



Six Pillars Of a Thriving Career

By Katherine Bouglai

What Makes A Thriving Career?



Many people equate the word “thrive” with financial abundance and high earnings. Although making good money is a big part of it, there is more to thriving than money alone.

If your career doesn’t energize you or bring you any joy or satisfaction; if you spend so much time at work you hardly have any time for yourself or your family; if you are constantly running on autopilot, simply trying to make it through the day; if you are feeling undervalued, frustrated or miserable, you are not thriving.

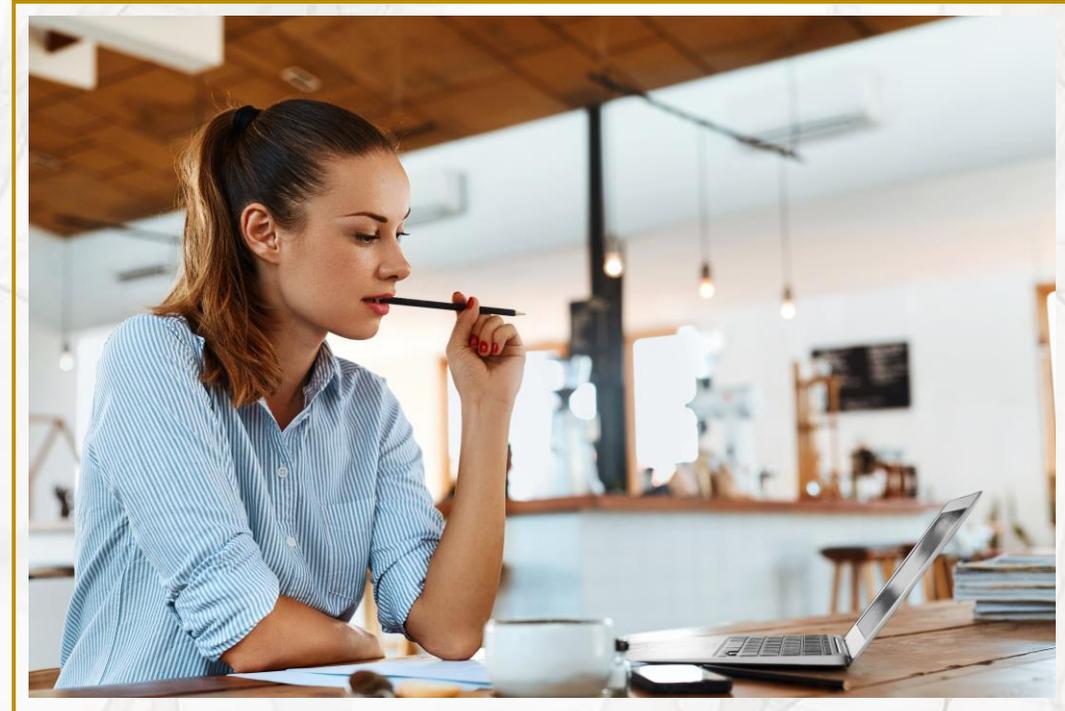
This is what the *Six Pillars of a Thriving Career* all about. It explains why we lose passion and interest in our jobs we were once excited about and it may explain why some people make the cut during layoffs while others don’t.

As you read further, I encourage you to look your current job (or the job you just lost) and rate each pillar on a scale of 1-10, based on how much you are still (or were before you just left) experiencing it in your job.

#1 - Passion

Do you actually enjoy or care about the work you do? Do you find yourself “geeking out” each time you talk about what you did at work today? Do you feel creative, energized and excited?

The more passionate you are about your job, the more driven you are to make a difference and the more value you bring to your company, customers and the world.



On a scale of 1-10, how passionate are or were you about that job?

#2 - Value

Your value is measured by your accomplishments and success. It is your contribution and you know how much value you bring by the feedback you get from others.

Your passion and joy for what you do could really take a toll if you are not feeling like you are being successful or are accomplishing enough at work.



On a scale of 1-10, how much value do/did you bring to the company, customers or people around you?

#3 - Environment

Being surrounded by people who support you and your growth is critical for your success and ability to thrive.

Sometimes all it takes is one horrible manager or a leader to ruin your entire experience at work and even make you feel miserable to be there. It is hard to thrive when you don't feel like you are being supported by the people around you.



Rate all your relationships and support at your (last) job on a scale of 1-10.



#4 - Growth

Growth is essential in our careers. We thrive on healthy challenges that push us to use our creative energy to solve problems. Growth can be measured in climbing up the corporate ladder as well as learning and developing new techniques and expertise.

Watch out for getting too comfortable at work – when you stop growing, you start losing value to your employer.

On a scale of 1-10, how much are/were you growing in your role?



#5 - Compensation

It is not about money, it's about your value. Being underpaid will lead to resentment and underperformance.

It is your responsibility to know your worth and ask for it. People who earn less than what they deserve eventually put in less effort, and thereby reduce their value to the company.

Rate your most recent compensation on a scale of 1-10.

#6 - Balance

Does your work allow you to have a healthy work-life balance where you can spend enough time with people who matter most to you? Do you take the time you need for self-care so you can come back the next day feeling energized and ready to take on the next challenge?

Sometimes one day with not enough self-care can really make you unproductive. A consistent lack of self-care and balance can lead to a burn out and possible health issues.



Rate your work-life balance on a scale of 1-10 (now or before you left).

Time to evaluate your score.

Now let's look at your scores...

A low score of 1-3 means you are unhappy, and things are unlikely to get any better unless some changes take place.

A score of 4-7 means things are OK or tolerable. You may not be ready for a change yet, or you have convinced yourself that keeping this job is more important than how you feel about it.

A score of 8-10 means things are going well and you are happy. There is always room for improvement and a few minor changes can turn an 8 into a 9 or even 10.

It is very common to have a high score in some areas and a low score in other areas. Sometimes having a great work environment is your reason to stay, in spite of your lack of growth. However, many times your low scored area will drag everything else down with it, making you more and more unhappy until even the good areas no longer matter.

If you got laid off, I highly encourage you to look at your scores and be fiercely honest with yourself. There may be a lot of things that didn't work which you simply chose to ignore.



I'd Love to See Your Results!

Your score will help you get more clarity around what wasn't (or isn't) working for you at your most recent job. Evaluating these pillars after a layoff can be particularly powerful and “eye-opening” because most of us tend to focus on the loss rather than the opportunity that arises from the layoff.

[Email your results](#)

Feel free to add any comments about what you have discovered for yourself after reading this document and doing this evaluation.





Who am I?

- Career transition coach
- Resume writer
- Certified money coach
- Creator of “Six Pillars of a Thriving Career”

I work with people who are:

- In technology, specifically marketing, advertising, media & sales.
- Lost their jobs.
- Still working and unhappy.

I help my clients:

- Rediscover their passion, know their value, go for what they want.
- Have a stunning resume and LinkedIn profile positioning them as an expert.
- Job search strategy and tools.