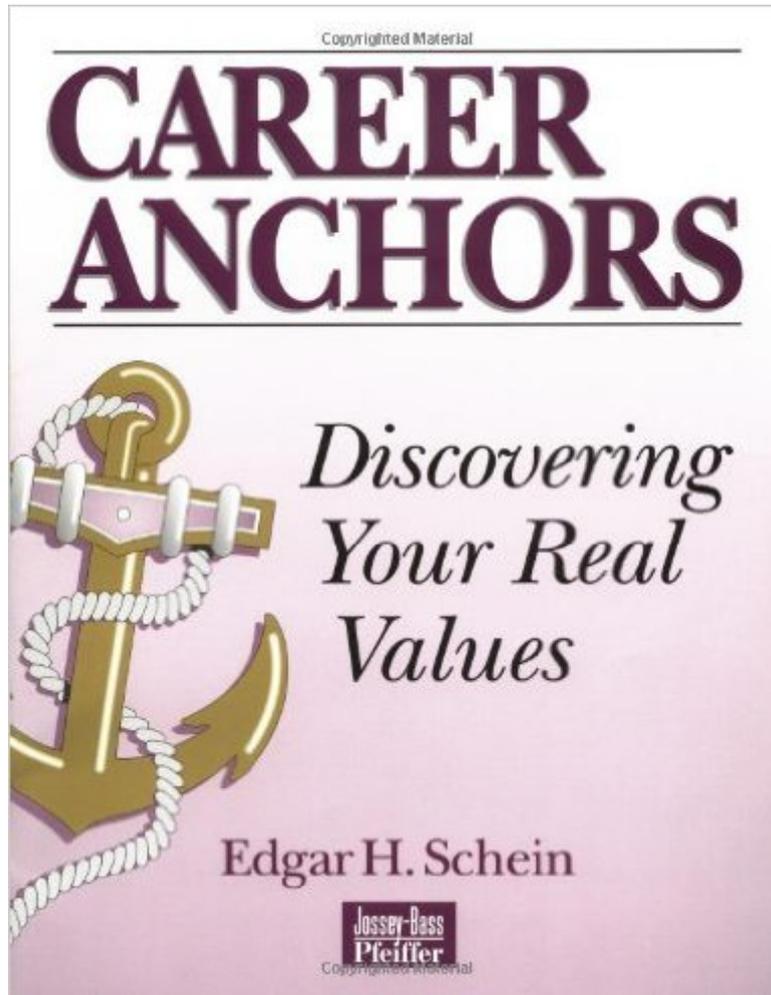


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# Career Anchors, Workbook: Discovering Your Real Values



## Synopsis

In many cases, people select a career for all the wrong reasons, and find their responses to the workplace are incompatible with their true values. This situation results in feelings of unrest and discontent and in lost productivity. To help people avoid these problems, the newly-revised Career Anchors is designed to help people uncover their real values and use them to make better career choices. This revised edition includes two new sections, "Major Stages of the Career" and "Career Movement, Progress, or Success." Instructions and other components have been revamped for clarification, the references have been updated, and the contents have been rearranged for more convenient usage in classes and workshops. Career Anchors can help you think through your career options and give you a clear understanding of:

- \* Your own orientations toward work
- \* Your motives
- \* Your values
- \* Your talents

The Career Anchors Instrument and Trainer's Manual provide a systematic way of exploring how you perceive yourself, based on your own experiences. The instrument is divided into three parts—the orientations inventory, the career anchor interview, and the conceptual material. Career Anchors will help people:

- \* Define the themes and patterns dominant in your life
- \* Understand your own approach to work and a career
- \* Provide reasons for choices
- \* Take steps to fulfill your own self-image

## Book Information

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## Customer Reviews

More than a detailed analysis of the book, this is about my experience with it. Having taken various aptitude and interest tests, personality type tests, and career counselling, I was still without a clue

as to what work would be satisfying for me. I have been told that with my broad range of aptitudes, broad knowledge, and variety of skills, that I "could do anything". I have been told that my abilities are both a "blessing and a curse" because the ones I'm not using will demand expression. So, I've had this tortured search for satisfying work. Meanwhile, I've done a bit of everything: technical writing, designing and building computer hardware and software, systems analysis, I even ran a factory for 5 years! But I've always wondered "where is this all getting me"? "Career Anchors" was recommended to me as a way to answer my question, and I got the book without expecting much. But to my surprise and delight, I found that the author is the ONLY writer I've found who sees the most important factor in finding one's work is your own internal motivators. His point is that you do best what you have the most motivation to do. In my own words: when you get up in the morning, what is it that you look forward to? What gets you up and going? (He's not so informal.) I found that my motivation is Pure Challenge!! Did anyone ever identify that anywhere else?! Now I understand why my "career" has been all over the map - everything I've tackled has been deemed by others as impossible - and I've enjoyed tackling and overcoming these challenges. That's been the thread and my motivator. Knowing this makes it much easier to evaluate opportunities and decide whether or not to tackle them.

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