



A Mini-Course

What if you could wake up every morning and go to a job that made you feel energized and where you got to use the gifts and talents you were born with?

Here's the thing: you can.

The small and large decisions you make on a daily basis lead you either towards or away from a career and life that's energizing.

By tuning into your intuition and facing what's keeping you stuck, you can move towards a career that is makes you feel alive and uses the gifts and talents you were born with.

IN THIS COURSE YOU'LL LEARN:

- how to get in touch with your **inner career coach**
- the difference between **your intuition and your ego**
- **what's keeping you stuck** in draining situations and;
- practical steps to **build your sacred career**

MOST COMMON MISTAKE

The most common mistake in career design is trying to manifest before you've done the inner work. This doesn't mean you have to move to an ashram or spend years in therapy but it does mean you need to ask what kind of life you really want and look at old habits.

If you don't do the inner work, it doesn't matter how big of a career move you make, you'll likely end up with similar issues – whether it's **a boss you hate, not enough money or boredom.**

GETTING TO KNOW YOUR INNER CAREER COACH

Every person has a part that knows what they need inside them. Some people call it **intuition**, others **inner wisdom**, some people even call it **the soul**.

The thing about your intuition is that it resides in **your body**. That's why we have expressions like "gut feeling" or "I knew it in my heart" If you're too stuck in your head or don't take care of your body, you're more likely making decisions from your ego.

The opposite of your intuition is **your ego**. Buddhist monk Pema Chodren says one of the definitions of ego is:

Ego: the part that makes things worse.

And I'm sure you know that part of yourself that:

- **Fires back a snarky email** before you even realize it
- Makes you apply for the **boring, soul-sucking job** because it will please your father or;
- Tells you **you're a worthless piece of shit** and will never amount to anything...

That part.

You might think your ego is only the prideful, boastful part but it also has a self deprecating side. Your ego says terrible things about other people "she's stupid, she's so worthless," and then often turns those same comments back onto you.

What is your current relationship with your ego and intuition?

When do you listen to your intuition and in what situations are you more likely to push it aside?

WHAT'S KEEPING YOU STUCK?

Another common mistake people make in career design is not looking at old untested beliefs.

Here's what I mean:

A. had always heard that you can't make money as an artist. So even though she had been painting and drawing since she was a young, young kid, she went to university for English Literature.

She hated it and dropped out.

Then she went to school for Engineering. She hated it and dropped out.

Finally, years later, she went to school for animation and loved it. Then got into a prestigious industrial design program where she's learning how to make art and make money.

So for A, an old untested belief cost her \$1000s of dollars and wasted years of her life.

What old untested beliefs are keeping you stuck?

EXERCISE:

Circle all of the following messages you heard growing up:

Work is hard.

In order to make good money you need to become a doctor, a lawyer or other highly ranked profession.

Artists will never make enough money.

To be a good person, you must be a hard worker.

The more advanced degree you have, the more money you'll make.

Fun is for the weekends.

If you're unemployed, you must be really messed up.

You need to get into a good school.

The stiffer the suit, the bigger the paycheck.

"You're smart, you should go into math, science or engineering."

You'll make the family proud if you get a good job.

Circle all of the following statements you agree with:

If I voice my opinion at work, I'll get fired.

If I don't work overtime, my colleagues will think I'm lazy.

I don't deserve a raise.

I'm a fraud.

I'm keeping it together but inside I know I'm worthless.

The more I fit in at the office, the more money I'll make.

I'll be able to relax once I have enough saved for my retirement.

I'm good at my current job so I should stay in it.

The job market is a disaster, I won't be able to find other work if I leave.

I hate work.

I don't have enough money.

Read through all of the statements you circled above. Which **three** have had the biggest impact on your life:

1. _____
2. _____
3. _____

How have these three statements influenced your career choices to date?

Write these statements again:

1. Sometimes _____
_____ and sometimes this isn't true.
2. Sometimes _____
_____ and sometimes this isn't true.

3. Sometimes _____
_____ and sometimes this isn't true.

The problem with a lot of your untested beliefs is that they are sometimes true and other times they're not. If you believe they're always true, they limit the options you have available in your career and in your life.

HOME-PLAY (like homework but more fun!)

If you could do anything in the world, where would you love your career to be in 5 - 10 years?

CHATTING WITH YOUR INNER CAREER COACH

One of my favorite way to get in touch with my inner wisdom or inner career coach is through a technique I learned while living at Yasodhara Ashram. In this exercise, I call it your inner wisdom to remind you to connect to the wise part within you.

Experiment and be playful.

EXERCISE:

Take a few deep breaths or have a small dance party to bring yourself into a centered place. When you feel relaxed, begin. Fill out the exercise below to begin a conversation with your Inner Wisdom.

_____ (YOU): Hello

Inner Wisdom: _____

_____ (YOU): How can I start to get to know you better?

Inner Wisdom:

_____ (YOU): What do I need to know about myself?

Inner Wisdom:

_____ (YOU): What else do I need to know now about my sacred career?

Inner Wisdom:

_____ (YOU): _____
(write your own question)

Inner Wisdom:

_____ (YOU): _____
(write your own question)

Inner Wisdom:

_____ (YOU): _____
(write your own question)

Inner Wisdom:

_____ (YOU): What is the next step I need to take to move towards my sacred career?

Inner Wisdom:

HOME-PLAY (like homework but more fun!)

What am I learning about myself?

What change would move me towards would to my sacred career?

Your HOME-PLAY, should you choose to accept it, is to **make that change.**

This Free Course is a Preview of Career Coaching in the Forest



You have a purpose and a calling

- Find out what's keeping you stuck
- Build your capacity for courage
- Look at what makes you feel alive and gives you purpose
- Create the career and life of your dreams
- Connect to your intuition easily while walking in the forest

Check out Career Coaching in the Forest and packages here at:
couragecompass.org/CareerCoachingForest

About Bryn



Bryn Bamber is the founder of the [Courage Compass](#). Her mission is to heal herself and heal the world. In addition to spending over a decade in the field of education, she has always been drawn to empowerment and healing. This has led her to run leadership programs for youth, move to an ashram to study yoga, blog about personal development and create an online workshop on courage.

Currently she works for the [Ontario Justice Education Network](#) where she's responsible for grant research and writing, hiring and supervising contract staff and running workshops about the justice system for youth. She especially enjoys workshops like the Law and Radio Project, where youth choose a topic, write the script and interview a legal expert on air. She's also a passionate contact improv dancer and is obsessed with dark chocolate.