



A WEEK IN *Learning*

L&D RECOMMENDATIONS
for TED Talks, podcasts, books, and more!

RETHINK, REDEFINE, RECREATE.

THREE QUESTIONS TO UNLOCK YOUR AUTHENTIC CAREER By Ashley Stahl

Recommended by [Tim Patterson, Instructional Designer](#)

Sometimes, our passion may not align with the best career choice for us. In an intriguing Ted Talk titled "*Rethink. Redefine. Recreate. Three Questions to Unlock Your Authentic Career*," Ashley Stahl shares her personal experience of initially building her career around her passion. However, she soon realized that her passion, employment, and identity were in conflict, leading her to seek guidance from a Career Coach, who helped Ashley to explore around three important questions:

- "What am I good at?"
- "What do people tell me I'm good at?"
- "What's holding me back?"



With help from a Career Coach, Ashley found herself on a surprising career path that was different from her passion. However, it ended up being even more rewarding because she finally felt like her true self.

Did you know that a staggering 75% of individuals conceal certain aspects of their identity in the workplace? By doing so, they unknowingly suppress vital parts of their true selves. The question then arises: How can we discover a career that truly reflects who we are when we hide essential aspects of our identity?

At GCNA/GIMV, we are fortunate to have a team of dedicated Career Advisors who can assist us at any stage of our professional journey. It is never too late, nor is it ever too early, to seek their guidance. Our Career Advisors possess the expertise to help uncover our unique skills, broaden our perspectives, and unveil new and exciting opportunities that may have previously eluded our awareness.

If you would like to listen to the full TED Talk, click [HERE](#) or the button down below. Enjoy!

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