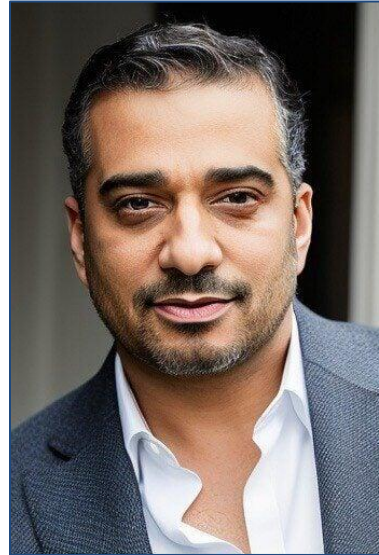


Sharpening Your Career Focus



Mara Glatzel
Author
Life Coach



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Cape Cod Community College



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Managing Director -
Reticulated Cape Cod

Understanding Career Motivation

- Identify their core career motivations and values.
- Explore how personal and professional goals align with career paths.



A Career Shift

At some point, survival stops being enough—and the soul begins to crave purpose.

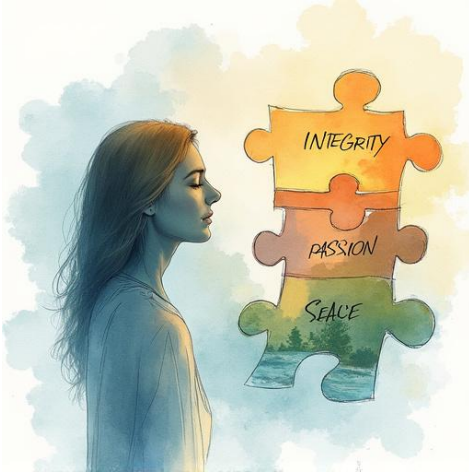
- Why am I still doing this?
- From surviving to seeking purpose in one's career.



Why Motivation Matters

When you're driven from within, work becomes creation—not obligation.

- Motivation = Energy + Clarity
- Intrinsic motivation fuels creativity.
- Innovation thrives on motivated individuals.



What Drives Us?

The most satisfying careers are built at the intersection of purpose and behavior.

- **Motivation** explains behavior.
- Align work with **personal values**.
- Greater **satisfaction** comes from this alignment.

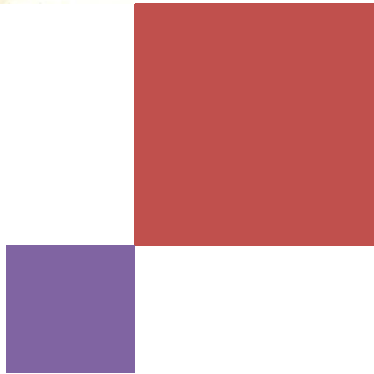
Need Theories

- Unmet needs redirect our energy.
- Understanding your needs leads to understanding your motivation.
- Recognizing needs can guide career choices.



Self-Determination Theory

- **Autonomy:** The need to feel in control.
- **Competence:** The need to feel effective.
- **Relatedness:** The need to connect with others.



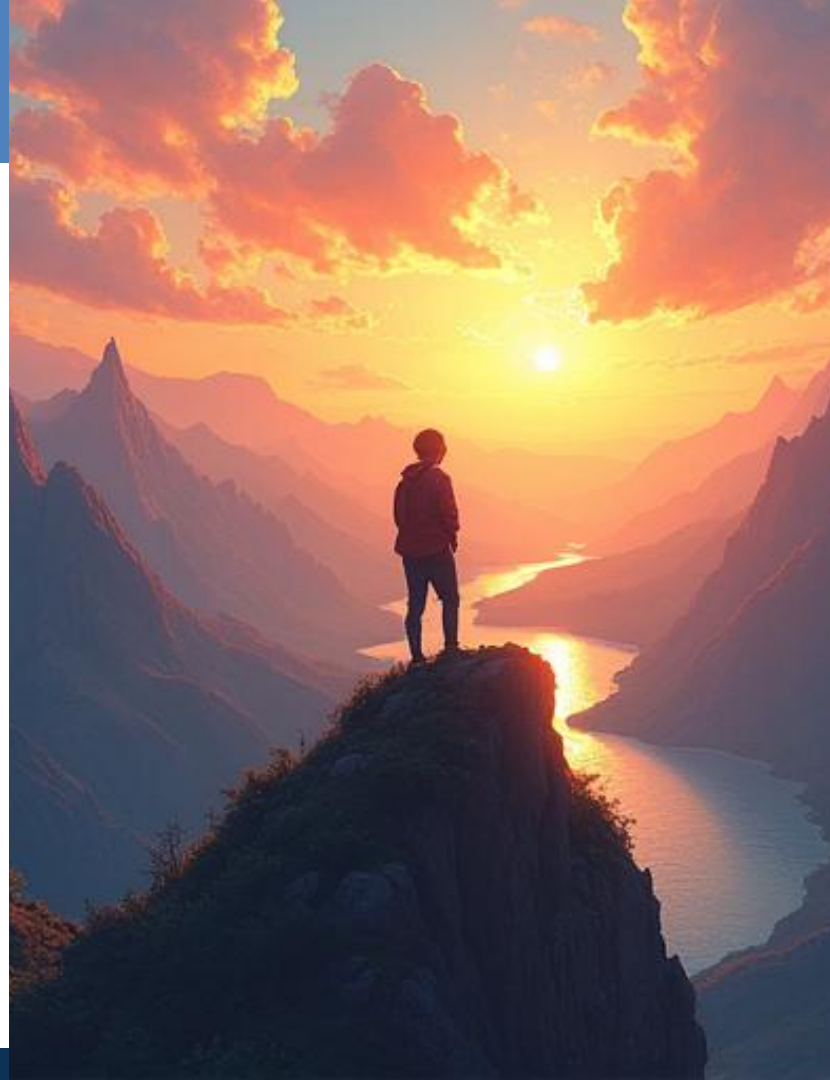


Redefining Success

- Fulfillment > Status
- What does success mean to **YOU**?
- Reflect on personal definitions of success.

Look to Your Past

- What made you proud?
- What fueled those moments of success?
- Reflect on past achievements for insights.





Take-Home Activity

- Mind Map: **Past Success**
- Identify accomplishments, motivators, and feelings.
- Find your patterns to guide future choices.



Final Thought

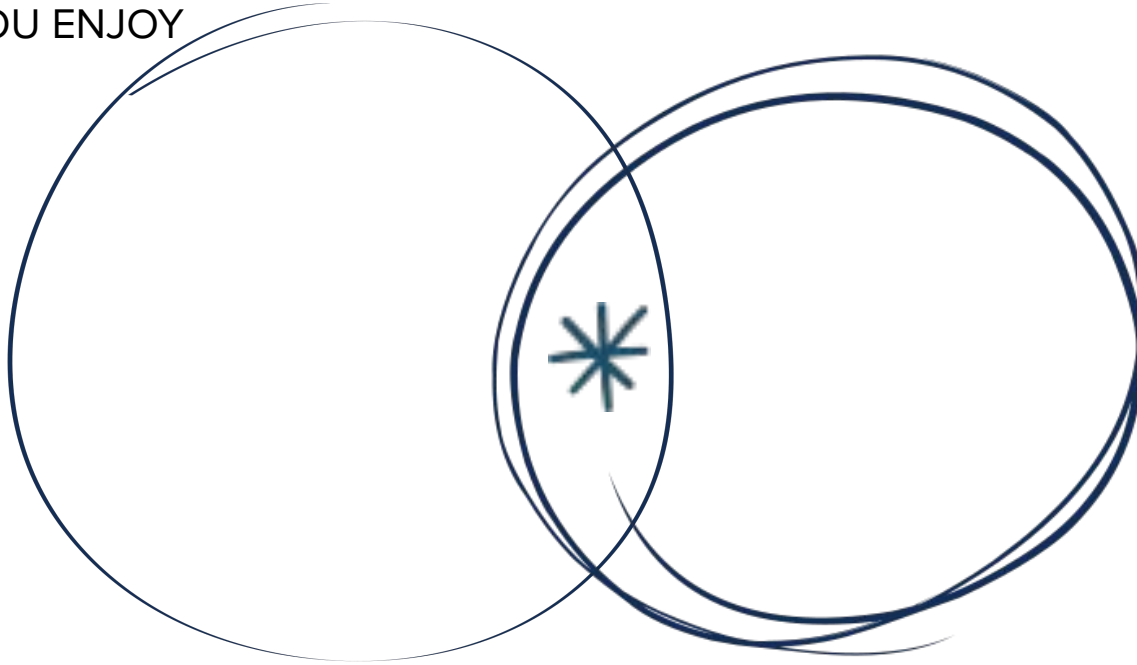
- Your **motivation** is your compass.
- Start following it for a more fulfilling career.
- Embrace the journey ahead.

Identifying Strengths & Passions

- Recognize unique strengths, passions, and areas of expertise.
- Learn how to leverage strengths and passions to guide career decisions.

FINDING YOUR CAREER SWEET SPOT

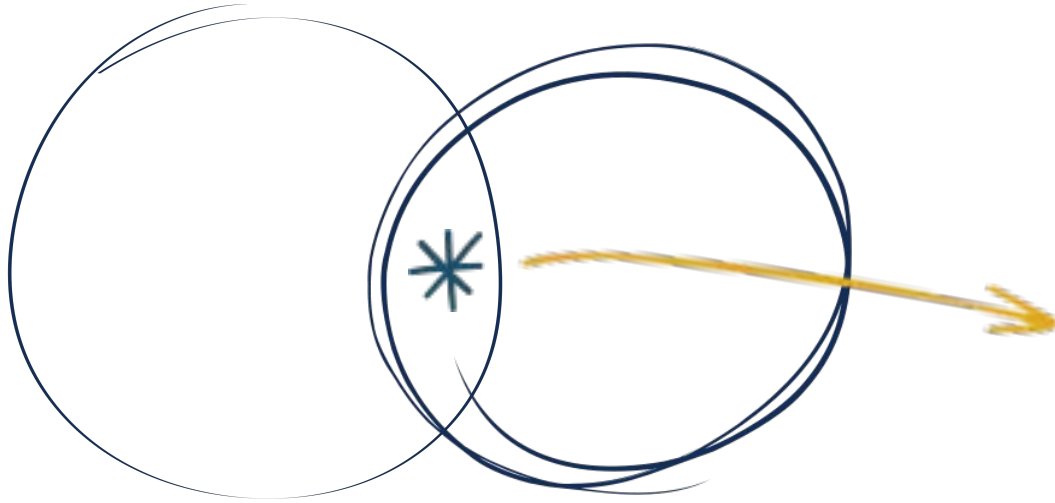
WHAT YOU ENJOY



WHAT YOU ARE GOOD AT

DOING THINGS YOUR OWN WAY

WHAT YOU ENJOY

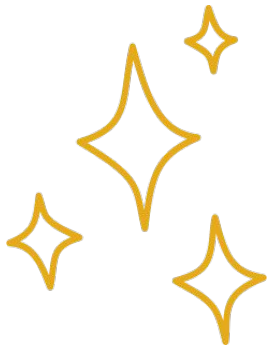


WHAT YOU ARE GOOD AT

Weaving your strengths, joys,
needs + preferences
into your approach

HOW DO YOU WANT TO LIVE?

CULTIVATING YOUR OWN MEASURE OF
SUCCESS, ROOTED IN YOUR VALUES +
PRIORITIES



Creating a Personalized Career Roadmap

- Develop a clear and actionable career roadmap tailored to goals and aspirations.
- Understand how to adapt roadmap to unique opportunities and challenges of living and working on Cape Cod.



The Power of Frameworks in Career Planning

Structured frameworks transform career planning

Help categorize priorities over time

Support adaptability in modular careers

by Kolby Blehm

Benefits of Structured Career Planning

Organization

Brings clarity in dynamic environments

Reflection

Balances self-reflection with external feedback

Flexibility

Works for individual planning or dialog/collaboration

Technical Frameworks

- PEO offers depth and structure
- Comprehensive analysis
- Systematic approach

Low-Key Frameworks

- Crossy Road is accessible
- Casual inversion for levity
- Intuitive concepts



Applying the PEO Framework

Person
Interests and emotional responses
Autonomy and development



Environment
Cultural and social contexts
Physical and institutional settings

Performance
Balance between components
Optimization of fit



Occupation
Meaningful tasks and roles
Temporal aspects of routines

Law M, Cooper B, Strong S, Stewart D, Rigby P, Letts L. The Person-Environment-Occupation Model: A Transactive Approach to Occupational Performance. Canadian Journal of Occupational Therapy. 1996;63(1):9-23. doi:10.1177/000841749606300103



Simplifying Career Planning with Crossy Road

Planning

Set clear goals and steps

Map your path forward

Patience

Development requires persistence

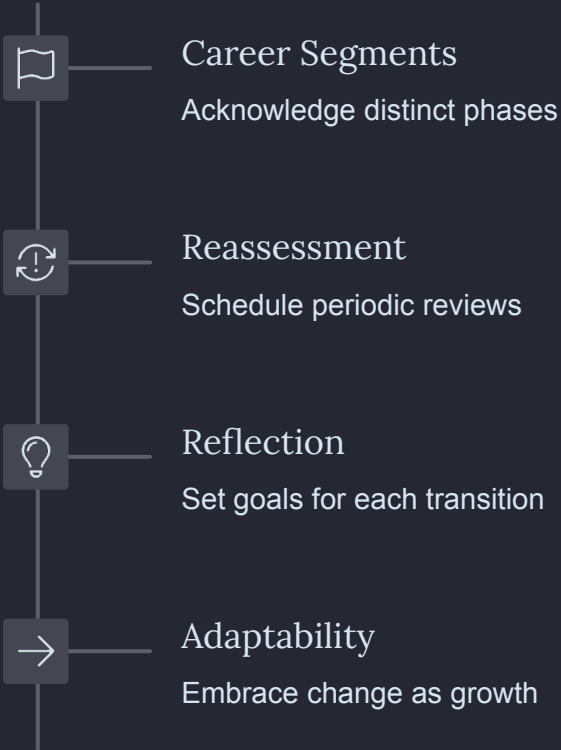
Progress comes with time

Timing

Recognize opportunities

Act at the right moment

Adapting to Modular Careers



A 3 Page One-Pager!

[Our Materials](#)

