Grow Fulfillment & Well-Being through Career Development

Career Navigation at UVA
Dream Summit 2023
Who We Are

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Career Navigation Center

- 1:1 career advising & coaching
- Resume and cover letter support
- Interviewing preparation
- Networking and mentorship development
- Upskilling and education strategies
- Career planning
Agenda

Career development and your well-being
Elements of career development
Making your career action plan
Next steps
An optimal and dynamic state that allows people to achieve their full potential

Your work-life is your life.
Career Development: The How

- Self-assessment
- Exploration
- Setting goals
- Skill development
- Networking and mentorship
Do not wait for someone else to manage your career. Take control and actively navigate your own path.

Be intentional and deliberate as you move through your career.
An individualized career development plan should be deliberate and purposeful.
Self-Assessment
Assess and re-assess

- Assessing skills, strengths, weaknesses, and interests
- Identifying personal values and goals
- Understanding personality traits and preferences
- Defining how you see success
- Recognize what you like and dislike about your current position
What are the top 1 or 2 factors that make you feel successful in your career?

- Learning
- Making a difference
- Financial security
- Sense of fulfillment
- Status
- Sense of community
- Collaboration with others
- Recognition
- Leaving a legacy
- Money
- Sense of belonging
- Collaboration with others
Exploration

Looking for a change?

- Exploring various career options
- Gathering info on required qualifications and skills
- Job shadowing
- Informational interviewing
Setting Career Goals

Set (and reset) your goals

- Defining short-term and long-term career goals
- SMART goal-setting approach
  - Specific, Measurable, Achievable, Relevant, Time-bound
- Aligning career goals with personal values and aspirations
  - Ask yourself why this goal?
Skill Development

Constantly build your skillset

- Identifying skills gaps and areas for improvement
- Pursuing professional development opportunities
- Enhancing transferable skills
- Adding technical skills
- Committing to lifelong learning and professional growth
Networking and Mentorship
You are not alone in here!

- Building professional networks
- Seeking mentors and role models
- Leveraging connections for career opportunities and guidance
Be prepared to change course due to unexpected changes and challenges

It's ok to change your plan

Reevaluating your interests and values often can help you make these choices
Creating a Career Action Plan

Get to work

- Developing a step-by-step plan to achieve career goals
- Outlining specific action items and timelines
- Considering potential obstacles and alternative paths
It's all about balance.

- You don't have to do it all at once.
- Having a plan makes it easier to adjust.
- Set and stick with your boundaries.
- Notice and recognize the small wins.
- Ask for help!
  - Connect with your communities.
  - Seek advisors and mentors.
  - Prioritize your mental, emotional, and physical health.
Contact Us

The QR code will take you directly to our website to access our library of asynchronous resources, LinkedIn Learning pathways, as well as schedule an appointment with a Career Advisor.

e-mail: careernav@virginia.edu
THANK YOU!!!