



CLARITY

*Step Nine:
Discover Your Ideal
Working Style*

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“The best way to not feel hopeless is to get up and do something. Don’t wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.”

— Barack Obama

Stage 3: Take Action:

Now that you’ve spent time getting in touch with your intuition and spirit guides, and working through your blocks and sabotages, it is time to take action towards your calling. Your Ideal Working Style will help you to make sure you’re taking the right kind of action.

Step 9: Discover Your Ideal Working Style(s)

Your Ideal Working Style is very simple. It is a tool that points you towards what makes you feel fulfilled.

By interviewing women about their careers and what made them feel fulfilled in a job, I learned that all women want to know they are helping to make the world a better place. Not surprising, right? But what I also discovered was that there are six different overall ways in which women help. I call these the Ideal Working Styles.

The styles are:

Caregiver

Coach

Teacher

Creator

Storyteller

Learner

Most women have one main style that they resonate with, although you may have more than one. And generally there will be a couple of styles that you recognize instantly are not you.

The key here is that if you are doing work that does not fall within your style(s), it will be difficult for you to feel fulfilled. For example, a storyteller who is doing the work of a caregiver will feel frustrated and bored.

Likewise, a caregiver doing the work of a creator will feel out of her element and overwhelmed.

In the following pages, I'm going to outline each style. Read through and pick out which one (or more) sounds right to you. I have found that when women read this, they instantly know which style or styles are right for them.

Caregiver:

Caregivers help the world by taking care of individuals and often their families. They take great joy in knowing that the work they do makes life easier for the people they work for and by extension their families.

Career Ideas: Nurse, physical or occupational therapist, executive assistant, nanny/au pair, child care provider, home health care, veterinarian assistant

Most likely to say: “I love to make life just a little bit easier for other people.”

Easily frustrated by: Being unappreciated

Coach:

Coaches want to help people to help themselves. They love solving puzzles and organizing chaos into manageable pieces. They are able to look at the big picture and see what others can't.

Career Ideas: Therapist, life/health coach, professional organizer, nutritionist

Most likely to say: “I love supporting people in leading their happiest and healthiest lives.”

Easily frustrated by: People that aren't ready to take responsibility for themselves

Teacher:

Teachers are passionate about using their knowledge to teach others. This style can be further broken down into the planners and the mentors. I've found that while planners and mentors both love imparting their knowledge, the planners love to create lessons plans while the mentors do not. They simply love sharing their knowledge of what they know with new people.

Career Ideas: Aside from traditional teaching positions (teacher, museum educator, curriculum writer), this style enjoys any job where they are able to play a teaching or mentoring role. What matters is that they are teaching something they feel passionate about or feel makes a difference in others' lives.

Most likely to say: "I love seeing someone's eyes light up when my teaching finally clicks and they understand."

Easily frustrated by: Bureaucracy that gets in the way of learning

Creator:

The creator is an artist. The creator is constantly making something new, and often has many projects going on at the same time. This type loves freedom and the ability to go with the flow because they often switch from project to project, depending on what they are currently feeling called to do.

Career Ideas: Artist, dancer, web designer, interior designer, fashion designer, chef (do you see a trend?)

Most likely to say: “I love creating something beautiful out of nothing.”

Easily frustrated by: Being interrupted when they’re in the flow of creating, and the overwhelm of having so many projects and ideas

Storyteller:

Storytellers love to inspire others. They understand that a powerful story can change lives by inspiring people to think and act in new ways. Some storytellers feel compelled to tell their own stories while others love seeking out inspiring people and sharing their stories.

Career Ideas: Actor, writer, director, hypnotherapist, inspirational speaker

Most likely to say: “I love to see the best in humanity.”

Easily frustrated by: People who are not living up to their potential

Learner:

The learner is a born researcher. This type constantly wants to be learning new things, and gets frustrated and depressed at jobs where they have to do the same thing all the time. The prospect of learning something new fills

the Learner with energy. Learners are often - but not always - also strong Teachers since the two tend to go together well.

Career Ideas: Scientist, professor, researcher, writer, documentarian, entrepreneur, teacher

Most likely to say: “I love that everything I learn can be applied in different areas of my life.”

Easily frustrated by: Having to do the same thing over and over

Your Practice: Discover Your Ideal Working Style(s)

Now that you’ve read through each style, which ones resonate with you. Which do not sound like you at all?

Remember, you might resonate with only one style or you could resonate with a few or even all of them (like in the book, *Divergent*).

Now spend some time journaling with these questions once you feel like you know what your main type is. You can answer these questions for each type that you feel you resonate with strongly.

🌸 How do you currently use your dominant style in your life or career?

🌸 How could you use the skills of that style more often?

🌸 Which styles do you not resonate with? (When you read the description, you should think, “That’s SO not me!”)

🌸 Where in your life or career do you currently need to use the skills associated with the styles you don’t resonate with?

🌸 Is there a way to shift what you do so that you are using those skills less (the ones you don’t resonate with) and using your dominant style more? (For example, I do not resonate with the Teacher style. But I create online courses, which means I have to be able to teach. This doesn’t come naturally to me. However, my dominant style is Coach and I also resonate with the Storyteller style, so when I’m creating courses I ask myself two questions: *How can I inspire my students? How can I coach my students?* Then with everything I create in a course, I try to either be inspiring or coaching. Once I let go of the idea of teaching (which just makes me feel frustrated), it all comes much more naturally.

🌸 Now that you’ve explored your Ideal Working Style, I want you to think about both the work you currently do and whatever it is you are now feeling called towards. How could you bring your Ideal Working Style into the work you do or want to do?