

## What's the Career for Me?

Throughout our lives we make a number of career decisions. Whether entering the workforce, deciding on where to go to school, or changing jobs, what we choose to pursue is based on our answer to the question "What's the career for me?" As many of us are well aware, this is not always an easy question to answer. Yet, if we break the career decision making process down into steps, coming up with acceptable career options is much less intimidating. I have outlined the four steps that anyone making a career decision should take.

### *Step One – Know Thyself*

Can you describe what type of person you are? I know that most of us think we can, but I dare you to try it. Make a list of your skills, interests, personal style, and main motivators. Are you able to come up with a good description of yourself, or does it seem rather thin? Having a firm grasp of who you are, what you like to do, and what you want to get from life will go a long way in finding something satisfying.

### *Step Two – Check out the World of Work*

This step involves investigating occupations with the knowledge of yourself gathered in Step One. Based on the skills, interests, values and needs you have identified, what career options appear to be the most suitable? When you are able to identify the kind of tasks and activities you would like to do, it is easy to determine whether a career will fit.

### *Step Three – Set Goals and Make Decisions*

Having increased your self-awareness and gathered information about possible career opportunities, you need to put everything into context and make a decision. This step involves gathering the facts for each career option and weighing how well each career will satisfy your needs and wants. This is also when you need to consider the realities of the job market and perhaps make compromises as you choose a path to follow.

### *Step Four – Implement Your Decision*

Once you have made a career choice you need to act on it. You may need to acquire new skills and get further training and education. If you already have the required skills you may begin preparing for the job search, and networking job leads. When implementing your decision you may encounter a number of barriers that get in your way. These obstacles can come from yourself (fears of failure, perfectionism, etc) or from your environment (family pressures, economy, etc), and also need to be overcome.

These four steps form the core of career decision making. Following them will reduce your anxiety and give you some measure of confidence in your decisions. If you are interested in more information regarding career decision making, including how some of our instruments can help in this process, please contact us at **1-800-661-5158** or **info@psychometrics.com**.

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## EYE ON TYPE



## MBTI® Professional Development Conference

Calgary – October 18-19, 2007

Join us next fall for the inaugural MBTI® Professional Development Conference. Featuring some of the leading authorities on using the MBTI® assessment, the workshops will offer practical skills and strategies for applying the MBTI® instrument to different situations within your organization. Sessions include:

**Coaching the Changing Workforce** – Nancy Barger

**Communication: Skills, Styles, & Strategies** – Donna Dunning

**Losing Your Grip at Work** – Patrick Kerwin

**Leaders in Global Organizations** – Linda Kirby

**Coaching Using the Step II** – Jean Kummerow

**Using Type and Emotional Intelligence to Coach Leaders** – Chuck Pratt

For more information about the speakers, sessions and early bird registration, please visit our website at: [www.psychometrics.com/conference](http://www.psychometrics.com/conference)



## Strong Interest Inventory® – Professional Update Workshops

Calgary – February 16 at the University of Calgary

Surrey – February 23 at Kwantlen University College

This six-hour workshop provides beginners, as well as seasoned Strong users, with innovative techniques and vital insights enabling them to take full advantage of the latest version of this unique instrument in their career development work.

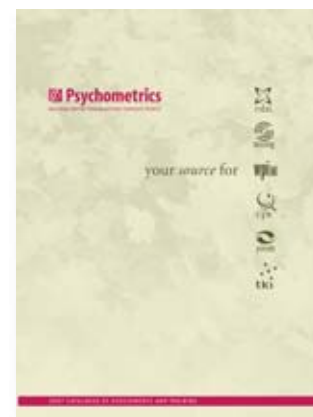
Participants will be provided with a *Technical Brief for the Newly Revised Strong Interest Inventory®*, workshop study guide, bibliography, sample reports, and a copy of their own Strong results. The cost for attending the workshop is \$25 + GST.

The workshop is facilitated by George Fitzsimmons, Ph.D., R. Psych. who has over thirty years experience in career counselling and vocational guidance.

To register, or for more information, please contact Psychometrics Canada's customer service at 1-800-661-5158, or visit: [www.psychometrics.com](http://www.psychometrics.com).

### 2007 CATALOGUE OF ASSESSMENTS AND TRAINING

Our 2007 Catalogue is now available. If you have not received a copy, but would like to, please email your name and mailing address to [info@psychometrics.com](mailto:info@psychometrics.com) and we will gladly send one to you.



PSYCHOMETRICS TRAINING

## Upcoming Programs & Workshops

We are hosting the following programs and workshops in 2007. You can view more detailed information about our Step I, Step II, and Advanced MBTI® workshops at: [www.psychometrics.com/training](http://www.psychometrics.com/training)



### Myers-Briggs Type Indicator®

ENGLISH

**MBTI® STEP I QUALIFICATION PROGRAM**

February 12-15	Ottawa, ON
February 19-22	Vancouver, BC
March 19-22	Toronto, ON
April 16-19	Halifax, NS
April 23-26	Calgary, AB
May 14-17	Victoria, BC
May 28-31	Toronto, ON
June 4-7	Edmonton, AB
August 20-23	Toronto, ON
September 10-13	Ottawa, ON
October 22-25	Calgary, AB
November 19-22	Toronto, ON

**INTRODUCTION TO THE MBTI® STEP II (FORM Q)**

February 23	Vancouver, BC
April 20	Halifax, NS
August 24	Toronto, ON
September 14	Ottawa, ON
September 21	Vancouver, BC

**TYPE DYNAMICS WITH TEAMS**

February 16	Ottawa, ON
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FRANÇAIS

**PROGRAMME DE QUALIFICATION AU MBTI® NIVEAU I**

30 avril – 3 mai	Montréal, QC
16-19 juillet	Ottawa, ON
5-8 novembre	Montréal, QC

**ATELIER À L'INTRODUCTION AU MBTI® NIVEAU II (VERSION Q)**

4 mai	Montréal, QC
20 juillet	Ottawa, ON
9 novembre	Montréal, QC



### Strong Interest Inventory®

**STRONG INTEREST INVENTORY® QUALIFICATION PROGRAM**

Online

Complete the Strong Qualification Program online and work at your own pace from your home or office.

If you have any questions about our training programs or workshops please visit [www.psychometrics.com/training](http://www.psychometrics.com/training) or contact Gaétanne in our Training Department at 1-800-661-5158 ext.227 or [training@psychometrics.com](mailto:training@psychometrics.com).

### TALK' TO US

We want to help you get the most out of Psychometrics Direct, so tell us what you want to see by sending a short email message to [direct@psychometrics.com](mailto:direct@psychometrics.com)

If you don't want to receive the newsletter, reply to this message with the word "unsubscribe" in the subject line. To ensure that your address is removed from our database, please include the email address the newsletter was originally sent to.

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