

The Art of Navigating Your Career through Change



My Career Navigation Plan

Here are my specific action steps for each of
the 6 parts of the S-I-S-T-E-R formula:

**Stretch
Yourself**

**Invest in
Relationships**

Speak up

**Think
Strategically**

**Energise
Your Core**

**Remember
Self Care**

My motivation for taking these steps is

Tip: Share your planned actions with a colleague!
