

NAIL IT![®]

A CAREER MANAGEMENT
PROGRAM FOR ASPIRING
PROFESSIONALS

Exercises for NAIL IT![®]

CONTACT:

Karen Kelloway, BPR, PCC

Author and Program Lead, Nail It![®]

Career Management Program

Tel: 902.444.3985 | C: 902. 402.9527

karen@karenkelloway.com

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The book, ***NAIL IT! Six Steps to Transform Your Career***, is available for sale on Amazon in either print or Kindle version. Bulk rates available through author.

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STEP ONE: NAME IT

Exercise: Contrast to Clarity

What you don't want and what isn't going so well in your work and work environment is actually a great place to start in getting clear on your ideal. Through this exercise, individuals reflect on what's working – and not working – in their career to gain clarity on the kinds of elements they truly desire. In this first section, list anything you can think of that's working well for you right now in your career.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

SLUG PILE

What's not quite right/ What's not working ...

In the space provided below, write down all the frustrations, annoyances and disappointments you are experiencing in your current work. We'll call this the Slug Pile.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

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REFRAME AND RENAME

Now comes the fun part. We use our Slug Pile list to help create clarity on what we really want. How? We take all those frustrations and grievances and reframe them into something we can work with. By reframing and renaming, you take ownership of creating your ideal.

Use the following space to begin to reframe your list from the slug pile above.

Slug Pile	Reframed (So what do you want?)
Example: "I rarely get to take lunch and my energy is zapped."	"I want to feel more energetic by managing my time better." Or "I want to learn how to set boundaries."
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

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