

# WHO CONTROLS THE REINS OF YOUR CAREER?

INTEREST IN YOU ↑	<b>GREATEST SUPPORTER</b>	<b>THE UNKNOWN</b>	<b>MOST CRITICAL</b>
	<b>CONFIDANTE</b>	<b>ADVOCATE</b>	<b>THE UNTOUCHABLE</b>
	<b>BARE NECESSITY</b>	<b>RESOURCE</b>	<b>KEY SPONSOR</b>
	INFLUENCE ON YOU →		

**GREATEST SUPPORTER:** EXTERNAL CHAMPION OF YOU

**CONFIDANTE:** BEST WORK FRIEND

**BARE NECESSITY:** WATER COOLER BUDDY

**THE UNKNOWN:** POWERFUL HIDDEN RESOURCE

**ADVOCATE:** EXPERIENCED; HELPER IF ASKED

**RESOURCE:** CHEERLEADER

**MOST CRITICAL:** YOUR # 1

**THE UNTOUCHABLE:** WISH LIST CONNECTION

**KEY SPONSOR:** EXPERT; HELPER IF ASKED



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# YOUR REINS STAKEHOLDER TRACKER

STAKEHOLDER NAME INTEREST/INFLUENCE KEY	AUTHENTIC MEANING/ DESIRED OUTCOME	COMMITTED ACTION(S)	COMMUNICATION VEHICLE	PROGRESS + - 0

ENERGY PARTNER: \_\_\_\_\_ COMMITMENT TO CONNECT (DATE/TIME): \_\_\_\_\_



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## YOUR REINS INITIAL REFLECTION QUESTIONS

1. Who was the first person you filled in? Why was this the person who came to your mind?
2. Within five minutes, how many boxes were you able to fill in? What does this tell you?
3. Discuss your unknown and your untouchable choices? What makes them so unattainable to connect with?
4. Is there anyone that you left out of your list that you think is critical? If so who are they to you and why are they important?
5. How many included yourself on the map? Why or why not?
  - a. If you included yourself on the map, where on the map did you put yourself and why?
6. What gets in your way from successfully developing and acting upon the grid? (what is the inner critic saying?)
  - a. What are 2 actions you can take to overcome these obstacles?

## YOUR REINS SECONDARY REFLECTION QUESTIONS

1. How many names on your grid are different from your original list?
2. What changes did you make and why?

## FINAL REFLECTION

1. What is your plan to stay in contact with your energy partner?
2. What are two learnings you are taking away from this MCM session?
3. What one action will you commit to, that you would not have, had it not been for this session?
4. What is the one area that this session has "stretched your thinking"/advancing possibilities?

# CRITICAL INDIVIDUALS TO ADVANCE CAREER

_____	_____
_____	_____
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