

**Force field exercise – decision making**

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

In effect, it is a specialised method of weighing the pros and cons of which respects the fact that all the elements carry equal weight. It can be used to identify where change is needed – how can forces supporting or against your decision be either strengthened or reduced?

Method:

1. Describe your role or career option/course of action in the middle of a piece of paper
2. List all the forces for in one column and all the forces against in another.
3. Assign a score to each force (for example 1 being strong and 5 being weak)
4. Tally up the scores and see whether you agree with the decision