

Working toward my **TRUE NORTH**

CCS CAREER COACHING PROCESS

by **Patricia Parish**
Certified CCS Practitioner



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Working toward my TRUE NORTH

CCS ONE-ON-ONE **CAREER COACHING** PROCESS
by Patricia Parish

TIME

30–45 mins

SIZE + SETTING

one-on-one, quiet, private

CCS MATERIALS (FOR EACH CLIENT)

CCS vision pack
sheet of CCS vision stickers
Mapping your True North
sticker template

"I find images have a way of by-passing the inner 'critical voice' and can stimulate optimism and creativity in relation to the future. Images also help harness the power of emotional intelligence which is critical to making career decisions that will lead to sustained effort and satisfaction over the long run. I believe we should help clients to set their direction before they set their goals."

Patricia Parish

PREPARATION AND CCS MATERIALS

This process assumes readers are familiar with the 5 *CCS Fundamentals* detailed in *Unpacked: CCS Users Manual*.

Online and hardcopy versions of *Unpacked* can be purchased from CCS Corporation's website along with kits of CCS Cards and materials.

You can also download a **FREE** extract of the *Fundamentals* chapter from the website.

visit: [ccs.cards](https://www.ccs.cards)

When contemplating the best next steps in a career, you firstly need to start where you are at.

It is also useful to identify a career direction rather than a goal, and to look at *whole of life*, rather than career only.

Using some emotional intelligence (the 'gut feel' response) in the decision-making process, is useful which is why using CCS Cards in this process is so helpful.



Step 1: introduce the cards

Suggest to your client that the cards can be used to help both of you to better understand what it is like when things are going really well in their lives.

Give the client a CCS vision pack. If this is their first experience with the cards, be sure to correctly frame how the CCS works. In particular that any card can mean anything to anyone at any time, and there are no set meanings for the cards [see CCS Fundamentals].

Step 2: good, bad, okay

Say,

“Go through your CCS Cards and sort them into 3 piles — cards that:

- 1. make me feel good*
- 2. make me feel bad*
- 3. okay — neither good nor bad”*

Allow time for the client to go through their whole pack and sort into the three piles.



Step 3: relating to things vs people

Say,

“Now that you have your 3 piles, go through each pile and split them into 2 smaller piles:

- 1. when I am relating to things*
- 2. when I am relating to people*

Again, allow them the time they need to divide the piles.

Once they have their 6 piles, ask the client to go through each pile and choose 1 card that represents that pile and place it on the top of the pile.





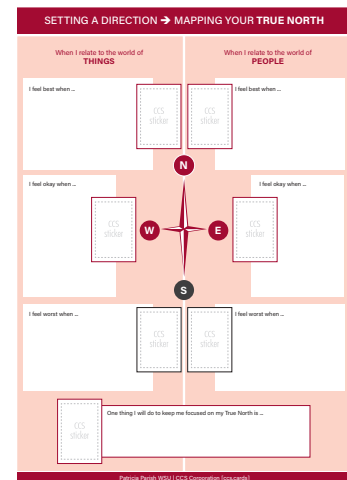
Step 4: place stickers

Give the client the *CCS Mapping your True North template*.

Ask them to arrange the 6 cards according to a 'compass' with:

- » happy ⇔ north
- » not happy ⇔ south
- » okay with things ⇔ east
- » okay with people ⇔ west.

Find the matching sticker for each card on the top of your 6 piles and place them in the appropriate points on the template.



Step 5: annotate the choices

Using the template, ask the client to write some notes into each of the spaces — describing the key feelings, themes and thoughts that are reflected.

Step 6: reflect

Now, invite a discussion with your client that reflects upon their thoughts, particularly in relation to the two cards that are identified as True North.

It is important to take some time to reflect on this process and to note any surprises.

Ask,

- » *What do you notice about your compass?*
- » *Are there any surprises?*
- » *What does it say about what is important for you in the direction of your life?*



Step 7: stay focused

Put the client's 6 chosen cards to the side (we don't want them picking these cards again in the final focus activity).

Have them pick up all the remaining cards and give them a shuffle.

Then say something like,

“Take a good look over your compass and your True North choices. Now, go through the pack to find one card, that for you, represents something you will do to keep you focused on your True North.”

Place this sticker in the *One thing I will do to stay focused on my True North* space at the bottom of the template and add a few notes.

You might like to offer to follow up with them in a little while to see how they are doing. □



Patricia Parish

Career Education Consultant,
Lecturer in Art Therapy and
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Coach at Western Sydney
University

About Patricia Parish

Patricia's background includes qualifications and study in Psychology, Art Therapy, Education and Career Development. She is currently undertaking a Master of Research with a focus on integrating careers education and counselling with creativity and an arts-based perspective.

She is a lecturer with the Master of Art Therapy program at Western Sydney University and a Careers Education Consultant.

With her shared interest in career development and art therapy, this CCS activity draws from Stanford University's *Designing Your Life* manual, positive psychology, emotional intelligence and design thinking.

She is also a Certified CCS Practitioner.

SETTING A DIRECTION → MAPPING YOUR TRUE NORTH

When I relate to the world of
THINGS

I feel best when ...



When I relate to the world of
PEOPLE

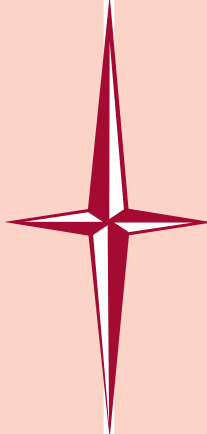
I feel best when ...



I feel okay when ...



W



E

I feel okay when ...



I feel worst when ...



I feel worst when ...



One thing I will do to keep me focused on my True North is ...