

Career Development

Finding Purpose · Module 7 of 15

Key Ideas

- Career Development & Purpose
- 1. Multifaceted Impact
- 2. Values-Based Exploration
- 3. Recovery as an Asset
- 4. Skill Development
- 5. Professional Guidance
- 6. Addressing Gaps
- 7. Entrepreneurship
- 8. Professional Identity
- 9. Work-Life Balance
- 10. Giving Back
- Conclusion

Worksheet — Career Development Worksheet

- Values
- Explore
- Education
- Recovery
- Barriers
- Network
- Goals
- Reflect

Mind Map — Career Development Mind Map

KEY IDEAS**Career Development & Purpose**

Building a Meaningful Future

Meaningful employment and professional growth are powerful catalysts for long-term sobriety. They provide structure, stability, and a profound sense of contribution.

1. Multifaceted Impact

More Than Just a Paycheck

Career pursuits provide routine, reduce economic stress, enhance self-esteem, offer social connection, and give a sense of value to society—all crucial for recovery.

2. Values-Based Exploration

Aligning Work with Recovery

Identify core values to find work that supports your recovery. Consider careers contributing to social good or offering the work-life balance needed for ongoing wellness.

3. Recovery as an Asset

Transforming Experience

Your journey is a strength. Explore roles in counseling, peer support, or advocacy where lived experience is valued, or consider entrepreneurial ventures addressing community needs.

4. Skill Development

Lifelong Learning

Identify transferable skills from recovery. Pursue vocational training, certifications, or higher education to support your goals and develop crucial soft skills.

5. Professional Guidance

Seeking Support

Utilize career counseling, aptitude tests, and mentorship. Informational interviews and job shadowing can provide valuable insights into potential paths.

6. Addressing Gaps

Navigating History

Develop strategies for explaining resume gaps. Understand your rights regarding criminal records and seek employers known for being supportive of recovery.

7. Entrepreneurship

Creating Your Path

Self-employment offers autonomy. Identify opportunities aligning with your values, build a business plan, and access resources for small business development.

8. Professional Identity

Redefining Self

Cultivate a professional self-concept. Develop a personal brand, engage in networking, and seek mentorship to integrate your professional goals into your new narrative.

9. Work-Life Balance

Protecting Recovery

Establish boundaries to prevent burnout. Manage work-related triggers and prioritize self-care routines to ensure your career supports rather than threatens your sobriety.

10. Giving Back

Service Through Work

Use your career to support others. Mentor those in early recovery, advocate for inclusive policies, or volunteer your professional skills to recovery organizations.

Conclusion

Purposeful Vocation

By embracing career development, you unlock potential for stability and success, discovering profound meaning through your chosen vocation.

WORKSHEET

Career Development Worksheet

Planning Your Professional Journey

VALUES

Values & Interests

Top 5 Personal Values:

Value 1

Value 2

Value 3

Value 4

Value 5

Skills/Strengths from Recovery:

EXPLORE

Career Exploration

3 Aligned Career Paths:

Career Path 1

How recovery is an asset here

Career Path 2

How recovery is an asset here

Career Path 3

How recovery is an asset here

EDUCATION

Education & Training

Needs for Career A/B/C:

Needs for Career 1

Needs for Career 2

Needs for Career 3

3 Steps to Acquire Training:

Step 1

Step 2

Step 3

RECOVERY

Recovery-Friendly Options

3 Careers valuing lived experience:

Career 1

Career 2

Career 3

Research One Option

Qualifications

Job Outlook

Support for ongoing recovery

BARRIERS**Overcoming Barriers**

List challenges due to history and strategies to address them.

Challenge 1

Strategy

Challenge 2

Strategy

Challenge 3

Strategy

NETWORK**Networking & Mentorship**

3 Potential Mentors/Orgs:

Contact 1

Contact 2

Contact 3

Questions to ask a mentor:

GOALS

Goals & Balance

Short-term Goal (6mo):

Long-term Goal (5yr):

3 Action Steps:

Step 1

Step 2

Step 3

Boundaries for Work-Life Balance:

REFLECT**Reflection**

Giving back through career:

How career supports recovery:

Sense of purpose:

Visualization (3 years):

MIND MAP

Career Development Mind Map

Mapping Your Professional Path

My Career

Purpose & Growth

Values

What drives me?

Skills

What can I do?

Recovery Asset

Using my experience?

Barriers

What's in the way?

Network

Who can help?

Goals

Where am I going?

Balance

Protecting sobriety?

Identity

Professional self?