

## Favourite Tools suggested by participants from the event: The Value of Using Career Tools in Career Coaching

1. **Strength cards**
2. **Schein Career Anchors; McClelland Social motives; lifeline**
3. **Timeline**
4. **Career Decision Triangle:** The career triangle is a model that illustrates how a career is the intersection of skills, passion, and context.
5. **Katherine Jenicks: What's your strength:** cards to help (particularly young people) identify their strengths and develop career planning skills
6. **Bill Law's Story boarding:** Developing ideas:
  - Story-boarding
    - Opening scene
    - Big scene
    - Following scene
  - Futuring – life develops forwards but is made sense of by reflecting backwards
    - List of 'places' to go
    - List of people to get in contact with
    - List of things to do
7. **Job Crafting**
8. **Map your Network**
9. **Cottle's circles:** (a research method that helps determine a person's time perspective. It's a projective assessment that asks participants to draw three circles to represent the past, present, and future.)
10. **Designing your energy doughnut**
11. **Images, postcards, blob tree**
12. **Building lego models or writing or sifting slips of paper to flush out what is important. Also critical incident approaches for strengths**
13. **Possible selves**
14. **Concentric circles for levels of networking:** (the innermost circle represents your closest connections (like family and close friends), with progressively larger circles representing people you know less well, like acquaintances or professional contacts in your industry, with the outermost circle holding the most distant connections)

15. **Inform'** developed for people experiencing unemployment to identify skills and competences developed in everyday life that are transferrable to work - places value on skills
16. **Strengthscope**
17. **Johari's window**
18. **Choosing web images to represent 'my career'**
19. **Visuals - lemons and sugar - reframing anxieties, (e.g. around interviews)**
20. **Visualising yourself at 90 – looking back -what did you achieve etc.**
21. **The Enneagram**
22. **Decision Making Matrices:** (tool that helps people choose the best option from a list of choices. It's a visual representation of the options and the criteria used to evaluate them.)
23. **The Road less travelled**
24. **The Cycle of Change (for redundancy)**