

TOOL

The IT & Digital Career Pathway Worksheet

Match your strengths to real IT and digital roles, and find a concrete next step.

FORMAT

1 worksheet

TIME

30-45 min

WHO IT'S FOR

Career changers and anyone exploring IT and digital roles

USE IT WHEN

Use when you know you want a digital career but aren't sure which path fits.

01 Strengths

- What do you already do well, even outside of work?
 - What kind of problems do you enjoy solving?
 - Do you prefer building, analysing, communicating or organising?
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02 Roles

- Which roles (product, delivery, QA, data, AI, security) sound closest to your strengths?
 - What do people in those roles actually do day to day?
 - Which one would you want to learn more about first?
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03 Gaps

- What skills or knowledge would you need to build?
 - What's genuinely learnable in a few months?
 - What's a longer-term gap worth planning around?
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04 Next step

- What's one thing you could do this month to test this direction?

- Who could you talk to who already works in this area?

- What would make you confident enough to commit further?

PADEMIQ · Collins Obasuyi · hello@collinsobasuyi.com

This resource is deliberately lightweight. Adapt the language to your context and capture the decisions that follow.