



CAREER

PLANNER



Steps That Helped Me Create The Best Work Of My Life.



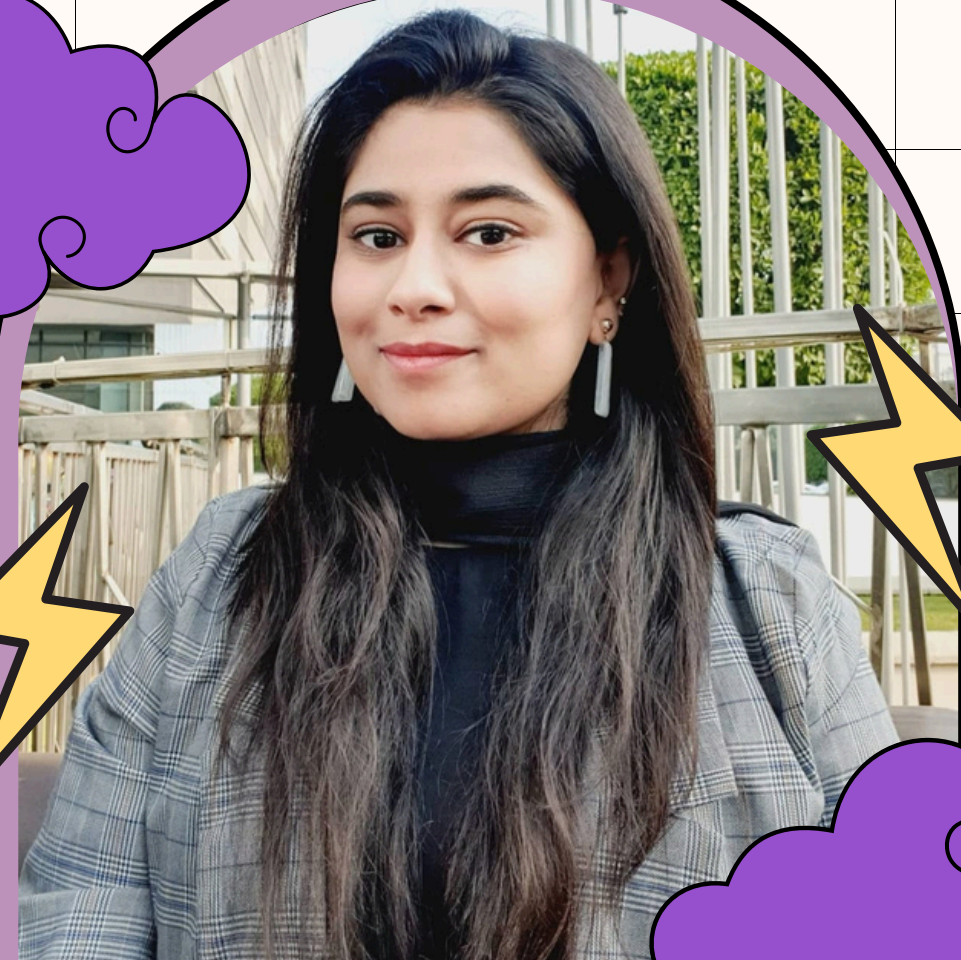
By Dr. Iqra Qadeer



INTRODUCTION

Hi! I'm Dr. Iqra

I am Dr. Iqra Qadeer, a dedicated Psychologist and Career Coach with extensive experience in mental health and professional development. As the CEO of Empower Counsel, I specialize in providing personalized guidance to individuals seeking clarity in their career paths and mental well-being. With expertise in psychotherapy, CBT, and career exploration, I aim to empower people to unlock their full potential, achieve their goals, and lead fulfilling lives. My work is driven by a passion for helping others thrive, both personally and professionally





OVERVIEW

Introduction

My Abilities

Job Application

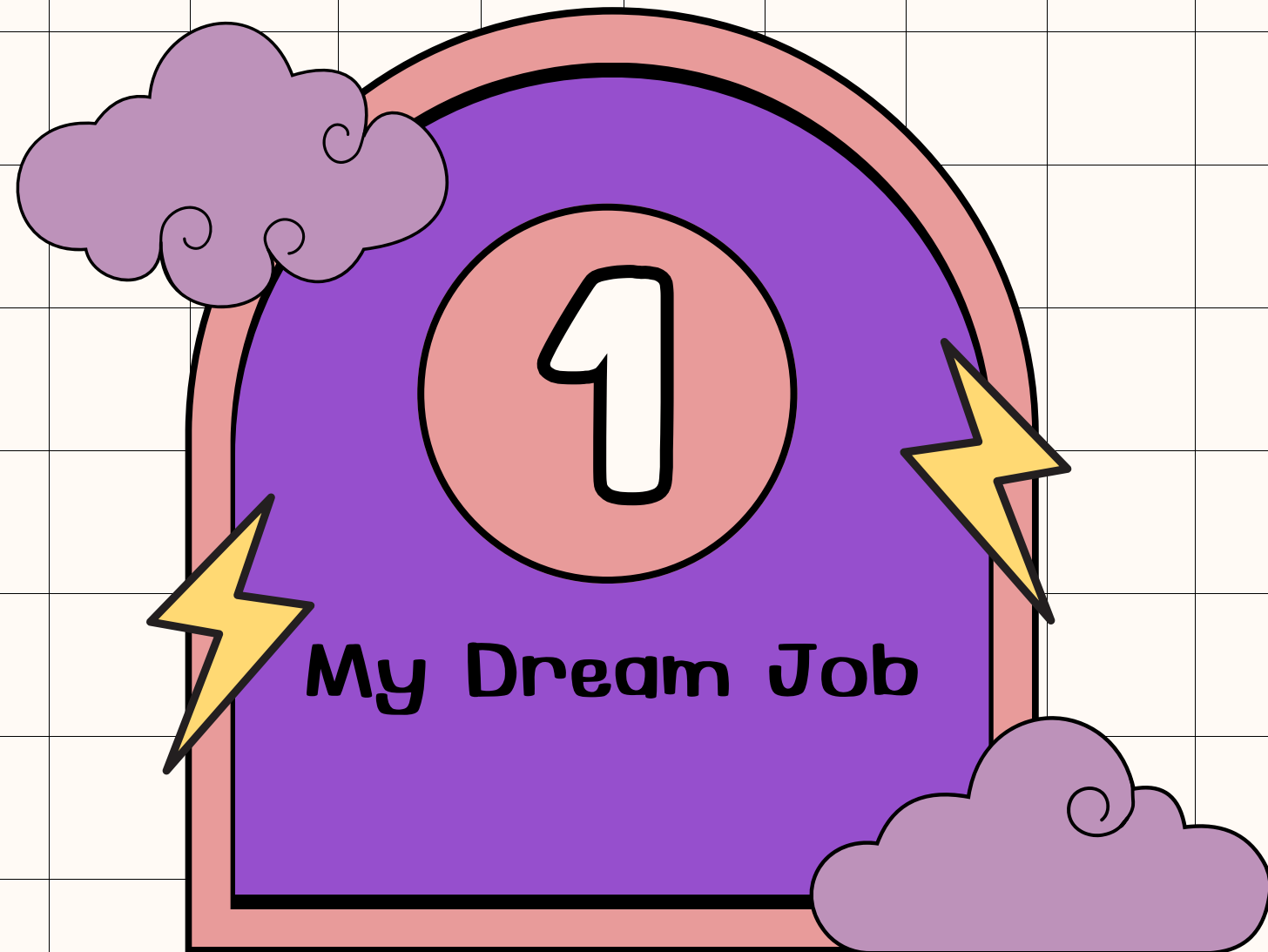
Career Aspirations

Career Goals

Career Milestones



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CAREER

ASPIRATIONS

A dream job should provide opportunities to continuously learn and grow, both personally and professionally. This could involve gaining new certifications, mastering advanced skills, or staying at the forefront of industry trends. The goal is to become a subject matter expert whose insights are sought after by colleagues, industry leaders, and clients. Mastery brings a sense of pride, confidence, and the ability to solve complex problems, making your contributions invaluable.

CAREER ASPIRATIONS

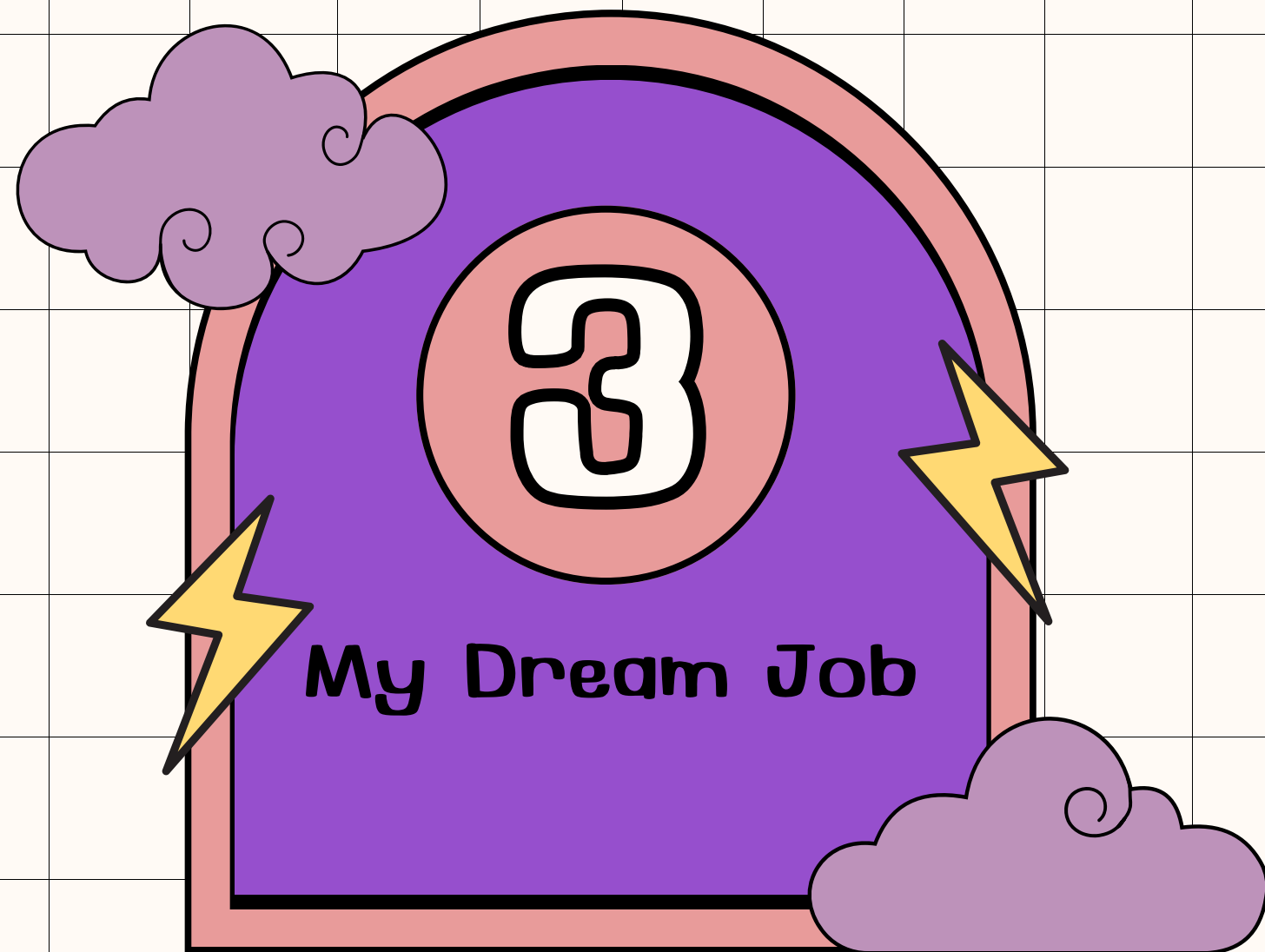
A fulfilling career includes opportunities to lead initiatives or teams, guiding others toward achieving shared goals. Leadership allows you to mentor and inspire, fostering collaboration and innovation. Beyond internal achievements, making a broader impact through the dream job whether by improving people's lives, creating sustainable solutions, or championing meaningful causes adds purpose to your work. This aspiration reflects a desire to leave a legacy of positive change, whether within the organization or in the industry as a whole



CAREER ASPIRATIONS

A dream job should align with your passions and values, making your work feel rewarding and purposeful. Beyond financial rewards, it's essential to have a role that supports your mental well-being and personal life. This means working in an environment that values flexibility, inclusivity, and mutual respect.

Achieving this balance ensures you can enjoy a thriving career without sacrificing time for family, hobbies, or self-care, leading to long-term happiness and fulfillment in all aspects of life.



MY ABILITIES

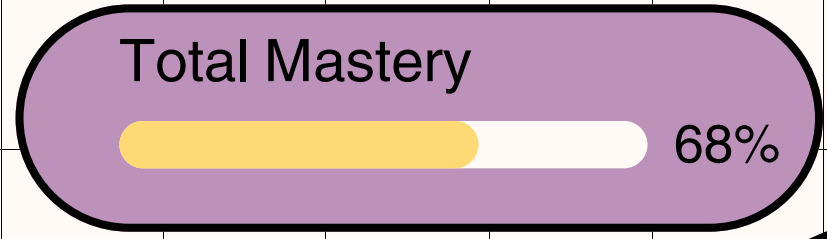
My Abilities	The Training I Attend	Status
PUBLIC SPEAKING	EMPOWER COUNSELL	<input type="radio"/>
MARKETING	STUDIO WORKSHOP	<input type="radio"/>

Status :

In Progress

Achieved

Up Next



JOB APPLICATION

Date	Company	Job Tittle	Contact	Interview	Final Decision
10/09/2024	FAUGET	MARKETING	+123-456-7890	TEST & INTERVIEW	REJECTED
23/09/2024	RIMBERIO	FINANCE	+123-456-7890	INTERVIEW 1 & 2	ACCEPTED

CAREER GOALS

In 1 Year

Build expertise in your current role, expand your professional network, and achieve measurable milestones that demonstrate your growth, such as completing a key project, earning a certification, or receiving recognition from your peers.

In 5 Years

Take on leadership responsibilities, transition into a more specialized or advanced role, and establish yourself as an expert in your field by contributing to industry innovations or mentoring others.

In 10 Years

Reach a senior or executive-level position, make a lasting impact in your industry, and align your career with your personal legacy, such as building a successful organization, authoring influential work, or creating initiatives that benefit others on a large scale.

CAREER

MILESTONES

COMPANY NAME : EMPOWER COUNSELL

JOB TITTLE : COUNSELLOR

1- 3 Months

In the first 1-3 months of a new role, focus on understanding the organization, building relationships, and mastering essential job responsibilities. It's a time for learning, observing, and adapting to the workplace culture.

4- 6 Months

Between 4-6 months, you should aim to solidify your skills, start contributing meaningfully to team goals, and take on small projects to demonstrate your capabilities.

7- 9 Months

By 7-9 months, you'll have a clearer understanding of your role's impact, and it's an opportunity to show leadership, propose innovative ideas, and set long-term goals aligned with the organization's vision.

The Reason I'm Thankful For My Job

- Your job provides a steady income that supports your needs, goals, and lifestyle.
- Work challenges you to develop new skills, build confidence, and achieve professional milestones.
- Your job allows you to contribute meaningfully, whether by solving problems, helping others, or creating something valuable.



Reminders When Things Get Tough

- Every tough situation is an opportunity to build resilience and learn valuable lessons.
- Reflect on how far you've come and the goals you've already accomplished.
- Break down challenges into smaller, manageable tasks and remind yourself that progress, no matter how small, matters.