Leading ME: Developing an intentional personal and professional growth plan

Career Coaching with Corbett
Session #1 of 11
June 6, 2017
Becky S. Corbett, MSW, ACSW
Ask Coach Corbett…

I prioritized my intentional growth and joined Coach Corbett and my colleagues tonight because…

I would appreciate it if we can address the following career readiness tools tonight…
Objectives

- 3 principles for Leading ME
  - Have a positive attitude
  - Use the mirror for self-reflection
  - Ask for and be open to coachable moments

- Define “intentional growth”

- Discuss potential goals: My personal and professional growth plan includes...
Leading ME: Principle #1...
Positive Attitude
Leading ME: Principle #2...

The Mirror: Looking Inward

Life is like a mirror, we get the best results when we smile at it.

What do you see in the mirror?

If you’re searching for that one person that will change your life, take a look in the mirror.

Look in the mirror... that’s your competition.
Leading ME: Principle #3…

Coachable Moments

A “Coachable Moment” is taking advantage of a moment in time to give an individual immediate and specific feedback.
WHY: Intentional Personal Growth

Develop the right attitude,
learn more about your strengths,
tap into your passion,
become more in touch with your purpose,
and develop your skills…
so you can be all you can be.

John C. Maxwell, leadership author
Next Steps

2. Express:

   *I will develop a personal and professional growth plan because...*

1. Mark your calendar for the next *Career Coaching with Corbett* on **Thurs July 6:**
   *Topic: Creating a Professional Brand*

2. Repeat statement 3 times:

   *Never, EVER, EVER, accept the first offer.*
Career Coaching with Corbett:  
https://uasystem.zoom.us/j/2548470758

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Career Services Webpage

https://socialwork.ua.edu/current-students/career-services/
RSVP and Potential to Win Prize

Email Coach Corbett to let her know you attended tonight’s session or you watched Video #1of11 at:

BeckyCorbett@sw.ua.edu

You will be registered to WIN a PRIZE May 2018.
Contact Information

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(Tuesdays and Thursdays: 1 week to respond)

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