

Force field exercise

Type:

Career planning

Download (force-field exercise.docx - 750.88 KB) [1]

This exercise helps you identify the forces for and against a career or role option.

This exercise can be used as part of the decision making section of our career planning framework. [2]

Source URL:<https://www.healthcareers.nhs.uk/career-planning/resources/force-field-exercise>

Links

[1] <https://www.healthcareers.nhs.uk/sites/default/files/documents/force-field%20exercise.docx>

[2] <https://www.healthcareers.nhs.uk/career-planning/planning-your-career>