Name Date

Brainstorm Career Options Exercise

Brainstorm – definition from *Webster's New World Dictionary*: "A sudden and violent disturbance in the brain," or "A sudden clever, whimsical, or foolish idea."

Complete this form, save it, and send to your colleagues to provide suggested career options for you.

By combining your preferred skills from your SkillScan report along with your retirement values and interests, you can generate ideas for a variety of work, entrepreneurial, or volunteer options. Fill in the blanks below. You can then send this completed form to colleagues to collect ideas, or you can meet in a small group and have your partners review the form and provide you with ideas.

1. I enjoy using my skills of: (list 3 to 5 transferable skills or Skill Sets)

2. Brief examples of how I successfully used these skills in the past:

3. I am interested in (specific interests). Refer to Discovering Retirement Interests Exercise.

4. These interest me because:

5. Identify 3 - 5 of your most important Activity-based values form the Values Assessment Exercise.

6. What work, entrepreneurial or volunteer options capitalize on these skills, interests, and values (Your colleagues can complete this section).

Note: Permission is hereby granted to distribute this page electronically for use with clients in career counseling.
©2014-2015 SkillScan