

# 7 steps to flourishing



## 1. Reframe

Start by looking back - your past holds valuable clues to help plan your future.

💡 **Think of one career high point and one low point.**

### High Point

- When and where did this happen?
- What made it such a great moment?

### Low Point

- When and where? What made it challenging?
- Did anything good come from it? Lessons learned?

Do a free Strengths Profile online here: [www.strengthsprofile.com](http://www.strengthsprofile.com)

💡 **What are your top 3 Realised Strengths?**

Strength	When have you used this well?



## 2. Strengths



## 3. Values

Take a free Values test online here: [www.Think2Perform](http://www.Think2Perform)

💡 **What are your top 3 Values?**

Value	How does/could this show up in your life?



## 4. Personal Compass

If you are going in the right direction, the destination will take care of itself. Purpose often hides in plain sight.


 **Where are you already finding small moments of purpose or energy?**

- One part of your current job you enjoy (even if small)
- One thing you love doing in your spare time
- One task you find satisfying, even if it's not easy

**These clues are gold. Build from them.**



AI is a great tool when investigating potential job areas.

 Try asking ChatGPT:

“**What careers would suit someone who is good at [insert strengths] and cares about [insert values]?**”

Add any preferences like “and prefers working outdoors”, “and wants to work flexibly”, or “is looking for a growth area”

Follow up with:

- “Tell me more about career pathways into this area”
- “What skills/qualifications would I need to get into [career]?”



## 5. Explore



## 6. Attack

When you attack the job market, you need to be as specific as possible. General enquiries do not land.

 **a. CV**

- Find a job description that excites you
- Tailor your CV to reflect your strengths and be targeted to the job description, use their wording
- Include a strong top profile and key skills section that highlights your unique values
- Use ChatGPT's CV Writer or another tool to check how closely your CV matches the job description.

***Email [hello@helpmeflourish.co.uk](mailto:hello@helpmeflourish.co.uk) and we'll send you a free CV template packed with tips.***



## 6. Attack (cont/d)



### b. Approach

- Create a list of interesting organisations
- Find their hiring managers on LinkedIn and connect
- Send a tailored message with your CV being specific about what you're looking for and why you're a great fit.

***Joining Flourish connects you to our network of over 7,000 professionals and headhunters.***

When opportunity knocks be ready to speak with clarity and confidence.



### Practice your answers to:

- Why are you interested in this sector & organisation?
- What are your strengths and superpowers?
- What makes you stand out?

Keep showing up. Keep sharing. Keep learning.  
Persistence builds momentum - and momentum creates magic. Now it is just a matter of time.



## 7. Advocate

### Want to go deeper? Need some more help?

This guide is just a tiny toe-dip into how we work.



Book a 30-minute solution call or a 60-minute full coaching session:

<https://calendly.com/carolyn-helpmeflourish>

<https://calendly.com/leonora-helpmeflourish>



Or drop us a line at  
[hello@helpmeflourish.co.uk](mailto:hello@helpmeflourish.co.uk)  
We'd love to hear from you!