

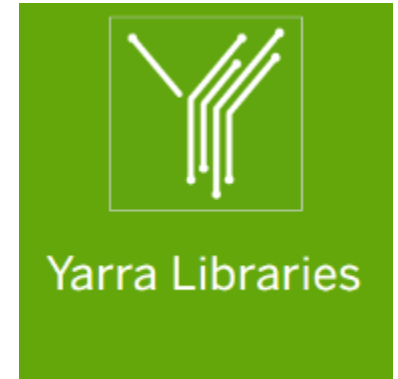
CAREER DEVELOPMENT

For over 40's

With Sue Ellson

sueellson @ sueellson.com

Fitzroy Library, Melbourne, 15 July 2017



WHY ARE YOU HERE TODAY?

Purpose?

Performance?

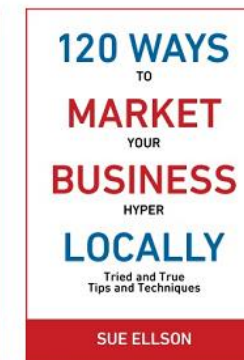
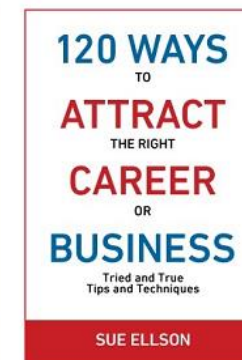
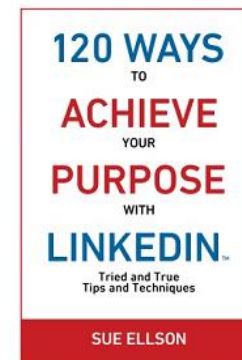
Profit?

Perfection?

Peace?

Sue Ellson BBus MIML MAHRI CDAA (Assoc) ASA MPC

1982 Started work at Westpac in Adelaide
1987 Started digital literacy and training
1994 Moved to Melbourne from Adelaide
1994 Consulting - careers, business, marketing, training
2001 First website online NewcomersNetwork.com
2001 Member of the Australian Institute of Management (now Institute of Management and Leaders)
2003 Joined LinkedIn now 11,000 Connections, 1,000 profile views last 90 days
2005 Member of the Australian Human Resources Institute
2008 Independent LinkedIn Consultant and Member of Melbourne Press Club
2010 Started GlobalMobilityNetwork.com
2012 Started CamberwellNetwork.com
2014 Teaching at the Centre for Adult Education
2015 Associate Member of Career Development Association of Australia
2015 Member of Australian Society of Authors
2016 Teaching at General Assembly and RMIT Short Courses
2016 Wrote and published three books -
 120 Ways To Achieve Your Purpose With LinkedIn
 120 Ways To Attract The Right Career Or Business
 120 Ways To Market Your Business Hyper Locally
2017 Teaching at Monash Training and Professional Development



Sue Ellson – Voluntary Work

1991 – 1992 Committee Member, Westbourne Park Netball Club
1991 – 1992 Fundraising Committee and Assistant Treasurer South Australian United Church Netball Association
1991 – 1993 Photographer Mitchell Park Football Club and Morphettsville Park Football Club
1992 – 1993 Inaugural Secretary/Treasurer & Westpac Representative Australian Institute of Bankers South Australian Young Banker's Committee
1998 – 1998 Fundraising Committee Member, Templestowe Heights Pre School
1999 – 1999 Committee Member University of South Australia, Administrative Management Student and Staff Course
2001 – 2002 Committee Member, Cultural Tourism Industry Group
2001 – 2002 Promotions Executive and Deputy Chair, International Business Group Australian Institute of Management
2001 – 2002 Promotions Officer and President Templestowe Valley Pre School
2003 – 2007 Committee Member Victorian Community Committee for Harmony
2003 – 2009 Media, Communications and Committee Member Victorian Immigrant and Refugee Women's Coalition (VIRWC)
2004 – 2011 Parent Helper Scouts Australia (including two Jamborees and one Cuboree)
2007 – 2015 Convenor, International Human Resources Network Victoria Australian Human Resources Institute (AHRI)
2009 – 2012 Committee Member, Friends of Music Parent Helper Camberwell High School
2011 – 2012 Committee Member, Friends of Music Parent Helper Blackburn High School
2011 – 2014 Adviser and Facilitator, Camberwell Traders Association
2013 – 2014 Consultant to the Media Team St Paul's Anglican Church Canterbury
2013 – 2016 Volunteer Foster Carer RSPCA Victoria
2014 – 2015 Councillor Victorian State Council Australian Human Resources Institute (AHRI)



2001 – now Free Presentations, Training, Events for various organisations and Social Enterprises Newcomers Network & Camberwell Network



DISCLAIMERS

I don't have a magic wand

I can't give you a million dollars, a new job or a business

I can't change your boss, your colleagues, your friends or family

I can only share my ideas – it is up to you to choose what will work for you

Today you are part of a group so I cannot address all situations individually and if you do not wish to share, you do not have to!

If this discussion brings up other issues for you, please seek professional help



What comes to
mind when you
look at this
picture right now?

Please write down
your thoughts



Which direction are you heading in right now?

What does it feel like – the summit or the cliff?



Are you looking
forward or back?

Are you in
command or is
someone or
something else?



Are you seeing
things in black and
white right now?

Or can you see the
colour in your
situation?



Is there something
blocking your vision
of the future?

With your permission – today I would like to:

- 1) Help you understand a little bit more about where you are now
- 2) Provide some suggestions on how you can move forward immediately
- 3) Discuss some methods you can use over the longer term
- 4) Highlight some of the common mistakes people make when they are over 40





If you don't know
where you are
going, any road will
get you there.

Lewis Carroll

You need to start with an idea of where you would like to go...

But first, let's have a quick look at where you are now...

Please close your eyes...

Survival – do you have enough resources to survive right now?

Comfort – are you grateful for what you do have?

Growth – is there an opportunity for you to develop?

Assets – are you making use of all of your assets?

Truth – are you living according to your highest values?

Time – can you be realistic about how long this change will take?

Issues – what can you change and what can't you change?

https://drdemartini.com/writings_and_insights/a_quality_life_demands_quality_questions



Take a moment to write down anything important

Do it without editing or judgement

Remember that

No time is ever wasted

It is never too late to do something...

Is there one thing you would like to do differently?



Is there one thing you
would like to do differently
in the future that you would
like to share with the group?



Moving Forward

How much money do you really need?
(or are you chasing what you want? Resources or resourcefulness)

Have you taken full stock of what you already have?
(maybe it is actually time to declutter first)

Would a good book, short course or activity provide you with some stimulation?
(no need to throw the baby out with the bathwater – 80% is good enough)

What or who else can you call on?
(skills, knowledge, networks)



Moving Forward

What are your highest values (and non-negotiables)?
(relationships, time, health etc – not what others say)

What can you do today, tomorrow, next month, next year?
(set some realistic priorities and then add a buffer)

What does your current context really look like?
(you may have some things that you literally cannot change)



Longer Term

What will you do?

- Catalogue your past
- Record your non-negotiables
- Brain storm your options
- Select your preferences
- Define your values
- Take Action

<https://www.linkedin.com/pulse/how-choose-your-next-job-career-sue-ellson>

Who will help you take action?

- Accountability partner
- Mentor
- Coach
- Professional Adviser
- Trusted Colleague
- Supportive Friend or Family Member

<https://www.linkedin.com/pulse/do-you-have-time-accountability-partner-sue-ellson>



Longer Term

What can you try?

- Anything – part time
- Not everything – it doesn't work
- Something affordable
- Something secret
- Something public
- Something well researched
- Be more open minded about others – they have their own battles



Common Mistakes

- Years of experience (label)
- Victimhood (blame)
- Repetitive behaviour (same results)
- Not seeking help (plenty on offer)
- Not taking action (hiding behind text)
- Not celebrating wins (even small ones)
- Forgetting success (time for significance)
- Giving up (never too late)
- Spending instead of savouring
- Isolating instead of collaborating
- Playing safe and not being courageous
- Growing old not growing up

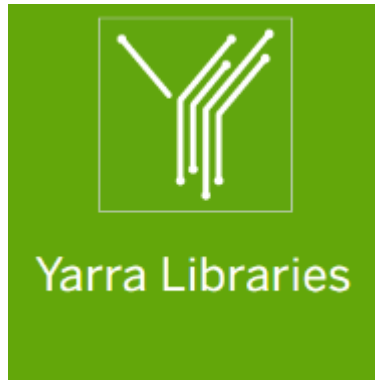




Opportunities

- New experiences
- New freedoms
- New paths
- New relationships
- New priorities
- New focus
- New alignment
- New learnings
- New growth – for yourself and your loved ones

Any questions?



Please complete the evaluation and come back to the Fitzroy Library very soon – more great resources here!

Topics – midlife, career, career development, purpose

Time to win

- Clearly write your name and email address
- Tear off end
- Enter prize draw

1. Receive these slides
2. Receive top 20 tips all three books
3. Receive invitation to connect on LinkedIn

Write a Google or LinkedIn review

Special bonus – pick your digital book!

