



Course 1: Know Your Professional Value in the AI Era

Who am I professionally in this changing landscape?

WEEK 1

Anchor Yourself in Your Strengths and Values

Discover what makes you valuable by identifying your core strengths from all life experiences and the values that guide your professional choices, using AI to help you see patterns in your accomplishments you might have missed.

1. Needs, Strengths, & Values: The Motivation Triad

In a rapidly evolving world shaped by groundbreaking technologies and continuous change, deeply understanding yourself—your essential needs, inherent strengths, and core values—is crucial for thriving personally and professionally.

2. Personal Needs Check-Up

When things are changing fast—at work or in life—it's easy to focus on outcomes and forget what fuels them: your basic human needs. This check-up is here to help you pause, scan your inner dashboard, and notice which need is running low.

3. Strengths & Values Primer

In a fast-changing world, knowing the strengths and values that truly drive you is essential not only for building a fulfilling career but also for navigating daily life with clarity and purpose.

4. Strengths 360° Lens

Discovering your strengths and skills is a powerful step toward personal and professional growth. Through a series of frameworks and guided AI prompts, reflect on your core strengths, talents, and transferable skills developed across different areas of your life.

5. Values Compass

By identifying and aligning your values across the Barrett Model, you can build stronger trust, make more purposeful choices, and create a career path that feels deeply meaningful and connected to your highest potential.

6. Discovery Activity: Map Your Zones of Genius

Bring all the insights you've gained this week into your Zone of Genius map to help you redesign your workload, advocate for more energizing work, and make strategic career decisions aligned with your highest values.

WEEK 2

Craft Your Professional Story

Clarify why you're on this professional journey, what you want to achieve, and how your strengths and values shape the story you tell.

1. Introduction to Elevator Pitch Storytelling

Learn the 30- to 60-second pitch arc that grabs attention in interviews and networking, and use AI to craft a crisp pitch that shows where you've come from, what you do now, and the value you're ready to deliver next.

2. Experience Mining for Your Pitch

Identify the defining moments across your personal, educational, and professional history, and partner with AI to help your professional narrative take shape.

3. Crafting Your Framework-Based Narratives

Using the Past-Present-Future framework, translate your rich experience into polished, purpose-driven narratives.

4. Your 60-Second Pitch

Convert your written narrative into a concise, engaging 60-second pitch ready for elevators, networking events, interviews, and more.

5. Apply Your Story to Any Situation

Create three essential versions of your pitch—LinkedIn, networking, and interview responses—while maintaining your core message and authentic voice.

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WEEK 3

Build Your Resilience Toolkit

Build the emotional intelligence and self-awareness needed to navigate professional challenges with confidence, developing resilience tools that help you advocate for yourself and bounce back from setbacks while maintaining your authentic professional identity.

1. Mindset, Emotional Regulation and Self-Compassion

Learn to understand and manage your emotions, strengthen your resilience, and develop tools to bounce back from setbacks while staying true to your professional identity.

2. Emotional Agility: Decision-Making, Stress Resilience, and Connection

Foster skills for staying grounded and making thoughtful, values-driven choices under pressure.

3. Build Emotional Intelligence for Career Resilience

Build skills to work through complex emotions in ways that serve you better, no matter where you are in your career.

4. Career Confidence Assessment

Gauge your confidence across four key professional skills: communication, decision-making, adaptability, and self-advocacy.

5. Reframing Gaps Using AI

With EQ and confidence as guiding tools, turn career gaps or setbacks into stories that highlight your resilience, growth, and genuine value.

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