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

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References