTS, SKILLS & TALENTS (AND LEVEL OF MASTERY) (e.g. proficient reader, amateur carpenter, expert negotiator)	PREFERENCES (e.g. dislikes loud environments, learns best when shown not told, prefers hot weather)

DESCRIBE THREE VOCATIONAL THEMES IN YOUR LIFE
1.
2.
3.
DESCRIBE THREE LIFE CONTRADICTIONS ABOUT YOURSELF
1.
2.
3.
WHO KNOWS YOU BEST & WHAT MIGHT THEY SAY ABOUT YOU?
1.
2.
3.
WHEN AND WHERE DO YOU HAVE YOUR HIGHEST SUPPORT NEEDS?
1.
2.
WHAT SUPPORTS STRATEGIES WORK BEST FOR YOU?
DESCRIBE YOURSELF:
BASED ON THESE OBSERVATIONS, DESCRIBE <u>YOUR IDEAL CONDITIONS OF EMPLOYMENT</u> IN TERMS OF MAXIMIZING YOUR <i>ATTRIBUTES</i>, HIGHLIGHTING AND EXPANDING YOUR <i>SKILLS & TALENTS</i>, AND ALIGNING WITH YOUR PERSONAL <i>PREFERENCES</i>:

LIST 20 PLACES WHERE YOUR CAREER MAKES SENSE

<i>Where & What they do There</i>	<i>What you hope to Find</i>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
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11.	
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18.	
19.	
20.	