

THRIVE WITH PURPOSE

PROFESSIONAL EDITION

*Helping professionals grow in their
careers, expand influence, and thrive
with purpose.*

A Companion Workbook By Patti Boyle

Module 1: Clarify Your Career Vision

In the early and mid-career stages, clarity about where you're headed gives you the edge. Aligning your career vision with your strengths builds long-term momentum.

Reflection Questions:

- What motivates you most in your current role?
- What skills do you want to develop over the next 2–3 years?
- What does success look like for you in this season of life?

Action Step:

Write a personal career statement that reflects your goals for the next 3 years.

Module 2: Build Marketable Skills

To thrive in the workplace, you must continue to upskill and reskill. Market demands are shifting rapidly—commit to lifelong learning.

Reflection Questions:

- What new skills are in demand in your field?
- Which skills do you already have that can be sharpened further?
- What certifications, courses, or training could boost your career?

Action Step:

Choose one course, training, or certification to complete in the next 6 months.

Module 3: Expand Your Network

Your career opportunities grow as your network grows. Intentional relationships open doors to promotions, projects, and visibility.

Reflection Questions:

- Who are five people in your field you admire?
- How often do you attend networking events or engage online?
- Who could mentor you in the next stage of your career?

Action Step:

Schedule one networking coffee or virtual meeting this month.

Module 4: Strengthen Your Professional Brand

Your reputation speaks before you enter the room. A strong brand communicates reliability, competence, and value.

Reflection Questions:

- How would colleagues describe your professional strengths?
- What story does your LinkedIn profile or resume currently tell?
- How do you stand out in your organization or field?

Action Step:

Update your LinkedIn headline and summary to reflect your career goals.

Module 5: Increase Your Impact at Work

*Mid-career is your time to shine by taking on leadership and responsibility.
Demonstrating impact will position you for advancement.*

Reflection Questions:

- What projects have you led that delivered measurable results?
- How do you typically solve problems at work?
- What opportunities exist in your organization to show initiative?

Action Step:

Document three specific contributions you've made that positively impacted your team or company.

Module 6: Navigate Change & Transition

Career paths are rarely straight. Learning to adapt during reorgs, leadership changes, or industry shifts is vital.

Reflection Questions:

- How do you usually respond to workplace changes?
- What past transitions helped you grow?
- What strategies help you stay resilient in uncertainty?

Action Step:

Identify one upcoming change in your organization and plan how to adapt proactively.

Module 7: Advance with Confidence

Confidence grows through preparation and achievement. Owning your value helps you move into leadership roles.

Reflection Questions:

- What role do you see yourself in 5 years from now?
- What self-limiting beliefs hold you back?
- What strengths make you well-suited for leadership?

Action Step:

Draft a 3-step advancement plan for positioning yourself for a higher role.

Module 8: Design Your Career Roadmap

The future belongs to those who plan strategically. Think about your career as a series of intentional moves that reflect your purpose.

Reflection Questions:

- Where do you want to be in 10 years?
- What personal values must be aligned with your work?
- What lifestyle goals should shape your career decisions?

Action Step:

Sketch out a 5–10 year career roadmap with milestones along the way.