



Career coaching books

Here are a few career coaching books that may be of interest to those who are interested in rethinking or planning their careers:

1 - What colour is your parachute by Richard Bolles - A classic in the career coaching world. A great companion is <https://eparachute.brainfuse.com/>, which for a small fee allows you to take a self assessment and explore a range of job families (one off fee for a year of access)

Goodreads: <https://www.goodreads.com/book/show/63017235-what-color-is-your-parachute>

Video overview: <https://www.youtube.com/watch?v=wddKVGJPxc4>

Copy on [archive.org](https://archive.org/details/what-color-is-your-parachute-a-practical-manual-for-job-hunters-and-career-changers): <https://archive.org/details/what-color-is-your-parachute-a-practical-manual-for-job-hunters-and-career-changers>

2- Business model you (2ed) - A nice practical way of career planning based on the Business Model Canvas idea. It has a range of self exploration and planning activities within it and is full of examples.

Goodreads: https://www.goodreads.com/book/show/61624684-business-model-you?from_search=true&from_srp=true&qid=qVtv1WM8lV&rank=2

Book website (can download first chapters) <https://businessmodelyou.com/>

Overview from main author: https://www.youtube.com/watch?v=cYG_K4qT3gY&t=34s

3 - Do what you are by Paul & Barbara Tieger - Based around the Jungian MBTI personality type this book explored jobs from a style perspective. Whilst MBTI gets bashed a fair bit, it is in my view, a great way to reflect on what preferences we have, rather than put ourselves in a "box". We tend to enjoy work that aligns to our style and personality.

Goodreads: <https://www.goodreads.com/book/show/54816539-do-what-you-are>

Website: <https://dowhatyouarebook.com/>

Youtube summary: <https://www.youtube.com/watch?v=G5979NWGTmE>

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