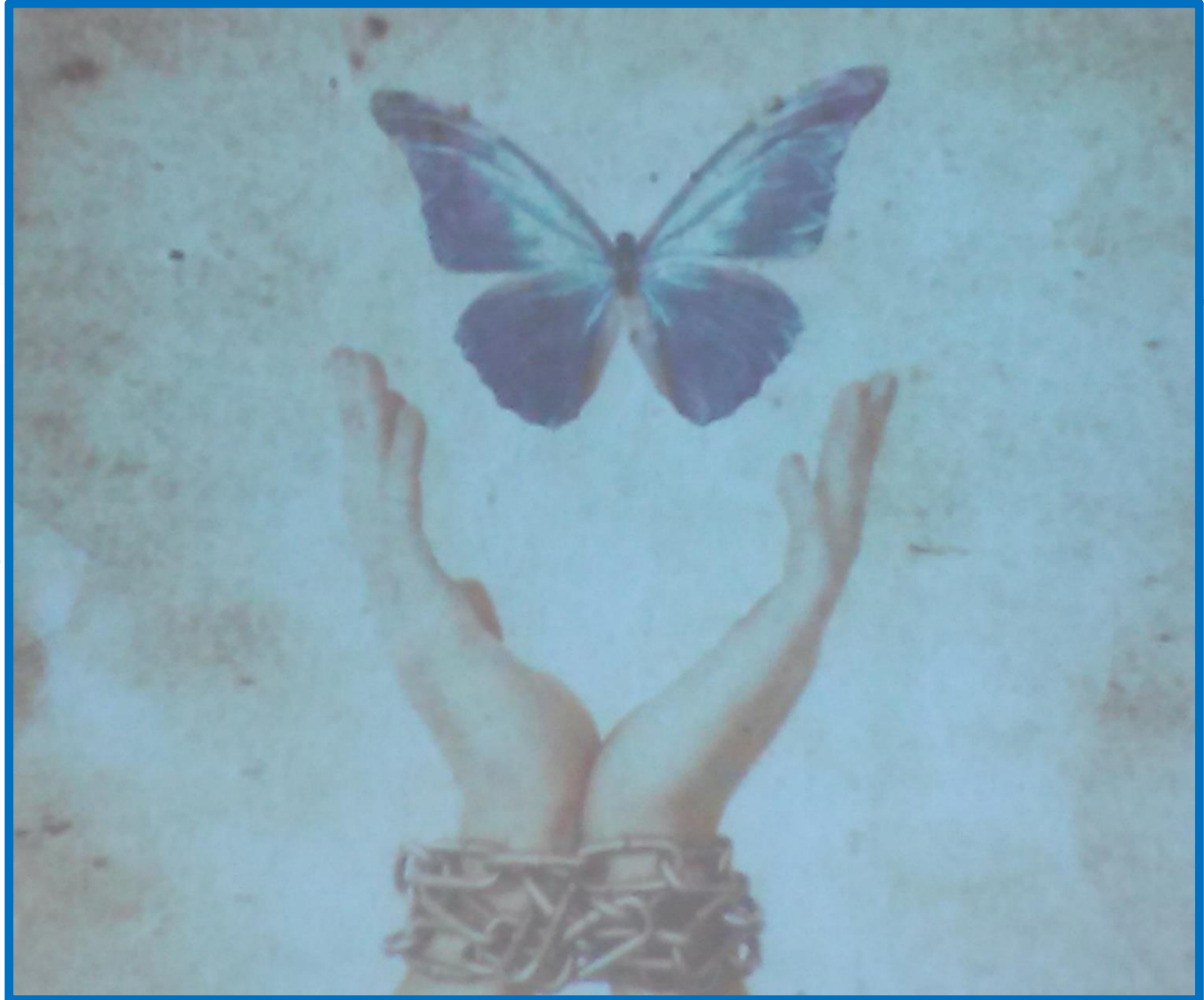


Engage
Breathe
Succeed

Navigate Your Career
Put Yourself First

Thoughts...



Work-Life Cycle





Introspect

INTROSPECTION

A stylized illustration of a person with dark hair, wearing a dark suit and a white shirt, sitting on a black rectangular box. The person is holding their head with both hands, looking down with a distressed or contemplative expression. The background is a solid light blue. The entire illustration is set within a white rectangular frame.

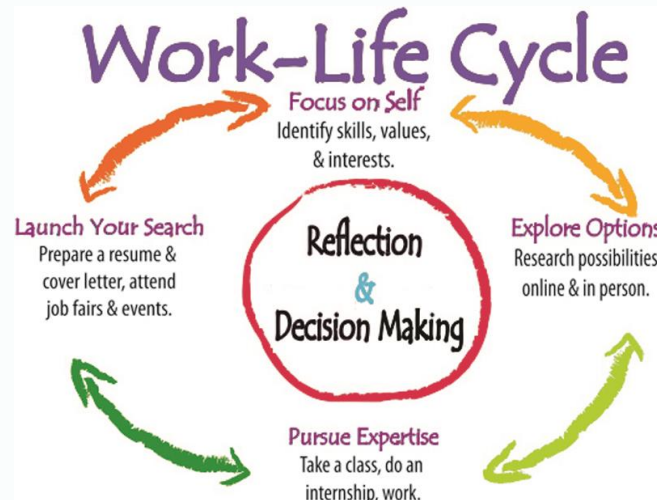
A close-up photograph of a hand holding a pair of black binoculars. The hand is positioned in the center, with fingers gripping the barrels. The binoculars are held horizontally, and the lenses are visible, showing a reddish-brown reflection. The background is a dense, vibrant green forest filled with ferns and other foliage, creating a textured, natural setting. The lighting is bright, suggesting daylight.

in ALIGNMENT

out of ALIGNMENT

ALIGN

I have a job...I should be grateful



70%

of people experience
imposter syndrome at
some point in life.

ELIZABETHKORACA.COM

I STILL CAN'T
BELIEVE THEY'RE
LETTING ME
DO THIS!

THEY'RE
TOTALLY
ON TO ME

IT'S ONLY A
MATTER OF TIME
TILL THEY FIND ME OUT.

YOUR THOUGHTS WHEN SOMEONE SAYS THAT
YOU WOULD BE GOOD FOR A JOB/ROLE/TEAM:



- WHAT?
- WHY?
- HAVE YOU MET ME?
- MAYBE THEY'RE JUST TRYING TO BE NICE

ALWAYS EVALUATE:
What do I like?
What is tough?
How can I build
my skills and
improve?



If something is not working, don't be afraid to make changes or go back to your shortlist



ALWAYS EVALUATE:

What do I like?
What is tough?
How can I build
my skills and
improve?

Who would I
like to work
with?



Do you want to teach,
help, organise or investigate?

If something is not
working, don't be afraid
to make changes or go
back to your shortlist!

Build your
soft skills



Remember I can use these in any job!

Compare
different
careers



Which ones include
the things you like?



**Does seeking
a new
opportunity
commit me?**

**Where
do I
start?**


What am I waiting for?

Is it time for a change?

**What if my
employer
finds out I'm
looking?**

**What do
I want?**





How are
you
feeling?

What are your
takeaways?

It's all about you! It's ok to say...No!

Project Help

That project sounds amazing. I would love to join, but I have two major projects that need my quality time right now. Could you keep me in mind for the next opportunity?

After Work “Get Together”

I have a pre-scheduled commitment and need to leave after work. Thanks for inviting me and have a great time!

Family Time

Thank you for inviting us. We love getting together with our family. We have planned a special day with just the four of us and want to honor this time. Next time definitely!

Don't feel bad about not being busy....all the time!

How to respond when someone asks about your weekend or after hours

- ✧ I had a relaxing weekend and actually spent quality time with Netflix
- ✧ I took a long walk and smelled the roses
- ✧ I slept in until double digit hours
- ✧ I went hiking and left my phone at home
- ✧ I set my phone to go silent at....
- ✧ How about you?



CDO Team

Bailey Westerhoff | Employer Outreach Specialist

Kaajal Sheth | Media & Communications Specialist

Karina Kowarsch | Data Evaluation Assistant

Rebecca Grim | Peer Career Consultant



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Future Awesome Workshops



Resumes | CVs | Cover Letters - Oh My!

March 22nd (Tuesday)
Noon – 1:00 PM (PT)

The Ominous World of Finances

April 14th (Thursday)
Noon – 1:00 PM (PT)

In Collaboration:
Jason Siegel | Psychology Professor

Conversations About The Future

April 15th (Friday)
10:30 AM – 11:30 AM (PT)

In Collaboration:
The International Scholars Program and
Student Life, Diversity & Leadership

Navigate and Engage | Your Career Journey

April 26th (Tuesday)
Noon – 1:00 PM (PT)

In Collaboration:
The Office of Student Engagement

