

Jennifer Polk

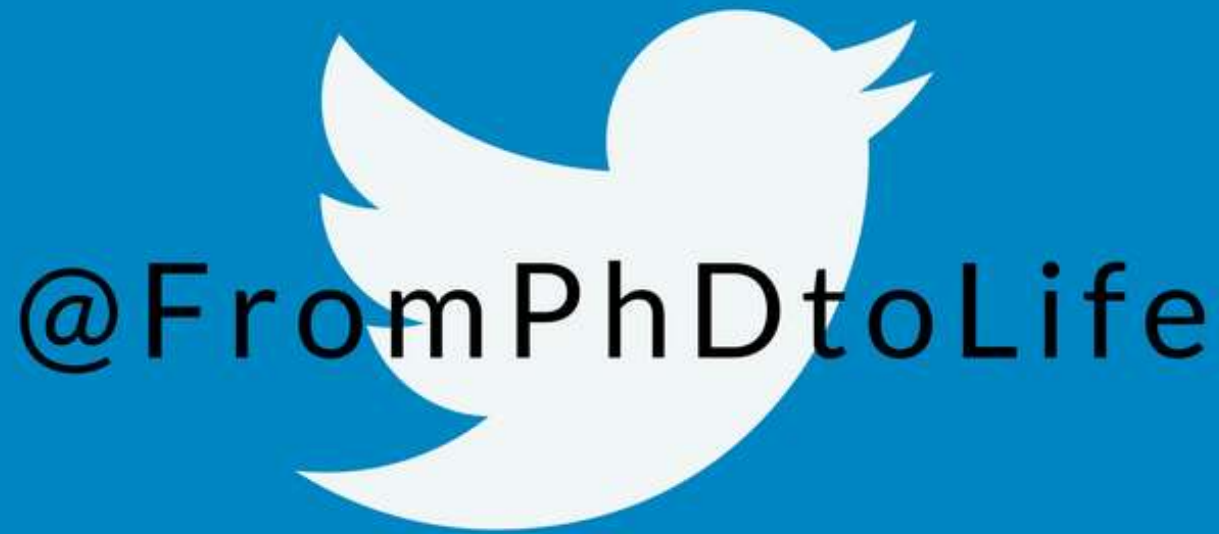
**Career and Life Coach
for PhDs**

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“What can I do after my degree?”

Step 1: Values

Step 2: Priorities

Step 3: How You Spend Your Time

Step 4: Strengths

Step 5: Energizing Stories

Later: Skills Assessment, Research & Networking



Your own lifestyle needs and wants matter! It's easy to skip this step and go straight to job searching



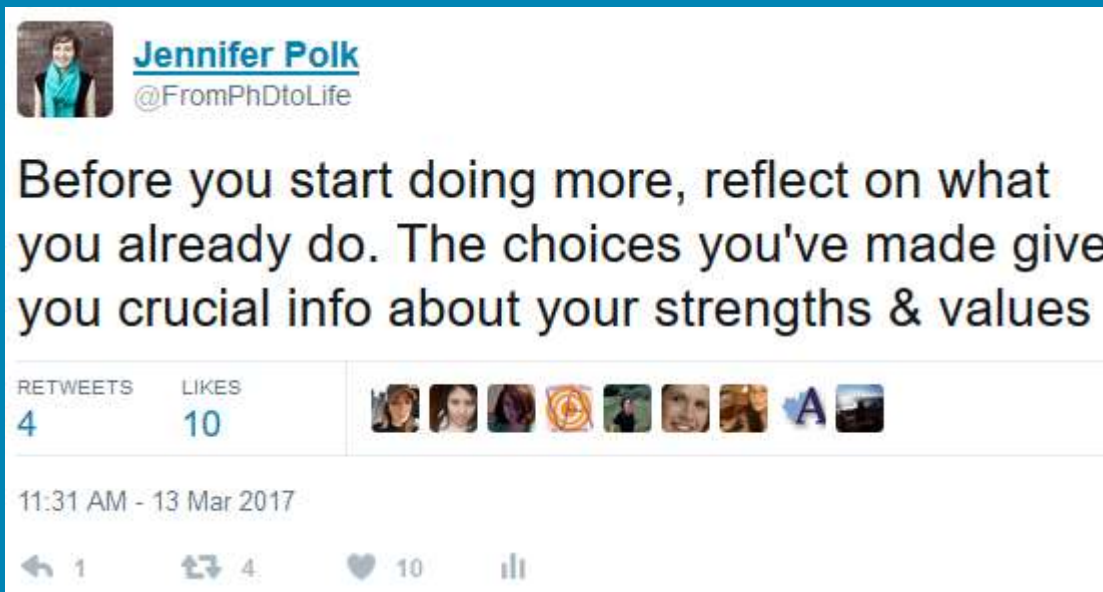
“What are your top values?”

“What are your top priorities?”



“What do you do that other don’t?”

(In the context of graduate school
AND your hobbies)



Character Strengths

A black and white photograph of a stack of smooth, dark rocks. The rocks are stacked in a way that they appear to be balanced on top of each other, creating a sense of stability and strength. The background is a light, overcast sky. The text 'Character Strengths' is overlaid at the top in a large, bold, black font. Below the stack of rocks, the text 'Think of these as potential skill areas' is overlaid in a white, bold font.

Think of these as potential skill areas



Please choose one option in response to each statement. All of the questions reflect statements that many people would find desirable, but we want you to answer only in terms of whether the statement describes what you are like. Please be honest and accurate! We cannot rank your strengths until you answer all of the 120 questions.

	Very Much Like Me	Like Me	Neutral	Unlike Me	Very Much Unlike Me
Being able to come up with new and different ideas is one of my strong points.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have taken frequent stands in the face of strong opposition.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I never quit a task before it is done.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always keep my promises.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have no trouble eating healthy foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always look on the bright side.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am a spiritual person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to handle myself in different social situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Appreciation of
Beauty and
Excellence

Bravery

Creativity

Curiosity

Fairness

Forgiveness

Gratitude

Honesty

Hope

Humility

Humor

Judgment

Kindness

Leadership

Love

Love of
Learning

Perspective

Perseverance

Prudence

Self-Regulation

Social
Intelligence

Spirituality

Teamwork

Zest

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A high-angle photograph of three people sitting at a dark wooden table outdoors. The person on the left is a woman with long dark hair and glasses, wearing a dark top, looking down at an open book. The person on the right is a woman with long dark hair wearing a yellow long-sleeved shirt, writing in a notebook with a black pen. In the foreground, the hands of a third person are visible, pointing at an open book. A clear plastic cup with a straw is on the table between the two people on the right. The background is a light-colored concrete surface.

**“What are you
doing when you’re feeling
most energized?”**

5 minutes

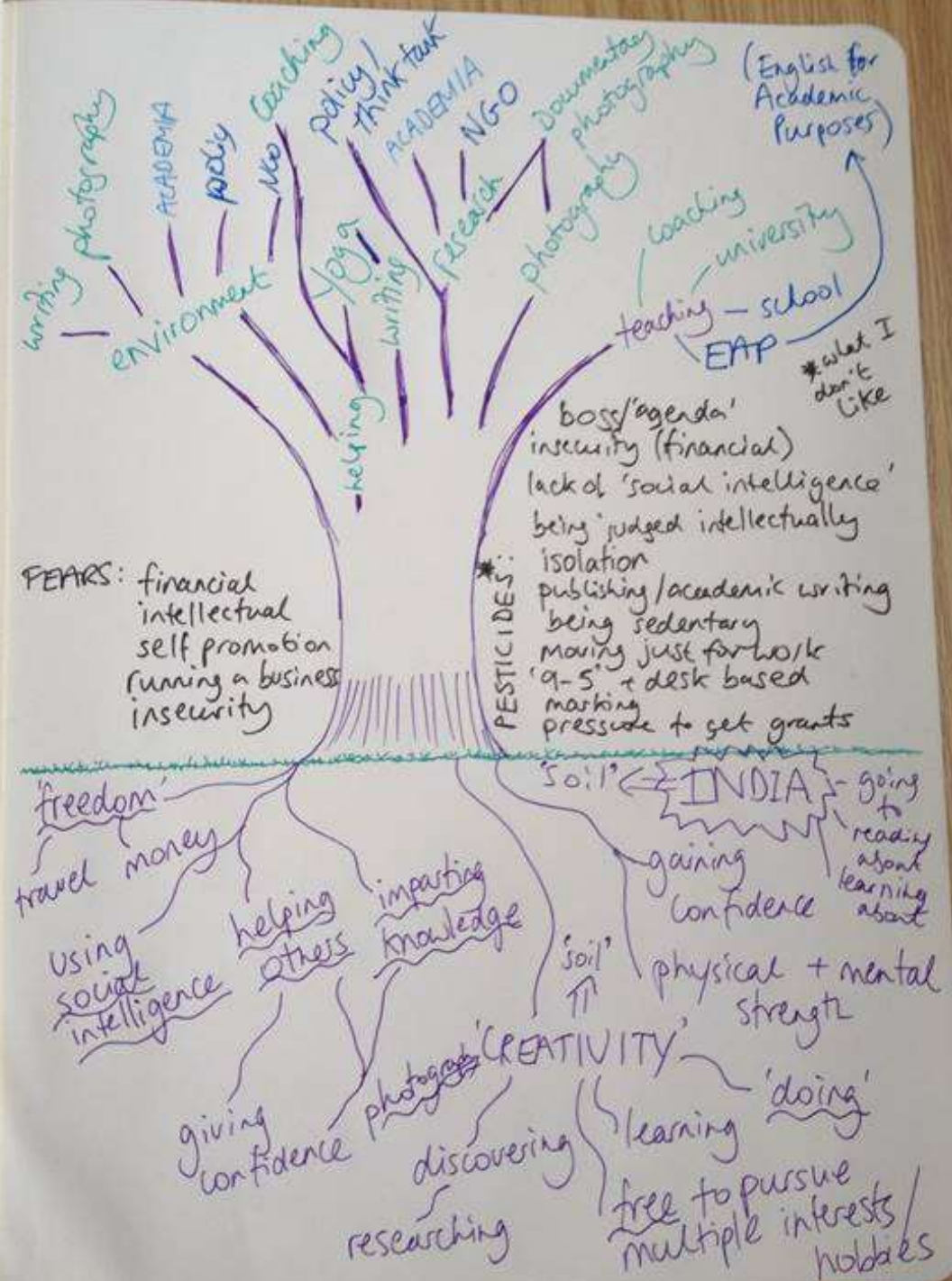
“Tell me about a time when you felt most energized?”

Let's get abstract...

**What do your stories say about how
you prefer to engage with the world
around you?**

Feel free to get creative!

One of my
client's "roots
and branches"
exercise





Keep your “gremlins” at bay

When you take
risks they come
out to play

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