

## Career Companion

When you change your conversation, you change your results. Leverage the Career Companion to:

- Differentiate yourself
- Get comfortable describing your strengths
- Ask for what you need to succeed
- Introduce yourself to a new recruiter, mentor, coach, or boss
- Prepare for an interview
- Create alignment during annual reviews & career planning conversations
- Imagine your future

### You: In a Few Words

Describe your strengths in 3-5 words.

---

---

---

---

---

Resources: [Strengths Assessment](#), [360 Survey](#), ask family and friends

### You: In a Few Examples

Choose three examples with measurable results that illustrate your strengths.

Resources: [SMART Framework](#), past performance reviews, ask current or former bosses

## Career Companion

### You: In the Future

Describe what you are seeking next in 3-5 words.

---

---

---

---

---

Resources: Consider education, experience, and exposure

### You: Make the Ask

Get specific about how the person you are meeting with can help you.

Example Asks: Could you please introduce me to...? What is the path to my next promotion? Will you sponsor me for...? Could I attend this class? What other roles might be a fit for me given my strengths?

How did the Career Companion help you? Share your success with [karen@successwithless.net](mailto:karen@successwithless.net)

More inspiration and insights are available at [www.successwithless.net](http://www.successwithless.net), <https://www.facebook.com/SuccessWithLess>, <https://www.twitter.com/successwithless>, and [https://www.instagram.com/success\\_with\\_less](https://www.instagram.com/success_with_less)