

Career Exploration Workbook



Roadmap – Explore Your Next Career



<https://backtoworkconnect.ie/careerhub/back-to-work-roadmap/>

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Welcome!

Your next career doesn't have to look like your last one.

Your priorities, interests and circumstances may have changed since you last made a career decision.

Use this worksheet to think about what you want from work now and identify a few possibilities worth exploring.

There are no wrong answers. You don't need to decide on your next career today.

Let's get started....

What Do I Want Now?

What matters to me?

Tick the things that are important in your next role.

- ☐ Flexible working
- ☐ Financial security
- ☐ Work-life balance
- ☐ Career progression
- ☐ Purpose/meaning
- ☐ Learning new things
- ☐ Working with people
- ☐ Working independently
- ☐ Creativity
- ☐ Stability
- ☐ Leadership opportunities
- ☐ Variety
- ☐ Remote/hybrid working
- ☐ Being part of a team
- ☐ Making a difference
- ☐ Recognition

☐ Other: _____

My top three priorities are:

1. _____

2. _____

3. _____

What do I enjoy?

Don't think about job titles yet.

Think about the things you actually like doing.

I enjoy...

- ☐ Helping people
- ☐ Organising things
- ☐ Solving problems
- ☐ Working with numbers
- ☐ Communicating
- ☐ Creating things
- ☐ Planning
- ☐ Researching
- ☐ Teaching or supporting others
- ☐ Working with technology
- ☐ Managing projects
- ☐ Building relationships
- ☐ Leading people
- ☐ Working practically/hands-on
- ☐ Analysing information

Something I can happily spend hours doing is:

What am I good at?

Think back to your Discover My Skills roadmap.

My top five transferable skills are:

1. _____
2. _____
3. _____
4. _____
5. _____

People often come to me for help with:

One strength I'd like to use more in my next role is:

What don't I want?

In my next role, I would prefer to avoid:

- ☐ Long commute
- ☐ Regular overtime
- ☐ Shift work
- ☐ High-pressure sales
- ☐ Managing people
- ☐ Working alone
- ☐ Full-time office attendance
- ☐ Frequent travel
- ☐ Highly repetitive work

☐ Other: _____

One thing I know I don't want to return to is: _____

Now bring together your **skills + interests + priorities**.

Don't worry about whether you're qualified yet. We're exploring.

Three roles or careers I'd like to investigate:

Career/Role	What interests me about it?	Skills I already have

Do a Reality Check

Choose the role that interests you most.

The role I'd like to explore further:

Now investigate 3–5 real job advertisements for this type of role.

What are employers asking for?

Skills I already have:

Experience I already have: _____

Skills or knowledge I may need to develop: _____

Qualifications commonly requested: _____

Looking at the actual jobs, how does this career feel?

- ☐ I'm excited by it
- ☐ I'd like to explore it further
- ☐ I need more information
- ☐ It probably isn't for me

Could Learning Open the Door?

Don't assume you need to go back to college for years.

Ask yourself:

What is the smallest learning step that could move me closer to this career?
It could be a webinar, short course, micro-credential, professional qualification or simply refreshing an existing skill.

One skill I'd like to develop or refresh: _____

A course or learning opportunity I could investigate: _____

My Career Direction

Based on everything I've considered:

I want work that allows me to... _____

I want to use more of my... _____

The career/role I'm most interested in exploring is... _____

My next action is...

- ☐ Research this career
- ☐ Speak to someone working in the sector
- ☐ Explore courses
- ☐ Look at real job descriptions
- ☐ Read an Employer Spotlight
- ☐ Update my CV
- ☐ Apply for a role

☐ Other: _____



Final Reflection

You don't need to choose your next career today.

Career exploration is about being curious. Research a role, talk to someone who does it, look at job descriptions and explore what skills employers need. You may discover a completely different opportunity along the way.