

TALK

I've got the power: Career growth, today and beyond



Lena Reinhard (she/they)

Leadership coach, organizational developer,
mixtape aficionado

LinkedIn: [lenareinhard](#), [lenareinhard.com](#)

TALK

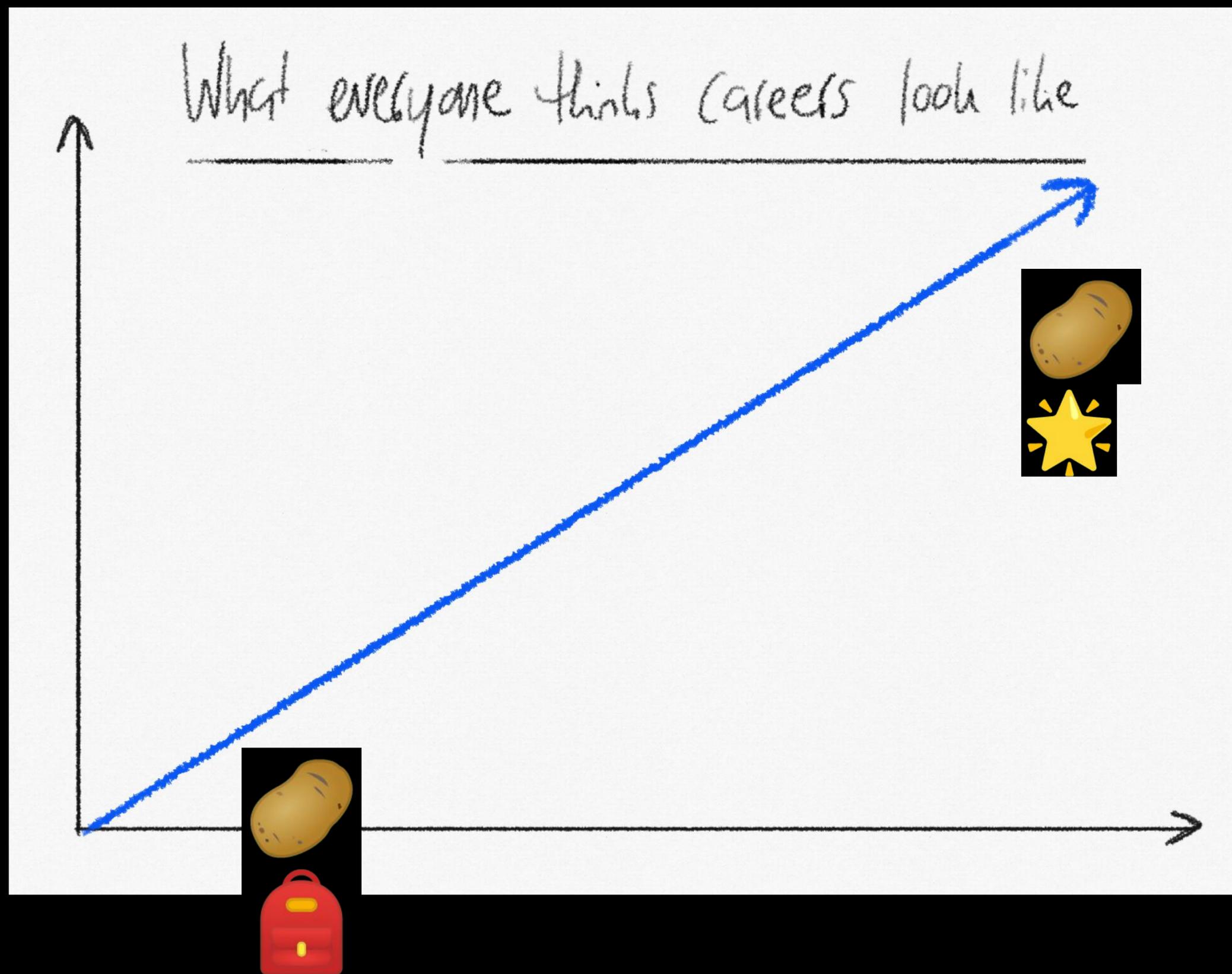
I've got the power: Career growth, today and beyond

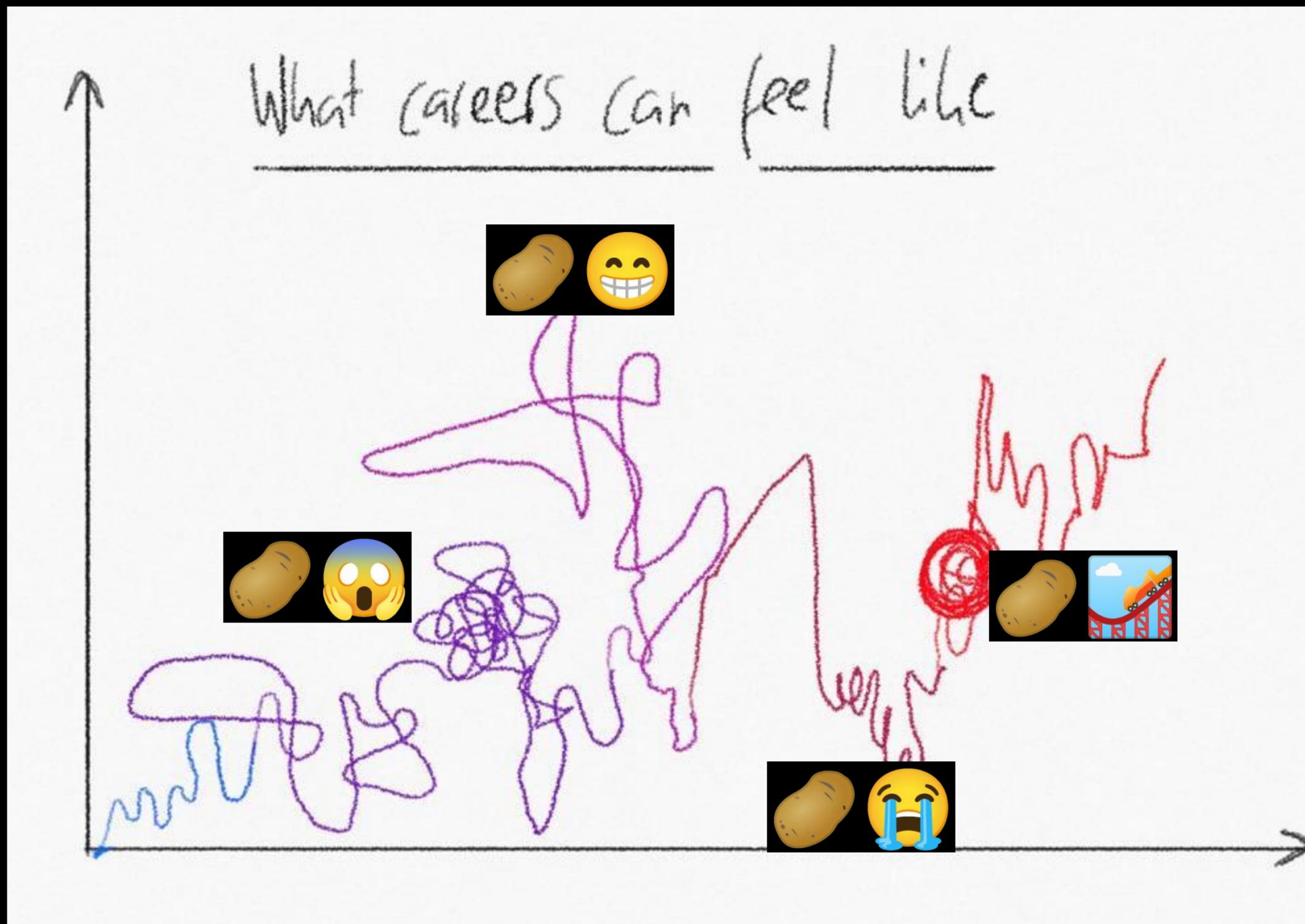


Lena Reinhard (she/they)

Leadership coach, organizational developer,
mixtape aficionado

LinkedIn: [lenareinhard](#), [lenareinhard.com](#)





I've got the power: Career Growth, Today and Beyond



Lena Reinhard
lenareinhard.com
bit.ly/career-tunes

I've got the power: Career Growth, Today and Beyond

Being busy \neq being impactful

Lena Reinhard
lenareinhard.com
bit.ly/career-tunes

I've got the power: Career Growth, Today and Beyond

**How you spend your days
is how you spend your life**

Spending my time, watching the days go by
— *Roxette*

Lena Reinhard
lenareinhard.com
bit.ly/career-tunes

**No one
is going to do this for you.**

**Be your own coach and
cheerleader**

*I'm just Ken and I'm enough,
and I'm great at doing stuff
— Ryan Gosling*

I've got the power: Career Growth, Today and Beyond

**So now let's solve this
in 10 minutes**

*This is the time, this is the place
So we look for the future
— Genesis*

Lena Reinhard
lenareinhard.com
bit.ly/career-tunes

What will you
take away from
today? ☀️ 🌿 ...?

Tell me what you want, what you really really want

I've got the power: Career Growth, Today and Beyond

Exercise 1

1 minute reflection

An important takeaway from today ☀️ 🌿

How I want to use it in my daily work life 🥔 📁

Lena Reinhard
lenareinhard.com
bit.ly/career-tunes

How will you
own your future
growth?



It's my life, it's now or never
— Bon Jovi

**No one
is going to do this for you.**

**Be your own coach and
cheerleader 🥔👏**

*I'm just Ken and I'm enough,
and I'm great at doing stuff
— Ryan Gosling*

I've got the power: Career Growth, Today and Beyond

Exercise 2

1 minute calendaring

Checking in with yourself every quarter



- ❑ 4 weeks from today (January 3, 2024)
- ❑ 30 minutes
- ❑ Recurring every three months
- ❑ bit.ly/career-paths-workbook



Lenah Reinhard
lenareinhard.com
bit.ly/career-tunes

Don't walk this road alone



*Now that it's raining more than ever
Know that we'll still have each other
You can stand under my umbrella*

— Rihanna

Exercise 3

→ Before networking: Joint calendar wrangling

Find an accountability partner



- ❑ Exchange contact info
- ❑ Schedule a reminder in 6 months (June 6!) to follow up with each other

Own your
career growth
and make it real

I've got the power
— SNAP!

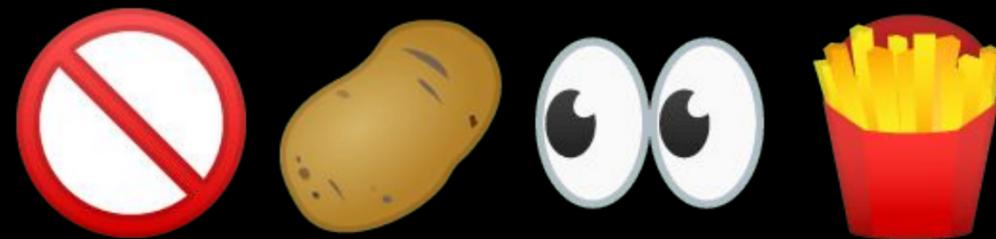
How I thought career growth worked

1. Have a career 🌱
2. Excel in your career 🥔🌟
3. Profit 💰

How career growth works

1. Take away what you need ☀️ 🌿
 2. Operationalize it 📅 July 17 🚰
 3. Get connected 🥔 🤝 🥔
- = Be in the driver's seat 🥔 🚗

Don't judge your drafts against their highlight reel

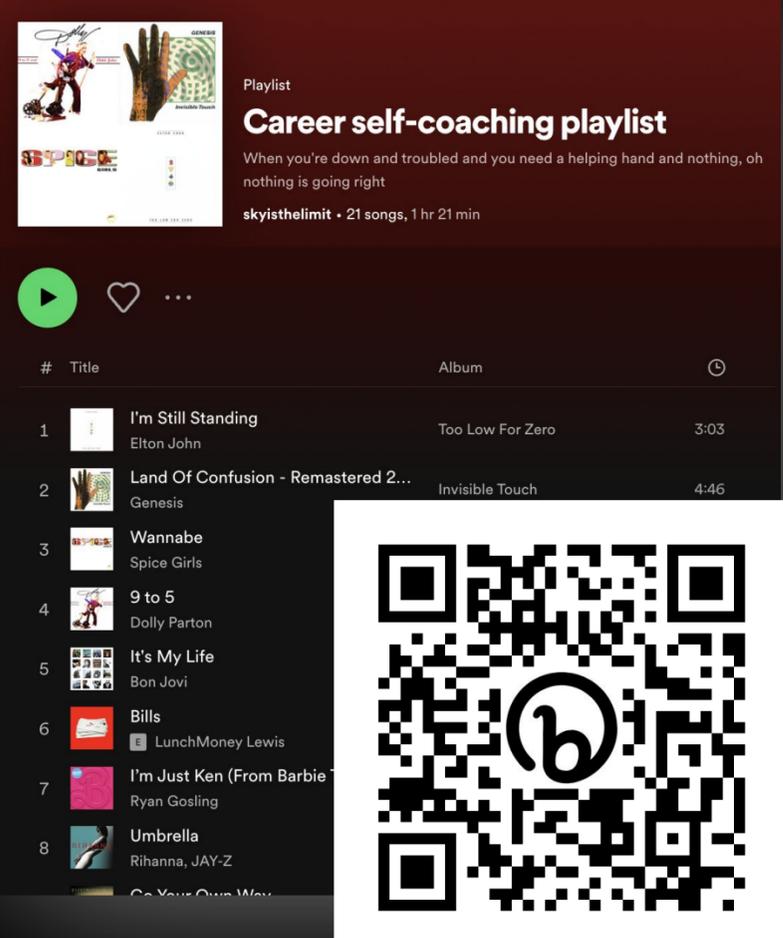


Lena Reinhard

Leadership Coach
Organizational Developer
Mixtape Aficionado
3 Potatoes in a Trenchcoat

lenareinhard.com

bit.ly/career-tunes



Playlist
Career self-coaching playlist
When you're down and troubled and you need a helping hand and nothing, oh nothing is going right
skyisthelimit • 21 songs, 1 hr 21 min

| # | Title | Album | ⌚ |
|---|--|------------------|------|
| 1 | I'm Still Standing Elton John | Too Low For Zero | 3:03 |
| 2 | Land Of Confusion - Remastered 2011 Genesis | Invisible Touch | 4:46 |
| 3 | Wannabe Spice Girls | | |
| 4 | 9 to 5 Dolly Parton | | |
| 5 | It's My Life Bon Jovi | | |
| 6 | Bills LunchMoney Lewis | | |
| 7 | I'm Just Ken (From Barbie) Ryan Gosling | | |
| 8 | Umbrella Rihanna, JAY-Z | | |



*With bonus: *The* European
dance floor hit of the aughts!*

Lena Reinhard