

## The Career Resilience Self-Assessment

Please answer the fourteen statements using a 1-to-5 scale, with 1 meaning "Do not agree at all", 3 "Agree somewhat" and 5 "Strongly agree". Before responding, put some thought into each response by writing down what you are doing and what you have done relative to each statement's topic.



Score:	Statement:
	I can easily describe the value I bring to an employer.
	During an interview, I could list at least ten skills that I possess.
	I have a current resume, portfolio and references.
	I can identify three important accomplishments from my current/last job.
	I have upgraded my skills in a significant way within the last year.
	I explore (e.g. read magazines, books articles) trends in my field/industry and have identified various changes that are occurring.
	I have sought opportunities to take on new responsibilities in my work.
	I have sought opportunities to work with others or contribute to work teams.
	The skills and abilities that I need to be employable are clear to me.
	I have a network of people in and outside my field that can help my career.
	I have actively sought better assignments in my current and past jobs.
	I try to identify the future direction of my field through making personal contacts or attending professional meetings.
	I have an active online (Internet) career presence, e.g. I write a Blog, participate in LinkedIn or other social network platform.
	I have discussed my career plans with my spouse / family.
	➤ <b>Total Score</b>

## SCORING YOUR RESULTS:

**56-70** indicates you are ready and willing to be in charge of your career development. You have a clear understanding of what is necessary to be successful in job searching and career enhancement. You are likely pursuing career-resilient activities as a normal practice. You see the benefit of time spent on these actions.

If you scored between **31 and 55**, there is no need to panic - yet. Review your "Don't agree at all" responses. These are wake-up calls. For each such response, write down three things that you can do to move these from 1 toward 5. Then do them.

If you have scored **below 30**, consider seeking training, mentoring or coaching to help you boost your career.

Whereas this checklist is subjective, it can help a person to pinpoint weaknesses and develop a plan to develop career resiliency and employability. What would it take to increase your score?

### ➤ **Your personal commitment to active career management.**

Notes:

---

---

---

---