



The Career Design Program: Curriculum Guide

Create clarity and confidence in your career—without putting your life on hold

If you've been feeling stuck, questioning your direction, or wondering what's next, you're not alone. The Career Design Program gives you a structured, proven process to figure it out—guided by a career design expert and surrounded by others doing the same.

You'll turn reflection into action, gain clarity about what's right for you, and leave with a plan you can actually follow.

**10,000+
Professionals**

**97%
Glad they
joined**

**Fits in
a busy
schedule**

What You'll Gain

By the end of the program, you'll have more than new ideas—you'll have a practical, repeatable process for making confident, intentional career decisions.

You'll learn how to:

- Clarify your strengths, values, and priorities
- Explore and evaluate new career paths with structure
- Test ideas before you commit to major changes



- Build relationships and accountability that keep you moving forward

Most participants tell us the program helps them see their career—and themselves—differently.

How the Program Works

The Career Design Program helps you make meaningful progress in just 30 days. You'll move from uncertainty to clarity through guided lessons, reflection activities, and peer conversations that build on one another.

Your Program Manager, a career design expert, provides structure and support to help you stay consistent, even with a busy schedule.

Most participants spend about seven to nine hours per week, and they consistently say it's one of the best investments of time they've made in themselves.

The Four Phases of Career Design

The program follows a simple, research-backed process that helps you move from uncertainty to clarity in just four weeks.

Reflection | Understand what truly drives you

Identify your strengths, values, and the kind of work that energizes you.

Definition | Set criteria that fit your life

Clarify what success looks like for you and outline directions that align with your goals.

Research | Learn to test paths before you chase them

Explore options through research and conversations to make informed, confident choices.

Testing | Turn insight into a plan you can execute

Design practical next steps and start taking action toward the career that best suits you.

Each phase combines short lessons, reflection prompts, and peer collaboration to help you turn learning into action.



Week-by-Week Overview

Pre-Program: Get Ready for What's Ahead

Start strong with a few quick setup steps. You'll get familiar with the tools, reflect on your current career mindset, and set goals for the program.

Highlights: *Getting connected · Career mindset reflection · Expectations agreement*

Week 1: Reflection – Understand What Fulfills You

Discover what truly matters to you by exploring your strengths, values, and interests.

Highlights: *Identify transferable skills · Explore what gives you energy · Connect with your team and Accountability Partner*

Week 2: Definition – Define Success on Your Own Terms

Translate your insights into clear criteria for success and brainstorm real options that fit your life and goals.

Highlights: *Create your Career Profile · Collaborate with peers to expand ideas · Define what success means for you*

Week 3: Research – Learn the Process Most People Skip

Learn a structured way to evaluate new paths before you invest time or effort.

Highlights: *Conduct career research · Speak with professionals · Gather insights to*



guide confident decisions

Week 4: **Testing** – Turn Insight into Action

Narrow down your top ideas and create small, low-risk tests to evaluate what feels right.

Highlights: *Plan and execute test projects • Present your next steps • Build confidence in your direction*

After the Program

The official program wraps after Week 4, but the learning continues. Optional check-ins in **Weeks 6 and 8** help you keep momentum and stay accountable as you take action.

Highlights: *Continue connecting with peers • Revisit your Career Profile and Test Projects • Track progress toward your next step*

What You'll Walk Away With

- A clear understanding of what fulfills you
- Personalized criteria for evaluating opportunities
- Tools and confidence to explore new paths
- A network of peers who support your growth
- A repeatable process to design what's next—whenever life changes

Ready to bring your plan to life?

The Career Design Program gives you clarity, direction, and a personalized framework for what's next. Once you've designed your next chapter, the **Launch Phase** helps you put it into motion — refining your materials, building your network, and pursuing the opportunities that fit you best.

Because everyone reaches the “ready to launch” stage at a different time, this phase is **self-paced** and **not cohort-based**. Get access to structured guidance, tools, and



clear next steps so you can move forward confidently — whenever the timing is right for you.

Check out the [Launch Phase Curriculum](#) to see what comes next.

More than 12,000 professionals have used this process to design careers that fit their lives. **Ready to start designing yours?**

Want to see every lesson and activity? [View the Full Lesson Outline](#)