

CAREER SWEET SPOT

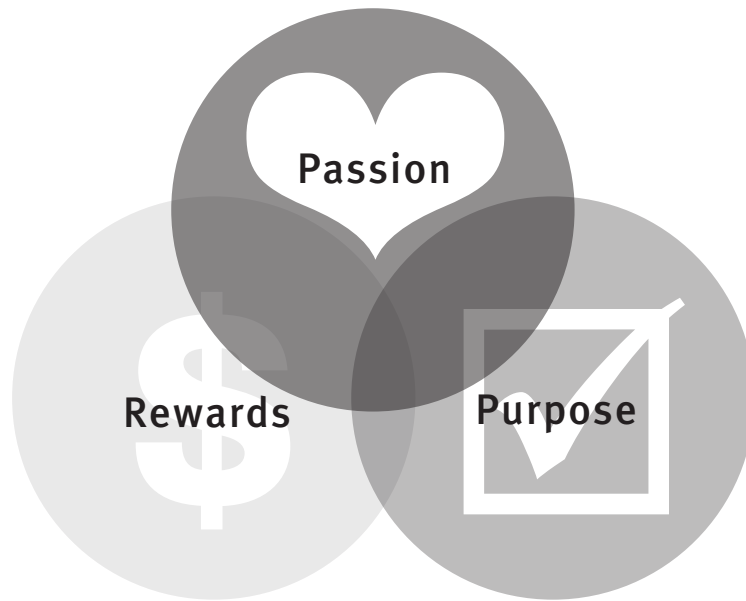


Diagram 1

FINDING YOUR CAREER SWEET SPOT

Whether or not we consciously know this, we all seek a career that gives us

- Passion (we love doing it, we get into the 'zone'),
- Purpose (we are good at it, we add value, it has a purpose),
- Rewards (we get paid for it, we have great satisfaction from it).

Most of us are looking for these three areas to be fulfilled and to find that career sweet spot. The sweet spot could also be referred to as 'the element or the zone'⁵ – that place where the external distractions are minimised, our confidence is high and the spirit to explore is evident.