

Career Ecology

Free to Thrive.*



Snake

wks 1, 2

Truth & Self Awareness

Guidance: Self Awareness, Self Care, Truth

Mantra: I See

Career Tool:
"Feng Shui" Resume +

Free to Thrive:

- Shed Triggers; Claim Antagonistic Mentoring
- Shed Distractions; Claim What's True
- Shed Runaway Stress; Claim Emotional Self Care



Chrysalis

wks 3, 4

Co-Creation

Guidance: Stillness, Mystery, Co-creation

Mantra: I Co-create

Career Tool: Biodynamic Job Search Method

Free to Thrive:

- Shed Linear Thinking; Activate Co-Creativity
- Shed Limited Thinking; Activate Power of Attraction
- Shed Over Thinking; Claim Stillness, Peace



Lion

wks 5, 6, 7

Heart Intelligence

Guidance: Passion, Love, Heart Intelligence

Mantra: I Love

Career Tool: Tuning In To Heart as Compass

Free to Thrive:

- Shed Ego Control; Activate Heart Intelligence
- Shed Personal Split; Claim Union of Heart & Mind
- Shed Loss of Love; Claim Passion for Life



Wolf

wks 8, 9, 10,

Authentic Relating

Guidance: Authentic Communication, Presence

Mantra: I Am

Career Tool: Mindful Interviewing Skills +

Free to Thrive:

- Shed Fear of Being Seen; Activate Power of Diversity
- Shed Blind Compliance; Activate Authentic Voice
- Shed Fear of Boundaries; Activate Authentic Relating



Bee

wks 11, 12

Belonging

Guidance: Interconnection, Service, Belonging

Mantra: I Belong

Career Tool: Conscious Networking Practice

Free to Thrive:

- Shed Isolation from Self & Others; Claim Community & Belonging
- Shed Meaninglessness; Claim Purpose & Place
- Shed Fear; Claim Love

*Career Ecology is grateful to prominent social innovators, including of [Mary Reynolds Thompson](#), [Michael Meade](#), and [Toby Herzlich](#), for their depth and inspiration. .