

CAREER PLUS FERTILITY : GOAL SETTING WHEN EVERYTHING FEELS HARD

jadedunncoach.com

COACH WITH A FERTILITY LENS



"I'm Jade Dunn. I'm a Career Coach and I coach with a fertility lens. I help people balance fertility challenges and their careers"

You're not broken, it's hard!

If you're on your fertility journey and finding it hard to manage it alongside career, you're not alone. It's hard, so so hard! This workbook accompanies the Career Plus Fertility: Setting Career Goals When Everything Feels Hard session and is designed to help you set goals that you can achieve DESPITE it all feeling hard.



Career + Fertility = Friction

Mixing fertility challenges and career demands can feel overwhelming because the 2 don't blend and there can be a friction between them. When work is hard and your fertility journey is hard, of course you're going to feel the impact.

It's not uncommon to experience reduced confidence, exhaustion, and a sense of being stuck. Acknowledging this friction is the first step toward understanding how to move forward

Journalling Exercise: Acknowledge the Friction

- How have fertility challenges impacted your career? Discuss your feelings, focus, and motivation.

- What specific challenges have you faced balancing work and your fertility journey?
- Write down one thing you wish others understood about your experience balancing career plus fertility

Set Goals, Regain Control

Setting career goals can help you to regain a sense of control where you may feel you have lost some. Your goals can help you see your situation through a new lens. Instead of only focussing on what's right in front of you thinking "just get through today" you can also have an eye on where you are headed.

This new perspective will help you to see what your options are and that you do have agency when it comes to your career, instead of feeling stuck.

But you're not going to completely ignore your fertility challenges. The goals you set will build in enough strength, flex and cushion to allow you to carry those challenges with you along the journey.

Core Strength

You are an amazingly strong person. Do you know how strong you are? I want you to know and I want you to believe it because when you're setting your goals, you are the person who will be doing the hard work in achieving them. That will be much easier if you actually believe in yourself.

Like the rings of a tree that tell its story of growth showing year on year of storms, droughts, and sunshine, your experiences have similarly shaped and strengthened

you. Since birth, every experience, challenge, lesson, joy, moment of grief and humbling mistake have layered over one another to make you strong, wise, sensitive, talented and creative. You are capable, you can do hard things.

Journalling Exercise: Allow Your Experience to Become Your Strength

- List three empowering ways your experiences have shaped you and your unique perspective.
- Write down how you can let your unique talent, wisdom, strength, sensitivity and creativity be your superpowers as you pursue your goals.

Panning for Goals

Prospectors pan for gold by sifting through mud and sediment, letting the goal rise to the surface. Panning for goals is much the same. If you've been feeling disconnected from your career goals and aren't sure what they are anymore, know they aren't absent altogether.

Your goals exist in your values, your hopes and in the passions that light you up. You're going to bring them to the



surface by journalling around these self-coaching questions.

Step 1: Define the Big Goal

- What legacy do I want to build through my career or leadership?
- What professional achievement would make me feel deeply proud?
- If I could reimagine my career to align with my current values, what would it look like?
- Having answered the above questions, outline 1-3 big goals that you want for your career.

Step 2: Feel the Feels

- How will achieving this goal make you feel?
- Why is that feeling important to you?

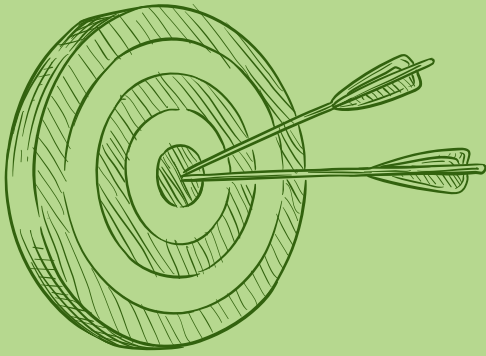
Step 3: Map the Path

- Steps: What are the major actions needed to achieve this?
- Micro-steps: What smaller, daily or weekly tasks can move you forward?
- Milestones: What key points will help you measure your progress?

Define Success (AIM)

When you have ambitious career goals against the backdrop of a difficult





fertility journey, it's so important to have a clear idea of what good will look like. And most importantly, for that "good" to be quite a broad concept.

It's important to set flexible goals that account for the unpredictability of your fertility journey. The AIM framework (Absolute Minimum, Ideal, Middle Ground) helps you define what success looks like across different scenarios, so you can feel accomplished no matter the outcome.

Journalling Exercise: AIM Framework

Add the additional layer of the AIM Framework to your goals by answering these questions.

1. **Absolute Minimum Achievement:** What's the least you need to achieve to feel progress?
2. **Ideal Achievement:** What's your best-case outcome?
3. **Middle Ground Achievement:** What's a realistic and achievable compromise?

Plan to celebrate

Don't risk losing momentum by waiting until you reach your big goal, keep yourself moving by recognising those milestones.

By planning how you'll mark each

milestone, you reinforce your progress and remind yourself that every step forward matters.

When your fertility journey leaves so much out of your control, those moments of self-recognition for the achieving things you can control will be so important to how you feel about yourself.

When it comes to working toward a goal, we could all do a bit of a better job of celebrating the journey rather than the outcome. So maybe even plan to recognise the lessons and celebrate those too. Because remember, all of those experiences whether they are bumps along the road or milestones will be like forming new rings on that tree trunk. You will be learning, growing and getting closer toward your goals.

Journalling Exercise: Celebrate the Journey

- How will you celebrate each milestone?
- What could be a nice and authentic way to recognise and reflect on the value of any lessons learnt?



Career Plus Fertility 1:1 Coaching Program

My program is designed specifically to help people balance their fertility Journey with their career. If you'd like to book a complimentary discovery call email jade@jadedunncoach.com