



CAREER EXPLORATION

One step further

Rita Kamel
dossierpro.co

THE POWER OF EXPLORATION

Exploration is defined as the thorough examination of a subject or the action of exploring an unfamiliar area.

Career exploration specifically, is a process that helps collect information about yourself first, your career, and your current situation, to look into next steps.

This exercise is often overlooked and an unplanned transition may lead to various states like confusion, dissatisfaction, depression, anger, etc.

Understanding your value and assessing your unique situation are essential to help you see what options you have, evaluate which ones make sense, and make an informed decision.

Doing this exercise works best when you can dedicate time for research because a good plan is one strengthened with data and evidence.

The questions will also guide you to know what kind of information you should collect in a structured way. I highly recommend going through the career exploration form every few years as you evolve, grow, and your priorities change.

Remember, while you are filling out this form, that these are big titles. There are many ways to approach them as well as countless exercises, assessments, methods, and resources.

By the end of this activity, you will know exactly what you need to do to in terms of next steps in your career.

Take your career... one step further!

BONUS

Articulating your value will help you write stronger career documents and present better during interviews.

CAREER EXPLORATION

What is your personality type?	What are your values?
What are your motivated skills?	What are your strengths?
What are your interests?	What is your ideal work environment?
What are your limits? (contract types + schedules + compensation)	What is your definition of success?
What are your notes regarding labour market information, legislation, and work authorization requirements?	
What are your options? (title/occupation + hours + compensation). Evaluate both knowledge & experience gaps, practicality, risk, and time-to-transition.	
What is your action plan moving forward including your timeline?	

ABOUT



Rita Kamel (She/Her)

Career Consultant, DossierPro

I empower professionals with actionable tools to make their international career move.

Interested in the world of employment, career consulting, coaching, I love to ask questions. With over 10 years spent recruiting, I now sit on the candidate's side. I am also fluent in French, English, and Arabic.

I am driven by the desire to help, share practical information, and see others succeed. I know how hard it is to recruit and how hard it is to find a job.

That's why I designed custom programs to help you with career decisions and achieve your goals.

Certifications - Career Professionals of Canada:

- Career Development Practitioner (CDP)
- Certified Career Strategist (CCS)
- Certified Employment Strategist (CES)
- Certified Résumé Strategist (CRS)
- Certified Interview Strategist (CIS)
- Certified Work-Life Strategist (CWS)

Services for Professionals:

- Career Consulting
- Résumé Development
- Cover Letter Writing
- LinkedIn Profile Makeover
- Job Search Strategies
- Employment Interview Preparation

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