

STRETCH

How to Future-Proof Yourself for Tomorrow's Workplace

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The Web site for this book is at www.stretchthebook.com.

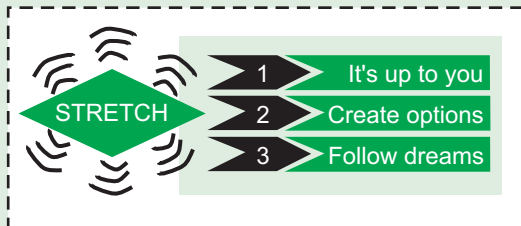
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MAIN IDEA



The only way you will ever stay relevant in your job and future-proof your career is if you get into the habit of systematically and consistently stretching yourself professionally. This will always be a challenge because you're already busy keeping up with the day-to-day demands of your current job but if you don't take the time and make the effort to stretch your career won't move forward.

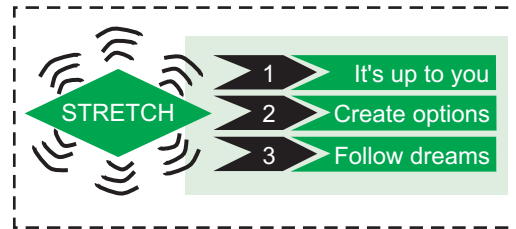
There are three imperatives which apply here:



- *It's up to you*
 Nobody else will care as much about your career development as you do. Thus, take charge of stretching your career. Don't sit back and wait for direction – it will never come.
- *You need options*
 The future is uncertain so you need to be doing things which will create multiple paths to the future. You never know which you will end up going down so maximize your flexibility.
- *Don't forget to follow your dreams*
 The whole idea of a career is to be rewarded for doing something you love. Leverage your career so you bounce forward and ultimately embrace your dreams. It can be done.

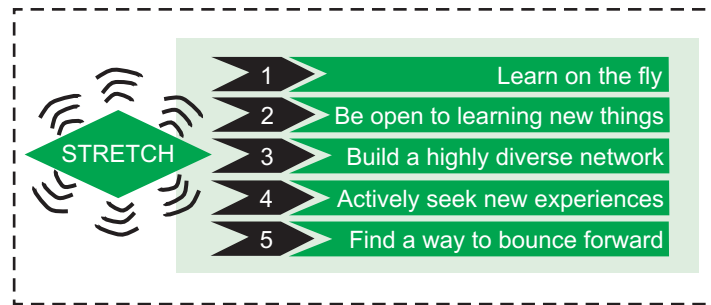
1. The STRETCH imperative Page 2

Tomorrow's workplace is already being actively shaped by megatrends which are now underway. That means you have to regularly reshape your expectations for your career to allow for these new realities. The STRETCH imperative breaks down into three personal imperatives that apply to developing your career today:



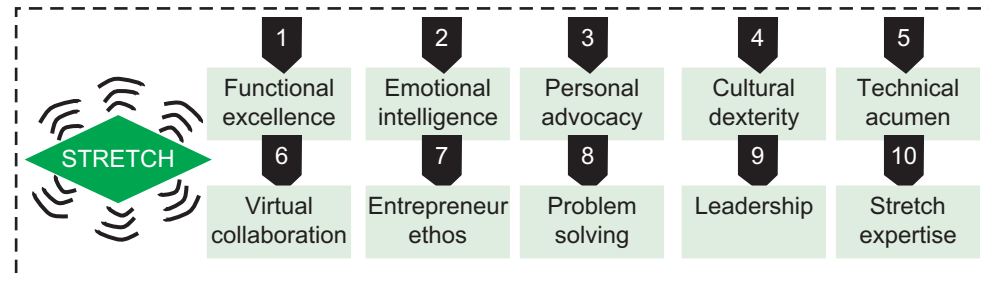
2. The five practices which flow from the STRETCH imperative Pages 3 - 7

To avoid becoming obsolete and to be engaged at work while you try and stretch your career, there are five practices which follow from the STRETCH imperative:



3. How to STRETCH into the future Page 8

You should always keep thinking about the future of your work and career and what you can be doing to increase your value. Anticipate what the future looks like and start gaining the capabilities which will be needed. To future-proof your career, be actively working at acquiring the top ten capabilities which will be valued in the workplace of the future:



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