



## Video transcription

### Appreciative Inquiry and Career/Life Planning

Appreciative Inquiry is a positive way to think about making changes in your life. It helps you focus on what you're already good at and what's working well, rather than on problems. Appreciative Inquiry encourages you to use your strengths to make decisions that fit you. It helps you recognize your talents and challenges you to see the best in yourself. Appreciative Inquiry also helps change the stories you tell yourself by focusing on what's possible and positive.

When planning your career, Appreciative Inquiry can be helpful. It encourages you to focus on things you've already done well, imagine a bright future, and make real career choices based on your strengths. Here's an example of how you can use Appreciative Inquiry to explore job options.

#### 1. Discovery

In the Discovery phase, you look back at your past to see what you've been good at. Instead of focusing on what didn't go well, think about times when you felt proud, or things went right. This helps you identify your strengths and skills you can build on.

##### Example:

- You might remember how much you enjoyed helping others, organizing events, and working with a team. You liked solving problems and making things successful. These moments show that you are good at working with others and helping people.
- Perhaps, you might also think about times when you enjoyed being the favorite Aunt or Uncle, helping coach younger kids, or assisting a grandparent.

#### 2. Dream

In the Dream phase, you think about the kind of work that would make you happy and excited. You imagine tasks and responsibilities that bring out your best qualities. Instead of limiting yourself to what you think is possible, you dream about a job that will make you feel fulfilled.

##### Example:

- You dream of a job where you can help people, and work with a team. Some jobs you imagine could be:
  - Care Aid at a senior's residence, where you help with activities and meals, or
  - Early Childhood Educator at a daycare near you.

Some of the topics covered in these videos are sensitive. If you have questions related to health, well-being, laws, duties or rights, we recommend that you consult a specialist.



### 3. Design

In the Design phase, you create a plan to turn your dream career into reality. You think about the steps you need to take, like gaining the skills and experience for your dream job. This is where you start acting and focus on what you need to learn to reach your goal.

#### Example:

- You design a plan to:
  - Research companies hiring for jobs you're interested in and make sure you have the skills they need.
  - Look into education options to gain the knowledge and skills for your chosen job.
  - Keep developing your skills for those positions.
  - Find volunteer work or internships to gain experience in your area of interest.
  - Connect with people in your field to learn more about the job and how to get started.

### 4. Destiny

In the Destiny phase, you start putting your plan into action. This may involve taking courses, applying for entry-level jobs in your chosen field, gaining experience, developing your skills, and continuing to build on your strengths. You stay focused on your future, adjust your plan as needed, and celebrate small successes along the way.

#### Example:

- You take the courses you need and start applying for entry-level jobs in your field. You update your resume with new skills and experiences, prepare for interviews, and show employers how you've used your strengths to solve problems. As you work and study, you keep learning, improving your skills, and moving closer to the job you dream of.

Appreciative Inquiry is a helpful tool that focuses on your strengths and helps you imagine a future where you can keep building on them. By following the steps of **Discovery, Dream, Design, and Destiny**, you can make smart, positive choices for your future career. No matter where you want to work, Appreciative Inquiry helps you focus on what's working well, what you're good at, and guides you to take action toward your goals.