

# You Are Not A Frog

## Workbook, CPD & Reflection Log



### Episode 71: How to Find a Career You Love with Dr Claire Kaye

In this episode, Rachel is joined by Dr Claire Kaye, an executive coach and educator specialising in career development.

Claire shares how people could start building their new careers or improve their already established ones. This includes tips and related experiences on how she managed to flourish in her own career path. If you want to expand, rebuild and reinvent your career, make sure to catch this episode.

#### Podcast links

- Connect with Dr Claire Kaye: [LinkedIn](#) | [Website](#) | [Facebook](#) | [Instagram](#)
- [How to Get a Job You Love](#) by John Lees
- [BMJ Master Class](#)
- [A Reflection of Interests vs Passion](#) by Jeffrey Poulos on LinkedIn
- [Sign up here](#) for more FREE resources.
- Join the [Shapes Collective Facebook group](#).
- [Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

### QUOTE TO REMEMBER:

***'It is about taking opportunity and putting yourself out there. And even if opportunity does not look like it is there, it's about creating those opportunities where you can, even if it is in tiny, tiny ways'***

### What You Will Learn from the Activity

The biggest obstacle in managing careers is starting the process. With possible setbacks and negative outcomes, people usually forfeit opportunities before they start. This mindset ultimately corrodes your capabilities of something bigger because it is you who could make things possible.

This workbook explores the principles and values needed in careers and job seeking. These include defining career perspectives, building networks and interpersonal career growth. These all require situational analysis and application of the themes discussed in the episode.

This activity encourages self-reflection and helps you plot brand new perspectives in your career plans. Like what Dr Claire Kaye mentioned: start with something small!

Finding the career that you'll surely love begins in you. Grab your pen and start making things happen!

## **Activity: What tools do I need to build my career?**

What are the main points and takeaways from this episode?

How can I use my present career interests in planning to develop my career?

Why should I prioritise interest over passion when doing this?

How do I stay focused and natural in conversations with my contacts?

What are Claire's three R's, and how do they condition me for developing my role?

Why is feedback beneficial? Why should it always be a two-way process?

In what simple ways could I expand or improve my skill set without necessarily doing further training?

How do I build my network without seeming overconfident and demanding?

Why is it important to start small and avoid pressuring people to give you big roles immediately?

How does failure in the early part of my plans help me strive for resilience?

How do I stay motivated if I experience slow progress while networking?

Which areas should I reflect on when considering my present and future career goals?

When and why should I say no to an opportunity?

CPD time claimed:

For more episodes of You are Not a Frog, check out our website [www.youarenotafrog.co.uk](http://www.youarenotafrog.co.uk). Follow Rachel on Twitter [@DrRachelMorris](https://twitter.com/DrRachelMorris) and find out more about her online and face to face courses on surviving and thriving at work at [www.shapestoolkit.com](http://www.shapestoolkit.com).