

# Career Strategy in the Age of AI



## Your AI Strategy Partner — Pre-Session Prompt Pack

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

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### How to Use This Pack

This prompt pack turns any AI tool into your personal career strategy partner. It walks you through the Trigate Strategy Development Framework to help you think clearly about your career in a fast-changing world.

#### Before you start:

- Open your AI tool of choice: ChatGPT, Claude, Gemini, Perplexity, Copilot — any will work
- Set aside 20–30 minutes of uninterrupted time
- Have your materials from prior Career Accelerator sessions handy (career goals from Week 1, networking reflections from Week 2, personal brand / LinkedIn notes from Week 3)
- Use the prompts in order — each one builds on the last
- Copy and paste each prompt into your AI conversation, filling in the bracketed sections with your own information

**A note on pacing:** The prompt sequence is designed to move briskly through all six modules. Don't get stuck perfecting any one step — the goal is to complete the full sequence so you arrive at the workshop with a draft of everything, not a polished version of one piece. If the AI starts going deep on a tangent, just tell it: "Let's capture this and move on to the next step."

#### What you'll walk away with:

- A draft Statement of Strategic Intent — a clear, one-sentence articulation of your career strategy
- 3 distinct career strategy options with the key assumptions behind each
- A one-page summary you can bring to the live session
- A starting point for the hands-on workshop we'll do together in session

**Important:** There are no wrong answers here. The goal is to get your thinking started, not to produce a perfect strategy. We'll refine everything together during the session.

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### Module A — Set Up Your AI Strategy Partner

Copy and paste this prompt to start your conversation. No edits needed.

I want you to act as a thoughtful career strategy partner.

Your job is not to flatter me or give generic motivational advice. Your job is to help me think strategically, clearly, and realistically about my career in a changing world.

IMPORTANT -- PACING AND TIME:

I have 20-30 minutes for this entire exercise. We are working through a structured 5-step sequence. Please:

- Keep each response focused and concise (aim for 300-500 words per step, not multi-page deep dives)
- After completing each step, proactively prompt me to move to the next one
- Do not let any single step consume the whole session -- if we've been on one step for more than 5-6 minutes, suggest we capture what we have and advance
- Prioritize progress through all 5 steps over depth on any one step. I can always come back and go deeper later.

The 5 steps are:

- 1) Context & tensions -- I share my situation, you organize it and surface key decision points (~5 min)
- 2) Environment scan -- What's changing in the world around my career path (~3-4 min)
- 3) Statement of Strategic Intent -- Draft and sharpen a one-sentence career strategy (~5-6 min)
- 4) Options & beliefs -- Generate 3 distinct paths with testable assumptions (~5-6 min)
- 5) Summary -- Produce a concise one-page output I can bring to a workshop (~2 min)

Please do the following throughout our conversation:

- Ask sharp follow-up questions when my thinking is vague -- but limit yourself to 1-2 questions per step, not a long list
- Push me to be specific, and push me to be honest -- if something I say sounds like a "should" rather than a genuine want, name it
- Generate distinct options, not slight variations of the same path
- Treat assumptions as beliefs to test, not truths to assume
- Keep your tone constructive, practical, and clear
- Prefer concise, well-structured outputs -- I can always ask you to expand

I will start by giving you context about me and my situation.

When I do, please organize it and then move us into the environment scan.

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## Module B — Share Your Context

Fill in the bracketed sections below with your own information, then paste the whole thing into your conversation. Include as much or as little as feels right — you can always add more later.

Help me organize my career context for strategic thinking.

Here is my situation:

WHO I AM:

- My field / degree: [e.g., computer science, biomedical engineering, data science]
- Where I am now: [e.g., recently graduated, 1 year into first role, between jobs, in grad school]
- Key skills and strengths: [what you're good at and enjoy doing]
- What shapes my perspective: [e.g., first-gen college grad, immigrant background, community I care about, formative experiences]

CURRENT SITUATION:

- What I'm doing day-to-day: [current role, job search status, projects]
- What's going well: [what's working]
- What's frustrating or uncertain: [honest tensions, doubts, or blockers]

WHAT I THINK I WANT:

- Direction I'm leaning: [roles, industries, types of work that interest me]
- What excites me: [the kind of work or impact that energizes me]
- What I'm unsure about: [open questions, trade-offs I'm weighing]

MY CONSTRAINTS AND NON-NEGOTIABLES:

- Must-haves: [e.g., location, salary floor, visa requirements, family considerations, timeline]
- Deal-breakers: [anything you know you won't accept]
- Flexibility: [where you have room to be flexible or creative]

PRIOR SESSION OUTPUTS (include any that are relevant):

- Career goals or vision from Week 1: [paste or summarize]
- Networking / mentorship reflections from Week 2: [paste or summarize]
- Personal brand statement or LinkedIn notes from Week 3: [paste or summarize]

Please do three things:

- 1) Summarize my situation in a clean, structured way -- including how my background and constraints shape the strategic landscape
- 2) Identify the 3-5 most important career tensions or decision points I'm navigating
- 3) Tell me what additional information would most improve the quality of strategic advice you can give me

*Tip: If the AI asks follow-up questions, answer them. That's the tool doing its job — the more specific you are, the better the output.*

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## Module C — Scan Your Environment

This prompt helps you understand what's changing in the world around your career — the foundation for strategic thinking.

Based on my context, help me scan the environment around my likely career path.

Focus on:

- My field and the specific roles I am most likely to pursue in the next 2-3 years
- How AI and other shifts are changing expectations, entry points, and differentiators
- What's relevant to someone at MY career stage, not a generic industry overview
- What credentials, certifications, or proof points are becoming more or less important for competitive positioning in my field

Please organize your answer into:

- 1) CHANGES ALREADY HAPPENING -- shifts that are affecting hiring, roles, and expectations right now
- 2) EMERGING OPPORTUNITIES -- new types of roles, skills, or positions opening up
- 3) RISKS AND TRAPS -- common mistakes or dead ends for someone at my stage
- 4) COMPETITIVE POSITIONING -- what credentials, experiences, or signals actually differentiate candidates in my target area right now
- 5) IMPLICATIONS FOR ME -- given my specific background and constraints, what this means for how I should position myself

Keep this practical and specific to my situation.

*After you get the response: Read it carefully. Does it match what you're seeing in your own experience? Add anything the AI missed. Push back on anything that feels off. This is a conversation, not a report.*

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## Module D — Draft Your Statement of Strategic Intent

This is the core output of your pre-work. A Statement of Strategic Intent is a single sentence that captures your career strategy: what's changing, what role you want to play, and what outcomes you're after.

### Step 1 — Generate candidates:

Given my context and the environmental scan, help me draft a Statement of Strategic Intent for my career.

Use this structure:

"Recognizing [changes in the world], I aspire to [role / aspiration] in order to [outcomes I care about]."

Please:

- 1) Generate 3 candidate statements that are meaningfully different in emphasis -- not 3 ways of saying the same thing. I want to see genuinely distinct strategic directions, not variations on a theme.
- 2) For each, tell me in one line what makes it strong and what makes it risky
- 3) Recommend the best one

Each statement should feel:

- Specific enough to guide real choices (not "I want a great career in tech")
- Ambitious but believable given my constraints
- Authentic to who I am and what I actually care about -- not what I think I should want
- Relevant to the world I am entering, not the world that existed 3 years ago

Before you generate the candidates, ask me one direct question: "Based on everything you've shared, what path genuinely excites you most -- not what seems safest or most logical, but what you'd pursue if the practical obstacles were smaller?" Use my honest answer to inform the candidates.

## Step 2 — Refine your favorite:

Pick the candidate that resonates most (or combine elements from two) and paste it back:

I want to refine this Statement of Strategic Intent:  
[PASTE YOUR CHOSEN CANDIDATE OR YOUR OWN DRAFT]

Help me sharpen it:

- 1) Is the "recognizing" clause specific enough? Does it name a real change, not a vague trend?
- 2) Is the "aspire to" clause a clear role or position, not a wish?
- 3) Is the "in order to" clause about outcomes I can actually influence?
- 4) Does the full statement pass the "say no" test -- would this help me turn down the wrong opportunity?

Give me a refined version that fits in one sentence. If it doesn't fit, it's not sharp enough yet. Then let's move to generating options.

**Save your final Statement of Strategic Intent.** You'll bring this to the session.

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## Module E — Generate Your Options

Now use your Statement of Strategic Intent to generate distinct career strategy paths. This is where strategic thinking gets real — you're not making a to-do list, you're identifying genuinely different ways you could pursue your aspiration.

Using my Statement of Strategic Intent, generate 3 genuinely different career strategy options.

These must be distinct paths, not 3 steps in one plan and not 3 versions of the same idea.

For each option, provide:

- A SHORT LABEL (3-5 words)
- A 2-3 SENTENCE DESCRIPTION of what this path looks like
- WHY IT COULD WORK -- how it achieves my strategic intent
- 3 BELIEFS THAT MUST BE TRUE for this option to be viable. For each belief, state it as a testable claim and name one piece of evidence that would confirm or challenge it:
  - \* Market belief (about opportunity, demand, industry direction)
  - \* Capability belief (about my skills, growth potential, ability to execute)
  - \* Relationship belief (about mentors, sponsors, networks, access)

Then provide a comparison table:

	Option 1	Option 2	Option 3
Upside			
Main risk			
Uncertainty level (H/M/L)			
Time horizon to first signal			
Reversibility			
Most important thing to test first			

**Save your 3 options and their beliefs.** Now let's capture everything in a portable summary.

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## Module F — Workshop-Ready Summary

This is the final step. It produces a concise summary you can reference during the live session — on your phone, printed, or pasted into a doc.

We've worked through the full sequence. Now please produce a concise summary of everything we developed -- something I can glance at during a live workshop.

Format it as a single page with these sections:

MY STRATEGIC CONTEXT (2-3 bullet points)

- Key tensions or decision points I'm navigating

MY STATEMENT OF STRATEGIC INTENT

- The final one-sentence version

MY 3 OPTIONS (for each: label, one-sentence description, strongest belief, riskiest belief)

WHAT I'M MOST HONEST ABOUT

- The one insight, admission, or tension from this conversation that felt most real

WHAT I WANT TO PRESSURE-TEST IN THE WORKSHOP

- 1-2 specific questions I want peer feedback on

Keep the whole thing to roughly one page. No preamble, no motivational language -- just the substance.

**Save or print this summary.** This is what you'll bring to the session.

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## What to Bring to Session 4

Please come to the April 8 session with:

1. **Your one-page summary from Module F** — printed, saved to your phone, or screenshot it. This is your reference for the session.
2. **Access to your AI conversation** — keep it open. We'll build on it during the session.
3. **Your materials from Weeks 1–3** — career goals, networking notes, brand statement (whatever you have)

Don't worry about getting it perfect. The whole point of the session is to pressure-test, refine, and sharpen your thinking with peers and with your facilitator. The pre-work gets you warmed up so we can go deeper together.

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*Developed for the HFSV STEM Career Accelerator  
using the Trigate Strategy Development Framework  
[trigatecoaching.com](http://trigatecoaching.com)*

