

Your career influences

1. Assess the level of influence each factor has on your current career change, with 10 being the greatest influence.
2. For the influences with the highest scores, write a reflection on how you feel about this influencing you. Do you see this as a positive influence, will the change result in a better outcome for your life? Do you feel like you have a choice in the situation?

Influencing factor	Description	Score (out of 10)	Reflection
Labour market change	Industry demand, economic shifts, and job volatility influence career stability and opportunities		
Technology disruption	Automation, AI, and digital transformation change required skills and job roles		
Transferable skill needs	Greater emphasis on adaptable, cross-functional capabilities over narrow specialisation		
Non-linear career pathways	Careers increasingly involve movement across industries, roles, and work types		
Growth and development	Desire for learning, challenge, progression, and personal development drives change		
Life stage transitions	Major life events and changing responsibilities reshape career priorities		
Work-life integration	Flexibility, wellbeing, and lifestyle alignment influence career decisions		
Family expectations and needs	Family responsibilities, cultural expectations, and financial needs impact career direction		
Values and purpose alignment	Individuals seek work that aligns with their interests, identity, and values		
Financial and lifestyle goals	Income needs, cost of living, and desired lifestyle affect career choices		

Wellbeing and burnout	Stress, workload, and workplace culture can motivate career change		
Changing definitions of success	Priorities may shift toward balance, fulfilment, impact, or autonomy over status		
Access to new opportunities	Online learning, remote work, and alternative pathways expand career options		
Personal identity and evolution	Changing interests, strengths, and aspirations can lead to new career directions		
Workplace and organisational change	Restructures, leadership changes, or limited growth opportunities may prompt transition		
Global and societal change	Broader social, economic, and environmental shifts reshape career landscapes		

