

# Agile XP Sneak Peek

# Agile XP User journey

Learn about yourself to make good career moves, in 15 minutes a day



Agile Work Profiler



Understand Your Agilities



Career Statement



Discover Mindset



Evaluate Careers



Compare Careers



Explore Careers



Discover Skills Mastery



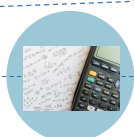
Assess Your Mindset



Find Your Drive



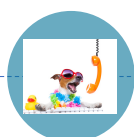
Rise to a Challenge



Learn to Learn



Mindset Progress



Check Your Network



Grow With Networking



Diversify Your Network



Build a Buffer



Network Map



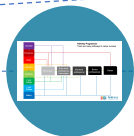
Why Work



Get Experience



Afford Life



Consider More Pathways



Bust Career Myths



Identify Obstacles



Understand Obstacles



Upgrade Your Mindset



Rock Your Resources



Overcoming Obstacles Map



Look at You Now!



Your Agile Profile and Resume

### Part 1: Your Agilites

- ✓ **Take the Agile Work Profiler Assessment**
- ✓ **Discover:** the 10 Agilites used in all careers
- ✓ **Learn:** How to use your Agilites right now, whether you are in a career or not
- ✓ **Gain:** self awareness and affirmation of your interests, and be able to introduce yourself in career conversations

### Part 2: Get the Agility Advantage

- ✓ **Use the Agility Advantage to be flexible, focused, and fulfilled in your career**
- ✓ **Explore:** the skills needed to see opportunities and develop career success
- ✓ **Apply:** Use interactive Career Explorer Tools for your current interest, and many others
- ✓ **Gain:** the ability to see and evaluate opportunities for yourself, even in change

### Part 3: Develop a Growth Mindset

- ✓ **Assess your level of Growth Mindset**
- ✓ **Explore:** your beliefs about yourself that may be holding you back
- ✓ **Apply:** Growth Mindset to a current challenge
- ✓ **Gain:** career confidence that you can learn and grow through challenges

### Part 4: Agile Networking

- ✓ **Assess the strength of your current network**
- ✓ **Learn:** the three kinds of networks you need
- ✓ **Build:** a network map
- ✓ **Gain:** career confidence that you can surround yourself with support

### Part 5: Expand Your Pathways

- ✓ **Consider your choices about how to make a living and get where you want to go**
- ✓ **Explore:** how salaries translate into lifestyle
- ✓ **Compare:** the many ways to get to the career role you want
- ✓ **Gain:** Peace of mind that you have options

### Part 6: Overcome Obstacles

- ✓ **Overcome the obstacles that stand in your way today**
- ✓ **Learn:** to leverage the Agility Advantage
- ✓ **Build:** your Overcoming Obstacles Plan
- ✓ **Gain:** hope that you can solve for any immediate obstacle and move forward

## Part 1: Your Agilites

- ✓ **Take the Agile Work Profiler Assessment**
- ✓ **Discover:** the 10 Agilites used in all careers
- ✓ **Learn:** How to use your Agilites right now, whether you are in a career or not

“Encouraged a deeper level thinking about how we apply agilities in our own lives daily.”

“I liked how the example included HOW each of the agilities approaches the problem differently and I always appreciate when an activity is highly interactive.”

“I like the explanation of each agility engaged different learning abilities, ie., hearing and visual. The examples helped to think of the agilities in a 3 dimensional way and then applying them to my situation helped me to own how to use them.”

**Inside Agile XP Screen Peek: Which Agilites would you use?**  
Answer, then see examples of how each Agility could apply.

**Your sister is lying in bed sick...**



Which Agility or Agilites would you use?

- ☐ Developing Others
- ☐ Innovating
- ☐ Inspecting

**Selling and Communicating** - You patiently work through a billing issue with the insurance company and get it resolved.

**Developing Others** - You train other family members to assist so that ongoing care is available without undue burden on anyone.

**Innovating** - You design games and exercises for your sister to maintain her strength and physical conditioning.

**Inspecting** - You check your sister's temperature.

**Judging and Estimating** - You estimate how much water your sister is drinking and make sure she's getting enough to stay hydrated.

**Managing** - You budget for healthcare costs related to your sister's health.



## Part 2: Get the Agility Advantage

- ✓ **Apply:** Use interactive Career Explorer Tools for your current interest, and many others
- ✓ **Gain:** the ability to see and evaluate opportunities for yourself, even in change

## Inside Agile XP Screen Peek: Use the Career Explorer Tools to compare careers.

"Exposed me to amazing tools where I can investigate more occupations!  
I would have never known about this otherwise."

"I felt like it was eye opening information. Definitely made me broaden my perspective."

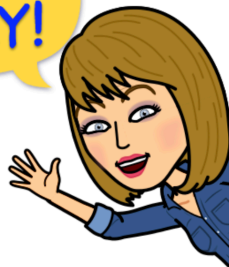
"Having the opportunity to analyze and compare was great! I felt it was a little too much information but the feeling of knowing that those resources are out there is great!"

33% COMPLETED

Barbara is going to do today's task for you. You can just watch. 😊

You can then use the Career Explorer tools on your own as much as you want.

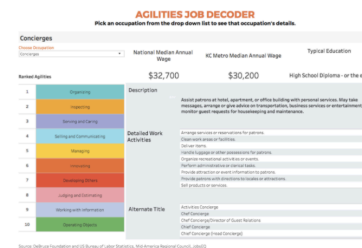
GOOD DAY!



47% COMPLETED

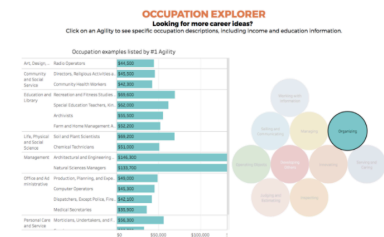
A job Barbara feels she could do well today is to be a hotel Concierge who helps guests make plans for visiting her city. Concierges are definitely organized! Sure enough, Organized is a top Concierge Agility.

Barbara sees that she probably does not need further education for this job and that it pays about \$30,000.



53% COMPLETED

Next she uses the Occupation Explorer to check out other jobs whose top Agility is Organizing. She finds many that pay more and are quite interesting.

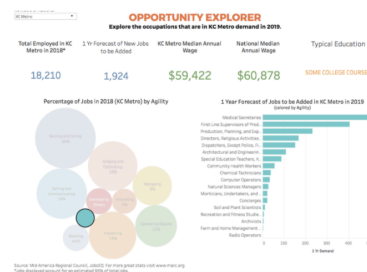


Architectural and Engineering jobs sure pay a lot. She's not sure what these jobs are or if she'd like them, but it's worth investigating further to find out.

73% COMPLETED

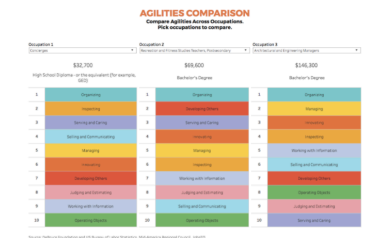
Is this making sense?

☐ Yes!



Production and Planning Supervisor is a job that she feels she could do with a little more experience, and it pays quite a bit more than Concierge. It also looks like Recreation and Fitness Teachers are needed, which sounds right up her alley.

When she compares Concierge, Recreation Teacher, and Architectural Manager using the Agilites Comparison tool, she quickly sees that getting further education is likely to pay off in higher salaries and more career options.



The purpose of this example is not to suggest that everyone should try to make more money. It is to show you that you can know salary estimates before you choose so you can make an informed decision.

NEXT

NEXT

NEXT

NEXT

NEXT

## Part 3:

### Develop a Growth Mindset

- ✓ **Assess your level of Growth Mindset**
- ✓ **Explore:** your beliefs about yourself that may be holding you back

**Inside Agile XP Screen Peek:** Explore your mindset through stories.

“I liked today’s activity because of the self reflection. I think everyone can see the story someplace within their lives.”

“I really liked how we were able to relate a story to our real lives!”

“Until NOW, I had never correlated a Growth Mindset with me learning AutoCAD. I am viewing things a little differently now.”

Good to see you, DeBruce.

Here's a story for you.

Solomon always wanted to play basketball. But when it was time to pick a team nobody picked him. Some said he was too small. Others thought he did not play well enough. Solomon was left to sit on the sideline and watch the other kids play. This went on all winter. When the summer came, Solomon's dad decided to enroll him in a basketball camp.



8% COMPLETED

Solomon was skeptical at first because he thought he was too small and did not have the innate ability. Finally, he relented and enrolled in a basketball skills summer camp.

In the first week of camp when it came time to pick teammates, Solomon was picked last.



After the game, Solomon stayed to talk to coach Mosby.

NEXT

NEXT

15% COMPLETED

Solomon told his coach that he wanted to be a great player but was frustrated because he was not born with the skills that came easily to others.

The coach told Solomon that the greatest athletes got that way by practice. Coach Mosby gave Solomon a list of great athletes to research, including Lenny Dykstra, Pete Gray, Ben Hogan, Larry Bird, Michael Jordan and Muhammad Ali.



NEXT

31% COMPLETED

Many of the guys from the playground were on the team already and almost laughed him off the court. But Solomon made the team.

In the first year, Solomon practiced hard but spent a lot of time on the bench during games.

In the second year, Solomon got more playing time and developed some moves that worked nearly every time to put him in position for three point shots.

In the third year, he worked on those long shots daily.



NEXT



At the end of that year, Solomon's team won the state championship with Solomon's three-point buzzer-beater shot to win the game. Coach Mosby said to his parents "We never would have won the State Championship without Solomon."

## Part 4: Agile Networking

- ✓ **Assess the strength of your current network**
- ✓ **Learn:** the three kinds of networks you need
- ✓ **Build:** a network map
- ✓ **Gain:** career confidence that you can surround yourself with support

“I really liked the breakdown of what networking is. I also really liked how the different steps in networking are. It is a huge step in career success and I’m exited to learn more!”

“This task got me thinking about how important it is to make connections/ meet people that support my career path.”

**Inside Agile XP Screen Peek:** Assess your network.  
Learn to build your network in three important ways.

27% COMPLETED

The Growth part of your network...

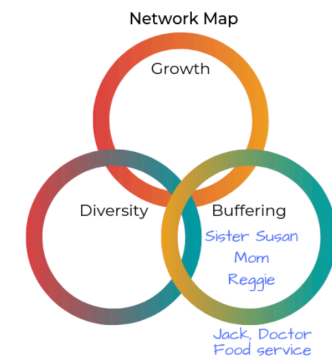
- ☐ reflects the ability of people in your network to ease life's major challenges.
- ☐ reflects variety in your network in education, background and culture.
- ☐ reflects the ability of people in your network to help you improve socially, professionally and personally.

NEXT

69% COMPLETED

Complete your Network Map by adding in the Buffering relationships in your network. Write down three people who would help you in an urgent situation. This can also include services you can request or purchase. The point is that you know who to call.

Then write down three people whom you would like to add to expand your Buffering network. As before, you can write down a description if you don't have a specific person in mind.



NEXT

## Part 5: Expand Your Pathways

- ✓ Consider your choices about how to make a living and get where you want to go

**Inside Agile XP Screen Peek:** See more ways to get to your future! This week is packed with experiences to help you see more solutions.

"All the tools are literally at your fingertips! from details different categories of job occupations also numbers and this don't lie. everting is just right here. awesome the experience is excellent! wish i had the opportunity to do this in high school!!"

"These myths are things that I thought to be facts and I love hearing how they're busted"



You might think, 'I want to make the most money possible!'



In reality, most people want some combination of money and other things in life, like raising a family, free time, flexibility, control, or being with people they enjoy. They don't want to do the kind of work that some high-paying jobs require. Many of the most valuable contributions to society happen in jobs that pay the least.

NEXT

41% COMPLETED

Sarah's friend Parker is a theater major. He wants to open a theater someday.



Today he wants to get theater management experience but so far in the theater field he is only finding projects that pay by the hour for a short period of time, or part-time work. Projects like these are also called 'gigs'.

He thinks he will have enough gigs and part-time work to afford to live independently. He needs a lot of flexibility and his priority is reliable transportation.

What would you recommend for Parker?

59% COMPLETED

Lifestyle Choice #3: Transportation  
Pick the option that best describes your transportation.

- ☐ Walk, public, or bike.
- ☒ Public+ some rides, or basic car.
- ☐ Mid-range car.
- ☐ Luxury car or daily ride service.

NEXT

41% COMPLETED

Volunteer

**SERVICE EXPERIENCE**

**VOLUNTEER**

Gaining career experience through serving others.

Research: [volunteering.org](#) [volunteermatters.com](#)

Volunteering can provide a great way to gain experience in a field, develop new skills, and meet people. It can also be a great way to give back to your community. Many organizations offer flexible scheduling options to accommodate your busy schedule.

**TYPICAL INVESTMENT NEEDED**

**TIME**

Research: [volunteering.org](#) [volunteermatters.com](#)

51% COMPLETED

2 Year College

**GENERAL EDUCATION AND VOCATIONS**

**2 YEAR COLLEGE**

General college and career training.

Research: [collegeboard.org](#) [collegedreams.org](#)

College provides a structured environment for learning and growth. It offers a wide range of programs and opportunities for students to explore their interests and develop their skills. Many colleges offer financial aid options to help students cover the cost of tuition and other expenses.

**TYPICAL INVESTMENT NEEDED**

**\$4,342** **\$12,770** **\$14,838**

**PUBLIC COLLEGE** **PRIVATE COLLEGE** **PRIVATE COLLEGE FOR MEN**

35% COMPLETED

Direct to work

**ON THE JOB LEARNING AND PRACTICE**

**DIRECT TO WORK**

Acquire skills and experience through on-the-job training.

Research: [directtowork.org](#) [directtowork.com](#)

Direct to work programs provide a fast track to employment. They offer hands-on training and experience in a specific field, allowing students to gain valuable skills and knowledge while earning a wage. Many programs offer flexible scheduling options to accommodate your busy schedule.

**TYPICAL INITIAL INCOME**

**PAYS MINIMUM WAGE**

**\$7.25-\$15/HOUR+**

38% COMPLETED

Apprenticeship

**ON THE JOB TRAINING AND CREDENTIAL**

**APPRENTICE**

Combine on-the-job training with technical and academic training for nationally recognized credential.

Research: [apprenticeship.org](#) [apprenticeship.com](#)

Apprenticeships provide a structured path to a career. They offer a combination of on-the-job training and classroom instruction, allowing students to gain valuable skills and knowledge while earning a wage. Many apprenticeships offer flexible scheduling options to accommodate your busy schedule.

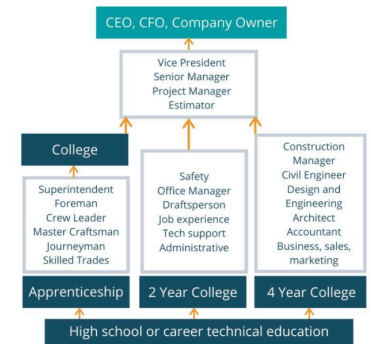
**TYPICAL INITIAL INCOME**

**\$10+/HR** **\$30,000** **\$5-\$55+**

75% COMPLETED

Career goals can be achieved through many paths. Here's an example:  
When you start in high school, at least three different paths can lead to running or owning a construction company.

### Career Paths Into Construction



NEXT



## Part 6: Overcome Obstacles

- ✓ **Overcome the obstacles that stand in your way today**
- ✓ **Learn:** to leverage the Agility Advantage
- ✓ **Build:** your Overcoming Obstacles Plan
- ✓ **Gain:** hope that you can solve for any immediate obstacle and move forward

“I liked how today’s task helped my tackle my current obstacle and actually evaluate my plan.”

“I Really Enjoyed the story and seeing planning through someone else’s perspective.”

“I liked the example of a really tough situation and the growth mindset that was still exemplified. It was inspiring.”

## Inside Agile XP Screen Peek: Explore Internal and External Obstacles Complete the Overcoming Obstacles Worksheet.



6% COMPLETED

Some parts of obstacles are EXTERNAL and other parts are INTERNAL.

External aspects of obstacles are generally outside of your control like market demand, occupations, market supply, policy, technology, natural disasters, physical limitations and others' actions.

Internal aspects of obstacle are more within your control like how you make financial choices, take responsibility, seek information or knowledge, and take opportunities.

NEXT

44% COMPLETED

MY OVERCOMING OBSTACLES PLAN

1 OBSTACLE

INTERNAL EXTERNAL

2 MY RESOURCES

My Abilities

My Growth Mindset

3 MY PLAN

MINDSET REMINDERS

MARKET

SKILLS MASTERY

This week we'll be using a one page worksheet to overcome obstacles.

You can download a PDF [HERE](#). It is also available in your Portal. We will go through each part of this worksheet this week.

Even though she felt badly about not getting an internship yet, she did a great job of reaching out to get help with how to write and speak about herself more effectively. She did the work to update her resume and cover letter and to practice interviewing. That helped her get her internship. Way to go, Samantha!

SAMANTHA

MY OVERCOMING OBSTACLES PLAN

1 OBSTACLE

OPPORTUNITY: Get an internship

INTERNAL

I don't know what to say about myself

EXTERNAL

Internships are filling up and I don't have one yet

MARKET

Recruiters are not picking me

SKILLS MASTERY

Learn to use my Agilities in a resume and conversation

2 MY RESOURCES

My Abilities

Inspecting

My Growth Mindset

I'm not sure employers see the value I bring

3 MY PLAN

MINDSET REMINDERS

I have the Agilities that employers need and I can learn

MARKET

Get resume advice and interview advice

NEXT