

## Multiple careers (worksheet)

### Activity 1

Look at the picture.



Do you have more than one job? Or, do you know someone who does? How do you/they feel about it?

### Activity 2

Watch a video about multiple careers.

[https://www.youtube.com/watch?v=IKH\\_Ykv7nic](https://www.youtube.com/watch?v=IKH_Ykv7nic)

Match the words and the definitions.

- |                                 |   |
|---------------------------------|---|
| 1. portfolio career             | A. someone who starts and runs businesses |
| 2. entrepreneur                 | B. relating to a large company            |
| 3. add another string to my bow | C. learn a new skill                      |
| 4. corporate                    | D. doing different jobs                   |

### Activity 3

Read a text about having multiple careers.

Match the topic sentences and the paragraphs

- A. You need a strong support system
- B. You have to be honest with your boss or employer
- C. You must take care of your health and fitness.
- D. You must be extremely focused and organized
- E. You won't get any full days off

Currently, I work the following four careers: General Manager/Director of Training & Development, Author, Speaker, and Professor. Recently, I was asked three questions by three people all in the same day that really made me think about my life and my time. They asked, "Can you really work that many jobs? Do you ever rest? Do you spend any time with your family?" I quickly and confidently answered, "Yes!" to all of them. Yes, I do successfully work that many jobs. Yes, I do regularly take the time to recharge and recover. Yes, I do spend quality time with my family.

However, if you are considering adding another career, make sure that you understand these five things before you move forward.

1. \_\_\_\_\_

Just about everyone I know who takes on a lot of responsibility has people in their lives that make it such that they can dedicate a huge part of their life to work. For me, that is my wife, Rachel. Many people seem to want to take advantage of more opportunities; however, they might lack the environment to do so. When this is the case, start by creating a rock solid foundation or team.

2. \_\_\_\_\_

When I'm not managing at the gym, I'm writing a blog. When I'm not writing a blog, I'm speaking at a business or organization. When I'm not speaking at a business or organization, I'm teaching a leadership class. Although I wouldn't want it any other way, I work about 70 hours per week. I find myself staying in to work on Friday nights, getting up very early to work on Saturdays and Sundays, and purchasing Wi-Fi to work on airplanes. Having multiple careers is definitely not for everyone.

3. \_\_\_\_\_

Look at your calendar. You will need more time to be working if you plan on adding a side job. For many, it doesn't fit because their schedule is already full. If it *does* fit, when? Since you'll be working harder, are you sure that your energy levels would be high enough during those days and times?

4. \_\_\_\_\_

Never let one career ruin the other. Make sure it's a win-win agreement. As long as they are not competing, there is nothing wrong with having multiple jobs.

5. \_\_\_\_\_

Don't wait until vacation or retirement. Take time to recharge and recover every single day. Start with the FEWS Fundamentals: Food + Exercise + Water + Sleep = Energy.

( Adapted from [2 Reasons Why 44 Million People Work Multiple Careers Simultaneously](#))

#### Activity 4

##### Answer the questions:

- 1.What careers does the author have?
- 2.What questions do people ask him when they hear he has 4 jobs?
- 3.What role does his wife play in his career?
- 4.Why is having multiple careers not for everyone?
- 5.How and when does he recover his energy?

#### Activity 5

##### Pros and Cons

With your partner make a list of pros and cons for having multiple careers.