

SEASON 3 EPISODE 1: Listen Like a Career Detective: What Really Matters in These Stories

THE CORE TRUTH

Big career shifts start with small signals.

If you only focus on what you do (Content), and ignore how things work (Process) and how it feels (Reaction), you miss the clues that shape your next move.

NOTICE > NUDGE > MOMENTUM.
2mm shifts beat dramatic exits.

KEY TAKEAWAYS

- Your emotions are data, not drama: Boredom, frustration, confidence knocks and feeling invisible are early signals.
- Opportunity rarely arrives with a trumpet: It shows up in comments, invites, side projects and niggles.
- Most people wait until they're fed up to act: Spotting signals earlier means smaller, smarter moves.
- You don't need certainty to move forward: You need a next small step.

ACTION MOVES TO TRY

Do a CPR Check

- Content: What am I actually doing? | Process: How do things really work here? | Reaction: How does this feel most days?
- Which one needs attention?

Spot One Signal This Week

- Notice what you hear, feel, or think - what is this reaction telling you? Make a note of it - that could be the vital clue you need.

Make a 2mm Move

- Based on one signal, try one tiny shift that helps you step up or on...
e.g speak up once | follow up an invite | suggest an improvement | ask to be more involved

CLOCK
THE
CLUES

CONVERSATION STARTER WITH YOUR BOSS

"I've noticed I'm really interested in / frustrated by X. Could we talk about how I could grow in this area?"
or

"I've been doing more of Y, is there a chance to build this into my role?"

ADD THIS TO YOUR BOLD MOVES BANK

- One signal I've noticed recently is _____
- My next 2mm move: _____

Do it this week. Then repeat.