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# Career Strategy in the Age of AI

## Post-Session Prompt Pack — Complete Your Strategy & Keep It Alive

HFSV STEM Career Accelerator | Session 4 | April 8, 2026

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### What You Have So Far

In your pre-work, you built a draft career strategy with your AI: a Statement of Strategic Intent, three career options with beliefs, and a one-page summary. In tonight's session, you got peer feedback on your SOSI and your lead option through the breakout conversations. That feedback is valuable, and now it's time to put it to work.

This prompt pack has two parts. Part 1 picks up where tonight left off and walks you through the strategic work we ran out of time for: sharpening your options, stress-testing your beliefs, and designing a real experiment. Part 2 gives you prompts for ongoing strategy maintenance.

### Before You Start

- **Set aside 30-40 minutes** for Part 1. Complete it within a week while tonight's conversations are fresh.
- **Continue your existing AI conversation** if you still have it. If not, use Prompt 0 below.
- **Have your materials ready:** one-page summary, notes from tonight's breakouts, Week 1-3 outputs.

### How to Get the Most Out of This

When working with your AI: Push back. If the AI gives you options that sound polished but feel generic, say so. If it's being too agreeable, tell it to be tougher. The real value comes from you engaging critically with what comes back. This is your strategy, not the AI's.

When talking to real people: Each prompt in Part 1 includes a suggested human conversation to have alongside the AI work. Your mentors, peers, and the colleagues you mapped in Week 2 see things AI cannot: your energy, the unspoken norms of your field, the introductions that could change everything. Use them.

## Prompt 0 -- Start a New Conversation (only if your original is gone)

If your pre-work AI conversation is no longer available, use this to set up a new one.

I want you to act as a career strategy partner for an ongoing conversation.

I previously worked through a structured career strategy exercise using the Trigate Framework. I have a one-page strategy summary from that work. I'll share it below.

Your job is to help me continue developing my strategy. Please:

- Be concise and direct
- Push me to be specific and honest, not generic or aspirational
- Treat my beliefs as testable claims, not settled truths
- When something I say sounds like rationalization or avoidance, name it
- Ask me tough questions, not just confirming ones

Here is my current strategy summary:

[PASTE YOUR ONE-PAGE SUMMARY FROM THE PRE-WORK]

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## Part 1: Complete Your Strategy

*Work through these in order. Each one builds on the last.*

### Prompt 1 -- Refine Your SOSI with Tonight's Feedback

You got peer feedback on your Statement of Strategic Intent in tonight's breakout. Before that feedback fades, capture it and use it.

Tonight I shared my Statement of Strategic Intent with a peer and got feedback. Here is what they said:

[WRITE DOWN WHAT YOU REMEMBER -- the questions they asked, what resonated, what they pushed back on, what felt unclear to them]

My current SOSI is:

[PASTE YOUR STATEMENT]

Help me refine it based on this feedback. Specifically:

- 1) Give me an improved version that addresses what my peer surfaced
- 2) Tell me what specifically changed and why it's sharper
- 3) Does the new version pass the "say no" test -- would it help me turn down the wrong opportunity?
- 4) What still feels unresolved or worth testing?

Do not make it vague, generic, or overblown in the process. If my peer's feedback pushes toward something too broad, push back on it.

*Human conversation to have this week: Share your refined SOSI with one of the mentors from your Week 2 networking map. Ask them: "Does this ring true to you? What am I not seeing?" A mentor who knows your field will catch things that neither you nor the AI can.*

## Prompt 2 -- Sharpen Your Options

Your pre-work generated three career options. Tonight you discussed your lead option with peers. Now let's make sure all three options are truly distinct and well-defined.

Here are my 3 career strategy options from my pre-work:  
[PASTE YOUR OPTIONS WITH THEIR DESCRIPTIONS AND BELIEFS]

Tonight I discussed my lead option with peers. Here is what came up:  
[WRITE WHAT YOU REMEMBER -- reactions, questions, pushback, anything that surprised you]

Help me sharpen these options:

- 1) Are they genuinely different paths, or are any of them variations of the same plan? If they overlap, separate them more clearly.
- 2) For each option, refine the 3 beliefs (market, capability, relationship). State each as a single testable claim and name one specific piece of evidence that would confirm or challenge it.
- 3) Flag which beliefs feel strongest right now and which are most uncertain.
- 4) Based on what my peers said, does my lead option still look like the strongest? Or did tonight's conversation shift anything?

Be direct. If one of my options is weak, tell me.

*Human conversation to have this week: Pick the option you're most uncertain about and describe it to someone outside your immediate circle -- a former classmate, a colleague from your internship, or someone you met through Week 2's networking exercise. Watch their reaction. Skepticism from someone who knows the field is more useful than encouragement from someone who doesn't.*

## Prompt 3 -- Stress-Test Your Beliefs

This is the most important prompt in the pack. The beliefs-that-must-be-true structure is where real strategic thinking happens. Don't rush it.

Now act as a constructive devil's advocate on my 3 career strategy options.

For each option:

- 1) Identify the most fragile belief -- the one most likely to be wrong
- 2) Explain clearly why that belief may not hold
- 3) Tell me what specific evidence would increase or decrease my confidence
- 4) Suggest one low-cost way I could test it in the next 2 weeks

Then tell me:

- Which option looks strongest right now and why
- Which is most exciting but most uncertain
- Which might be attractive but is probably a dead end
- If I had to commit to one today, which would you recommend and why

Don't be polite about this. I need honest pressure-testing, not validation.

After you get the response: Read it carefully. Where do you agree? Where is the AI wrong? Push back:

I disagree with your assessment on [SPECIFIC POINT]. Here is why:

[YOUR REASONING]

Given this, revise your analysis. Where does my pushback change your recommendation, and where does your original critique still stand?

*Human conversation to have this week: Find someone who will play devil's advocate with you in person. Share your lead option and say: "Tell me why this won't work." The combination of AI stress-testing and human pushback is more powerful than either alone.*

## Prompt 4 -- Design Your Activation Experiment

A strategy without action is just a wish. This prompt helps you design a small, concrete experiment to test your lead option in the real world over the next two weeks.

My lead option is:

[PASTE YOUR CHOSEN OPTION]

The beliefs that most need testing are:

[PASTE 1-2 KEY BELIEFS FROM THE STRESS TEST]

Help me design the smallest useful experiment I can run in the next 2 weeks to test this option.

The experiment should be:

- Realistic given my current situation and constraints
- Low-cost in time and effort
- Likely to teach me something important about whether my beliefs hold

Give me:

- 1) What to do (specific actions, not vague intentions)
- 2) Who to talk to or reach out to (specific types of people, or specific names if I have them)
- 3) What signal to look for
- 4) What result would increase my conviction
- 5) What result would make me reconsider

Then: set a specific check-in date 2 weeks from now when I should come back and evaluate what I learned.

*Human action to take this week: This isn't just an AI exercise. Actually do the experiment. Send the email, book the coffee chat, submit the application, attend the meetup. Your strategy becomes real when you test it in the world.*

## Prompt 5 -- Updated One-Page Strategy Summary

Pull everything together into an updated summary that reflects tonight's session and the work you just did.

I've refined my strategy through peer feedback and further AI work since my original pre-work. Please produce an updated one-page strategy summary.

Include:

- MY STATEMENT OF STRATEGIC INTENT (final refined version)
- MY 3 OPTIONS (short label + one sentence each)
- LEAD OPTION and why
- KEY BELIEFS TO TEST (top 2-3, stated as testable claims)
- MY 2-WEEK EXPERIMENT (what I'll do, who I'll talk to, what I'll look for)
- ONE NETWORKING MOVE (one person to reach out to this week)
- ONE POSITIONING MOVE (something to update in my story, LinkedIn, or how I present myself)
- ONE TRIGGER FOR REVISITING (what would make me reassess my strategy)

Keep it to one page. No filler, no motivational language. This is my working strategy document.

Save this summary. Print it, screenshot it, or pin it somewhere visible. You'll use it as the foundation for Part 2.

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## Part 2: Keep Your Strategy Alive

*Your strategy is a living document, not a one-time assignment. Use these prompts as your career evolves.*

When to use each prompt:

- **Prompt 6 (Strategy Check-in):** Every 2 weeks, and after any significant event.
- **Prompt 7 (Opportunity Fit):** When evaluating a specific role or opportunity.
- **Prompt 8 (New Option):** When a new possibility emerges.
- **Prompt 9 (Program Connections):** Before each remaining Career Accelerator session.

## Prompt 6 -- Strategy Check-In

It has been [X days/weeks] since I last worked on my career strategy.

My current strategy summary:  
[PASTE YOUR ONE-PAGE SUMMARY]

What has happened since then:  
[DESCRIBE: new conversations, interviews, rejections, offers, insights, shifts in your thinking]

Help me:

- 1) Separate signal from noise -- what actually matters for my strategy vs. what's just anxiety?
- 2) Reassess my SOSI -- does it still hold, or does it need updating?
- 3) Revisit my options -- has anything changed in the strength of each? Have key beliefs been confirmed or challenged?
- 4) Tell me clearly: should I stay the course, refine my approach, or pivot?
- 5) What's my next concrete move?

If I sound like I'm rationalizing staying comfortable, call it out.

*Human check-in to pair with this: Have a 15-minute conversation with a peer, mentor, or someone from your cohort. Share what's happened and where you're stuck.*

## Prompt 7 -- Opportunity Fit Check

I have an opportunity to evaluate against my career strategy.

My SOSI:  
[PASTE]

My lead option:  
[PASTE]

The opportunity:  
[DESCRIBE: role, company, what appeals to you, what concerns you]

Help me think through:

- 1) How well does this align with my strategic intent?
- 2) Which of my key beliefs does it help test or validate?
- 3) What would I learn by pursuing it, even if it's not perfect?
- 4) What would I be giving up or delaying?
- 5) What 3 questions should I ask in the interview to assess strategic fit?

Be honest. If this is a distraction from my strategy, say so.

## Prompt 8 -- New Option Evaluation

A new career option has emerged that I didn't originally consider.

My SOSI:

[PASTE]

My current 3 options:

[PASTE SHORT LABELS]

The new option:

[DESCRIBE]

Help me evaluate:

- 1) Is this genuinely different from my existing options, or a variant of one?
- 2) What beliefs would need to be true for this to work?
- 3) How does it compare to my current lead option on upside, risk, time horizon, and reversibility?
- 4) Should it replace one of my existing options, or is it a distraction?
- 5) What would I need to learn in the next 2 weeks to decide?

## Prompt 9 -- Connect Strategy to Upcoming Sessions

I am continuing in a career development program with sessions on:

- Salary negotiation and understanding job offers
- Maximizing employer benefits and financial literacy
- Public speaking and presentation skills
- Leadership in STEM workplaces
- Graduate school pathways

My SOSI:

[PASTE]

My lead option:

[PASTE]

For each upcoming topic, give me:

- 1) One specific question to explore in that session through the lens of my strategy
- 2) One way to use that session to advance or test my lead option
- 3) One thing to watch for that might cause me to revisit my strategy

Keep it practical. One concrete connection per topic.

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## A Note on AI, People, and Your Strategy

The AI is a tireless thinking partner. It will organize your thoughts, generate options you hadn't considered, and pressure-test your logic at 2 AM without complaint. Use it generously.

But the AI doesn't know what lights you up when you talk about it. It doesn't see the body language of the hiring manager when you describe your side project. It can't introduce you to someone who can change your trajectory. It doesn't know the unwritten rules of your specific field or your specific community.

The strongest career strategies are built with both: AI for structured thinking and honest critique, and real people for energy, judgment, introductions, and the conversations that only happen face to face. Every time you run a prompt from this pack, pair it with a conversation.

Set a reminder:

- Every 2 weeks during the Career Accelerator program
- After any significant conversation, interview, or decision
- Once a month after the program ends

Your strategy starts now.

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*Developed for the HFSV STEM Career Accelerator  
using the Trigate Strategy Development Framework  
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