

# KEY ISSUES BLOCKING CAREER



## NO TIME LIKE THE PRESENT. YOUR CAREER IS IN YOUR HANDS.

What are you waiting for? Make yourself a priority and get started today. We've helped many people curate their own career progression. Get un-stuck with where to start by reflecting and prioritising your efforts towards what you actually want in your future roles.

If you're unsure like most people, that's ok. That's why we've created a template of self-coaching questions to get you or someone you're supporting re-focused on the ideal career path.

1. What are my short-term (6-12 months) and long-term (1-5 years) career goals?
2. What skills or knowledge gaps do I need to address to achieve these goals?
3. What are my strengths and how can I leverage them?
4. What networking or connections can I tap into to support my goals?
5. What are metrics can I put in place to measure my progress?
6. What potential challenges might I face, and how can I overcome them?
7. What support systems or resources (mentors, coaches, courses, etc.) do I need
8. What small, immediate actions can I take to move closer to my goals?

## WHAT'S REALLY GOING ON...

Ready to uncover what's holding you back in your career? Here are unique coaching questions to reveal the root of your stagnation. Use them to challenge assumptions, gain fresh insights, and deepen your self-understanding—without judgment.

Let's move forward!



### UNCOVER HIDDEN FEARS AND BELIEFS:

1. What's the worst that could happen if I fail?
2. What fear or doubt is holding me back?
3. What's the biggest risk I've taken, and what did I learn?

### EXPLORE IDENTITY AND PURPOSE:

1. How does my identity connect to my career, and am I living it?
2. What impact do I want to make, and am I aligned with that?
3. What values matter to me, and are they reflected in my work?

### EXAMINE PRESSURES:

1. What external expectations am I trying to meet?
2. What internal pressures (like self-doubt) are blocking my progress?
3. How do I prioritize my needs in my career decisions?

### REVEAL PATTERNS AND HABITS:

1. What habits have held me back, and how can I change them?
2. What self-sabotaging thoughts are undermining my goals?
3. What small changes can I make to build positive momentum?

### ENVISION ALTERNATIVES:

1. If I weren't afraid to fail, what would I try?
2. With unlimited resources, what could I achieve?
3. What advice would I give my younger self about my career?

### IMMEDIATE ACTIONS:

1. Revamp your LinkedIn to showcase your desired skills.
2. Schedule networking meetings or casual chats with contacts.
3. Enroll in a course to fill skill gaps.
4. Dedicate time for self-reflection and goal setting.
5. Reach out to potential mentors or coaches (like those at PeepLCoach).
6. Create a reading or podcast list to stay current.
7. Start a journal to track progress and reflections.
8. Share your goals with a trusted friend for accountability.

**REMEMBER, YOU ARE THE MAGIC WAND!  
CAREER PROGRESSION IS A JOURNEY—  
FOCUS ON CONSISTENT, SMALL STEPS  
AND BE PATIENT WITH YOURSELF.**

**GOOD LUCK!**

**FIND OUT HOW WE HELP PEEPL  
UNLOCK THEIR POTENTIAL.**

Contact us at [peepLcoach.com](https://peepLcoach.com),  
1800 PEEPLC or [hello@peepLcoach.com](mailto:hello@peepLcoach.com)