

Career Coaching for Creative People

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Imagination is the beginning of creation.
You imagine what you desire, you will
what you imagine and at last you create
what you will.

– **George Bernard Shaw**
Irish dramatist & socialist (1856 - 1950)

Career Challenges

- Multipotentiality
 - What do you do when you can do anything?
- Financial Concerns and Family Support
 - You can't make any money doing *that!*
 - "Why can't you be an accountant like Uncle Ed?"
- Unclear career paths
 - What do you do if you don't want to be an accountant?

The Creative Personality: A Paradox

Characteristics of the Creative Personality

- Has a great deal of physical energy yet are often quiet and at rest
- Smart and naïve
- Playful and undisciplined yet hard working and responsible

Characteristics of the Creative Personality

- Can alternate between imagination and a concrete sense of reality
- Tendencies toward both introversion and extroversion
- Humble yet very proud of their achievements

Characteristics of the Creative Personality

- Androgynous: Do not fall into the typical "masculine" and "feminine" gender stereotypes
- Rebellious and independent but also abide by the rules and conventions of the culture and the domain
- Passionate about their work yet remain surprisingly objective
- Creativity causes them to experience pain and suffering as well as enjoyment

Real success is finding your lifework in the work that you love.

– **David McCullough**
US biographer & historian (1933 -)

Eat Sushi...
and other stuff you can do
to find your career path

- "Do stuff" that feeds your creative spirit – even if it's not directly related to your career
- Pay attention to chance encounters and serendipitous moments
- Imagine what your future workplace might look like
- Picture yourself *doing* the kind of work you are considering

- Set short, middle, and long-term career goals
- Identify your Roadblocks and your Biggest Fans
- Identify mentors in your field
 - There are people who make a living with their art

- Visit a career coach who works with creative people to learn about
 - Your personality
 - Your interests and values
 - Your flow

Coaching Creative People

- Personality needs
 - Are you a risk-taker? Do you value your independence?
- Your vocational interests
- Your most deeply held values
- Your personal strengths
- Find your flow
- Envision your future perfect work day

Contact

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