MindShift

Navigating Life and Career Choices

90-minute interactive session • Ages 15–25 • Eluks Valmis

Session goals

Today we explore what shapes our choices — and how to move when the picture is unclear.

Notice what shapes your choices

Hear your own voice beneath pressure

Take one useful next step

Group agreement

A space for curiosity, honesty and choice.

Respect

Voluntary sharing

No judging

No right or wrong career answers

Career paths are not discovered

They are built through action —
not found by thinking alone.

Try something → notice what happens → adjust

Energy Tracker

Write quietly. Think about the last two weeks — school, work, hobbies, people and downtime.

What gave me energy?

What drained my energy?

What did I want more of?

Tool 1: Elimination Method

Start with what you don’t want. Removing options can reveal the shape of what matters.

NOT FOR ME

WHAT REMAINS

Which environments, tasks or trade-offs can you confidently cross off?

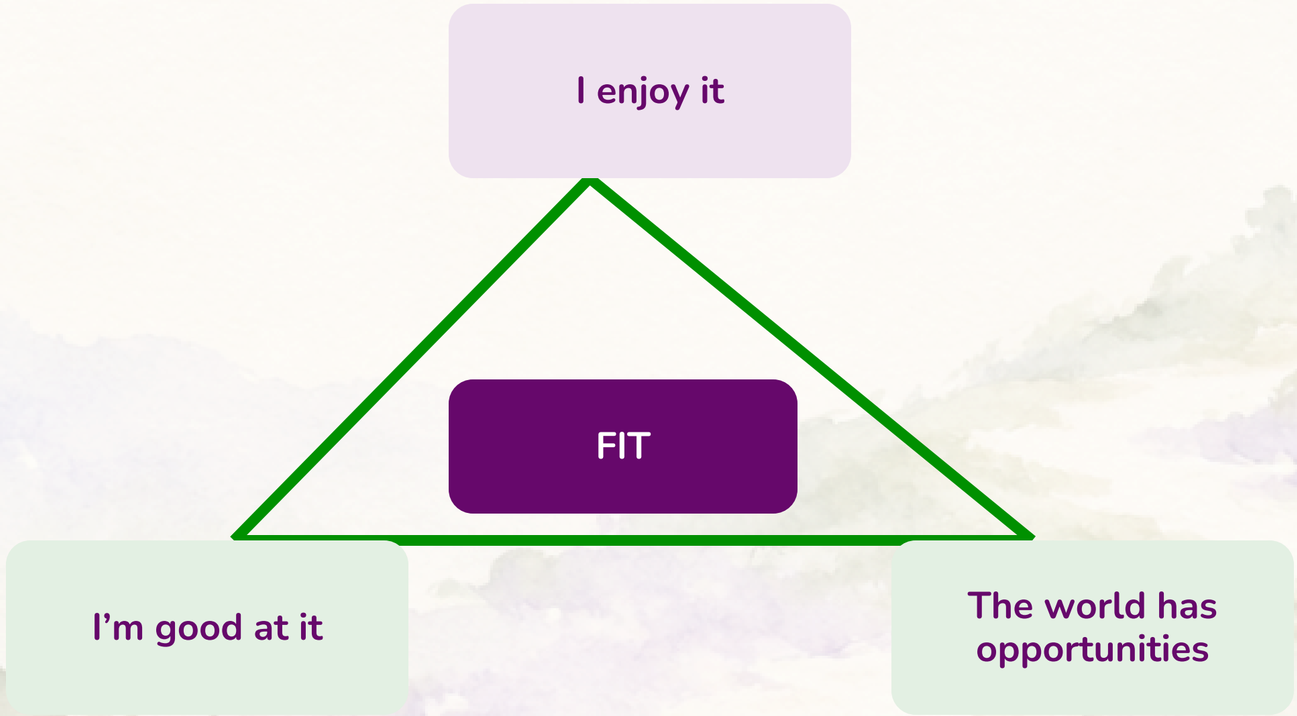
Tool 2: Next Step Rule

You don’t need to know the destination. Only the next step.



Tool 3: Career Fit Triangle

A useful direction often sits where three signals overlap.



Tool 4: Try → Learn → Decide

Career is a journey, not a one-time decision.



Then loop again — with better information.

Career myths

Notice the assumption. Then replace it with something more useful.

I must choose once.	I can revise.
Others are ahead.	Paths move at different speeds.
Uncertainty means failure.	Uncertainty means I’m exploring.

How stress narrows our thinking and choices

When the nervous system senses threat, attention contracts. Fewer options feel visible — and urgency can sound like certainty.

STRESS

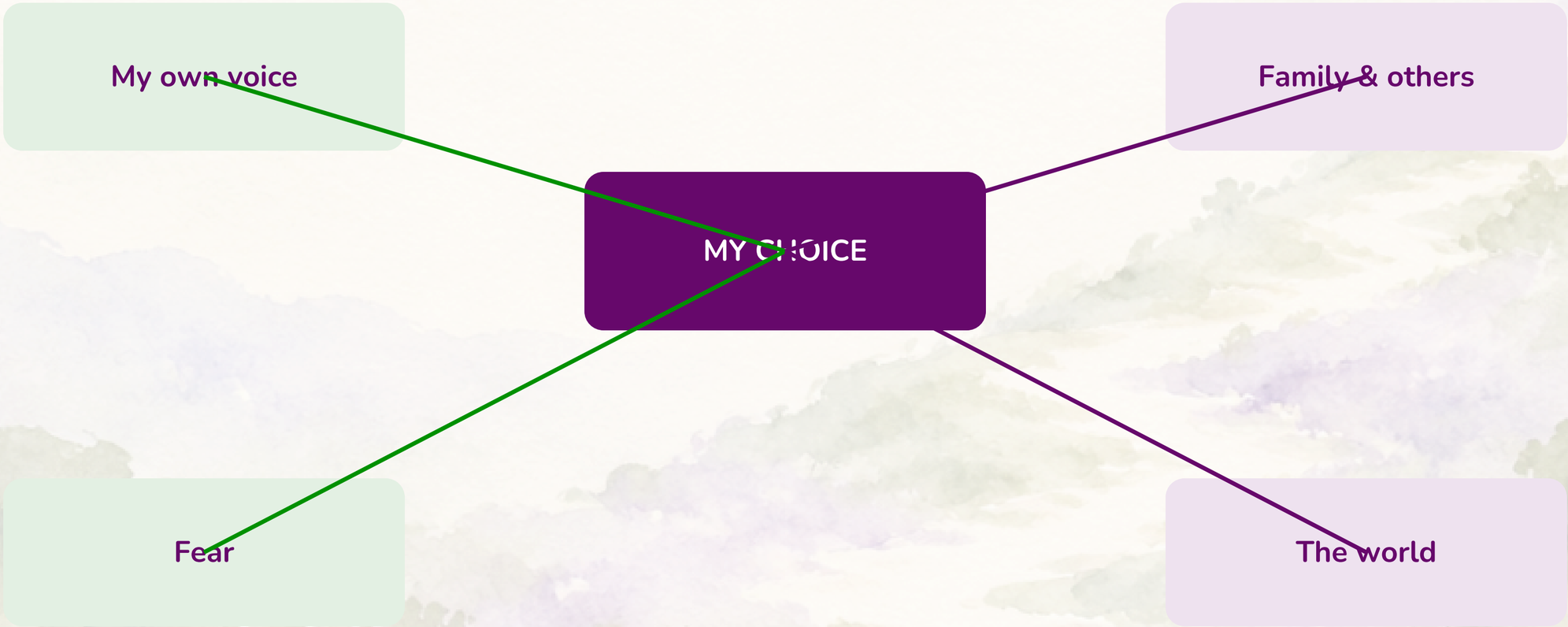
TUNNEL VISION

FEWER OPTIONS

Cross-reference: mental health session — pause, regulate, then choose.

Influence Map

Four forces shape career thinking. Which voice is loudest today?



Station 1: My own voice

What do I actually enjoy and value?

When do I lose track of time?

What matters even without applause?

What kind of problems pull me in?

Station 2: Family and others

Supportive expectations vs. pressure.

What support helps me grow?

Which expectations feel borrowed?

What boundary or conversation is needed?

Station 3: Fear

What am I avoiding because it feels risky?

What am I predicting?

What is the smallest safe test?

What would I advise a friend?

Station 4: The world

What small experiment can I try?

Who could I talk to?

What could I shadow, make or volunteer for?

What can I test this month?

Reframing failure

Failure is not a setback. It is part of the process. Every failed experiment gives you real information.

“It didn’t work.” ——— **“Now I know more.”**

What did the result teach you about fit, timing, support or skills?

Career decision scenario

You have an offer that looks impressive. Your family is excited. Your body feels heavy. Another path is less certain but gives you energy.

PRESSURE
What are others hoping for?

SIGNAL
What is your energy telling you?

EXPERIMENT
What could you test before deciding?

My Career Compass plan

Leave with three clues — not a perfect answer.

ENERGY CLUE

I feel more alive when…

NEXT EXPERIMENT

Within 14 days, I will…

SUPPORTER

I will ask…

The right path is not discovered.

It is built — step by step.

What is one step you are willing to take?