



## Going for career gold

*Crystal Campbell: There are many similarities between top athletes and people at the pinnacle of their careers*

**Crystal Campbell**

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The Vancouver Winter Games will start in less than two weeks and millions of Canadians will soon be watching athletes from around the world go for Olympic gold. Besides exhibiting strength, speed and endurance, these elite performers are a testimony to career success.

By following five steps that competitive athletes take, you can experience career gold and climb onto the winner's podium.

There are many similarities between top athletes and people at the pinnacle of their careers. Both follow a solid and time-proven strategy: Set goals, train and work hard, and bring at least 100% commitment.

The following steps are common to high-performing athletes and can get you on the right career path:

**Get clear** Athletes know what their gifts and abilities are and then set specific goals for themselves. To obtain career success, start with an awareness of your strengths and talents. You want to ensure you're working within a profession that will honour your abilities. Then be as precise as possible and determine your career goal. The clearer you are on your vision, the easier it will be to move ahead.

**Get a career coach** Olympic athletes don't go it alone. They have coaches to help them set goals, develop training plans, and achieve results. By working with a certified career coach, you'll get a personalized game plan. Your career coach can help you train by sharpening certain skills, setting timelines and monitoring your progress in achieving your milestones.

**Get some cheerleaders** Many people don't tell others about their career ambitions. Yet sharing your dreams with enthusiastic supporters is a win-win situation. Your cheerleaders will benefit from being part of something bigger than themselves and, like watching the Olympics, they'll be part of a communal experience. You'll benefit from having someone who can offer an outside perspective and help you get through the rough patches on the path to victory.

**Get a theme song** Every Olympic Games has a theme song that opens and closes the event. Whether the musical message is about passion, joy or peaceful co-existence, the songs are enthralling and enchanting. Since self-doubt can kill your career dreams — especially in a competitive market — find a meaningful song to blast away your fear. Use it to knock down negativity right away. This is a masterstroke that can help uplift and inspire you to reach new heights.

**Celebrate** The Olympics celebrate the grit, guts and best efforts of athletes. Be sure to acknowledge and celebrate your own best efforts and how far you've come with your career moves. Reflect on how hard you've worked, how courageous or persistent you've been, or how much progress you've made. No matter where you are in your career journey, celebrate like a champion.

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