



Understanding the Career Landscape

Career Course

Career Lab: Plan, Practice, Succeed

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Career Lab: Plan, Practice, Succeed

1. Introduction to Career Planning
2. Understanding the Career Landscape
3. Job & Internship Search Strategies
4. Preparing for the Job Hunt
5. Professional Skills and Attitudes at Work
6. Long-Term Career Well-Being



2. Understanding the Career Landscape

Overview of the labour market in Latvia (and globally, if relevant)

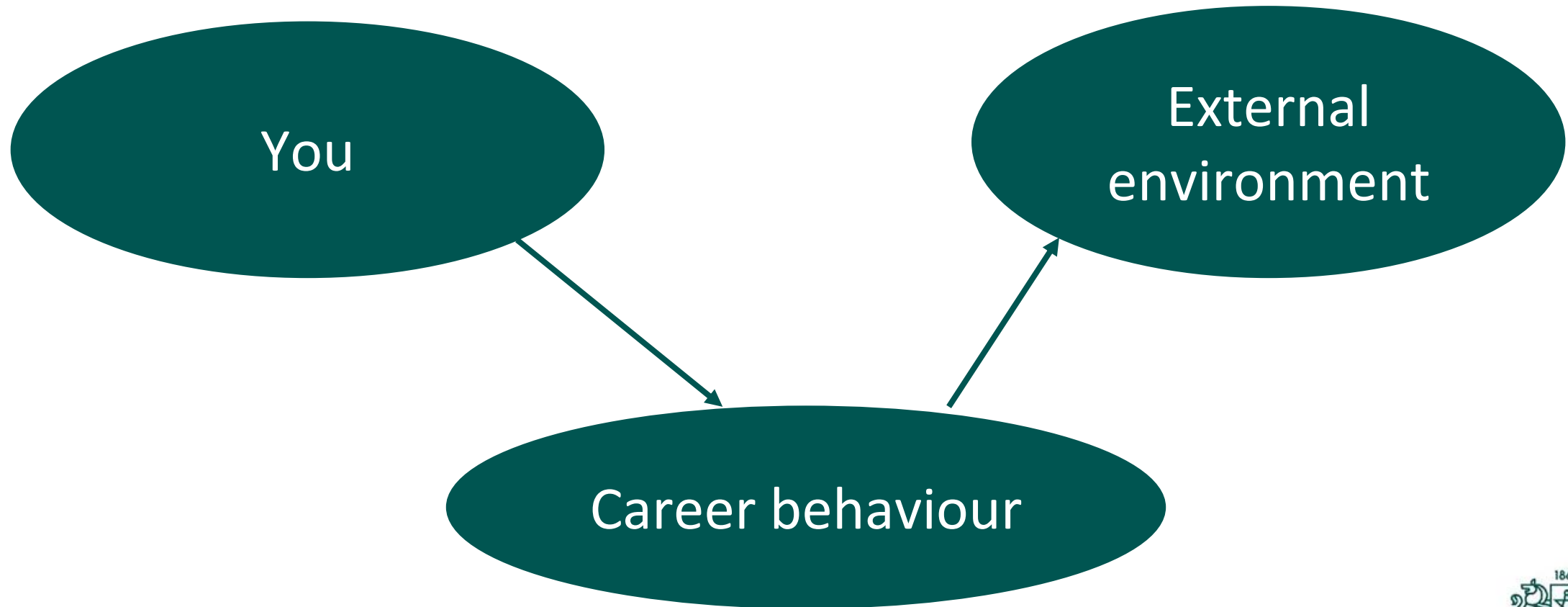
Trends and opportunities in different industries

How to research job sectors, salaries, and career paths

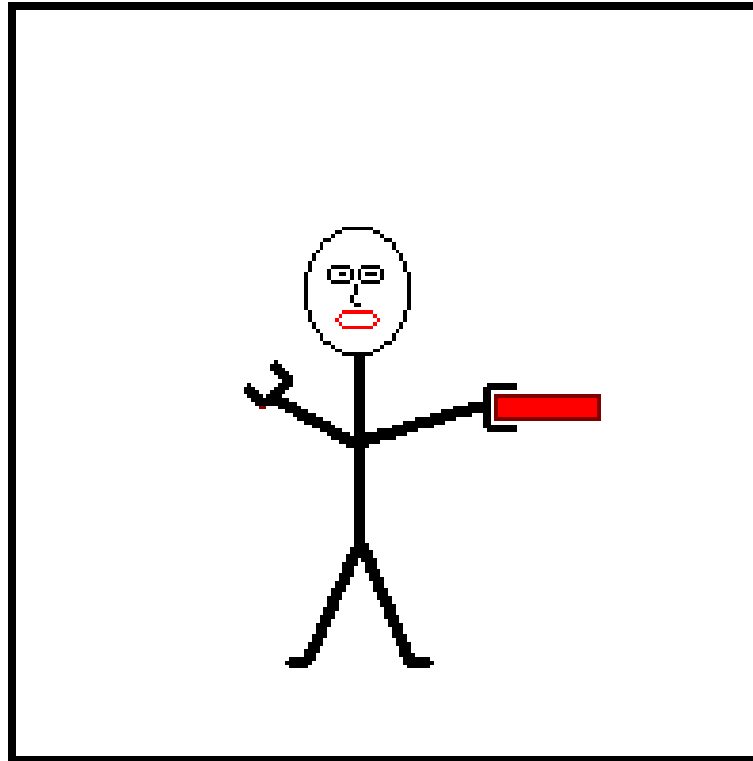
Tools and platforms for career exploration



Elements of career process

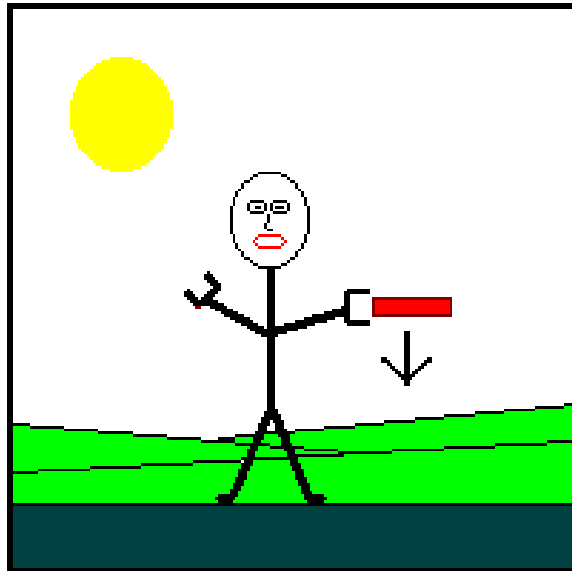


What will happen to wooden stick if you will drop it?

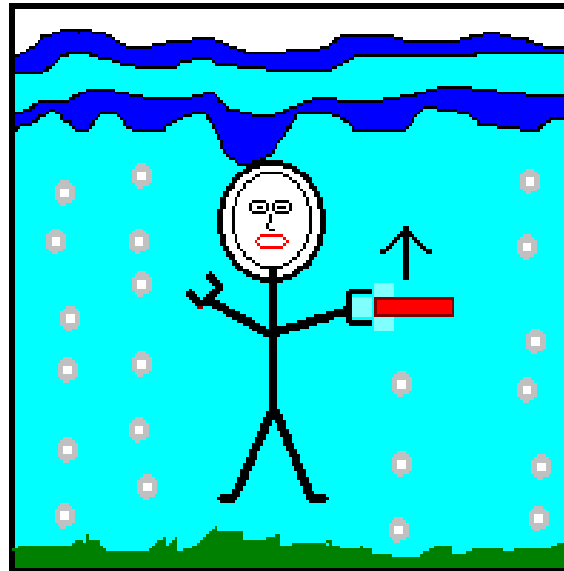


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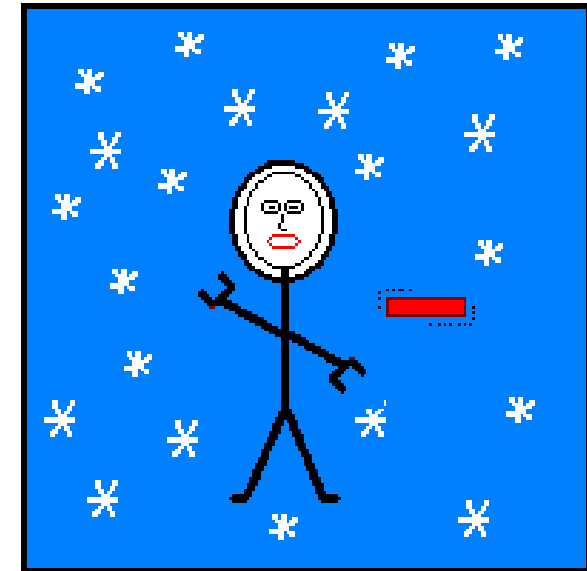
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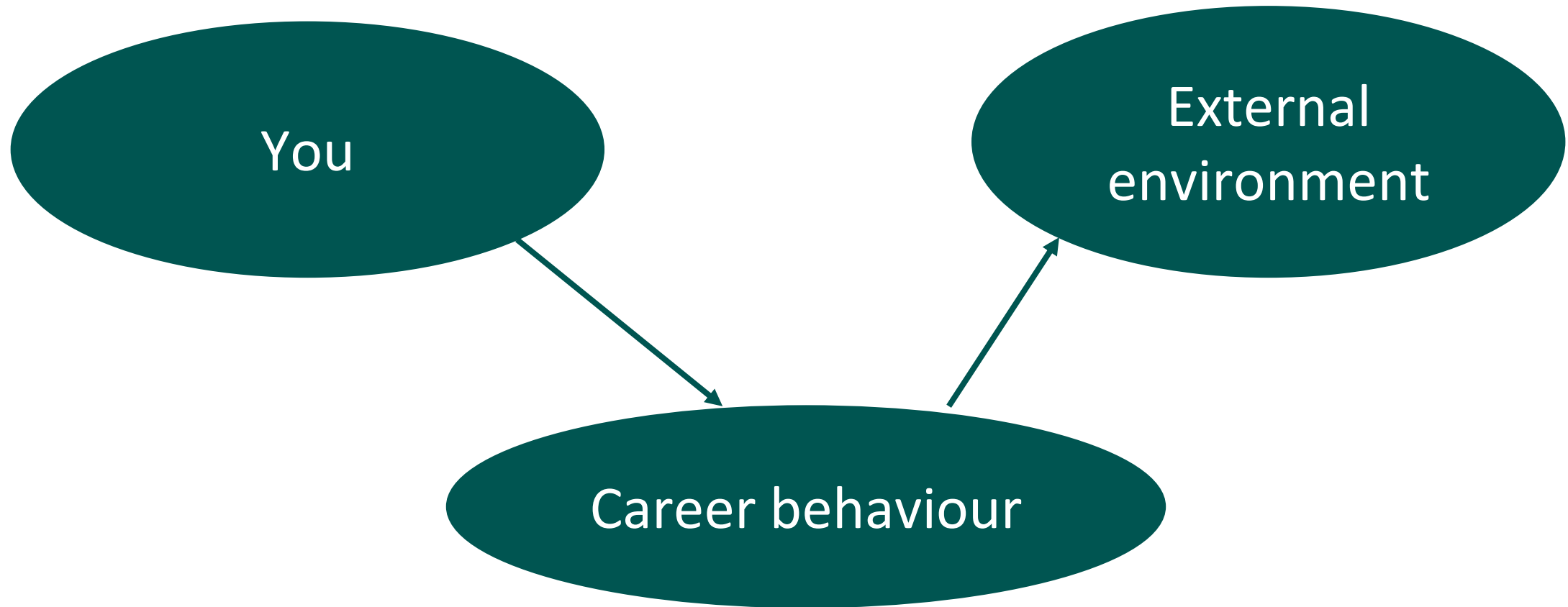


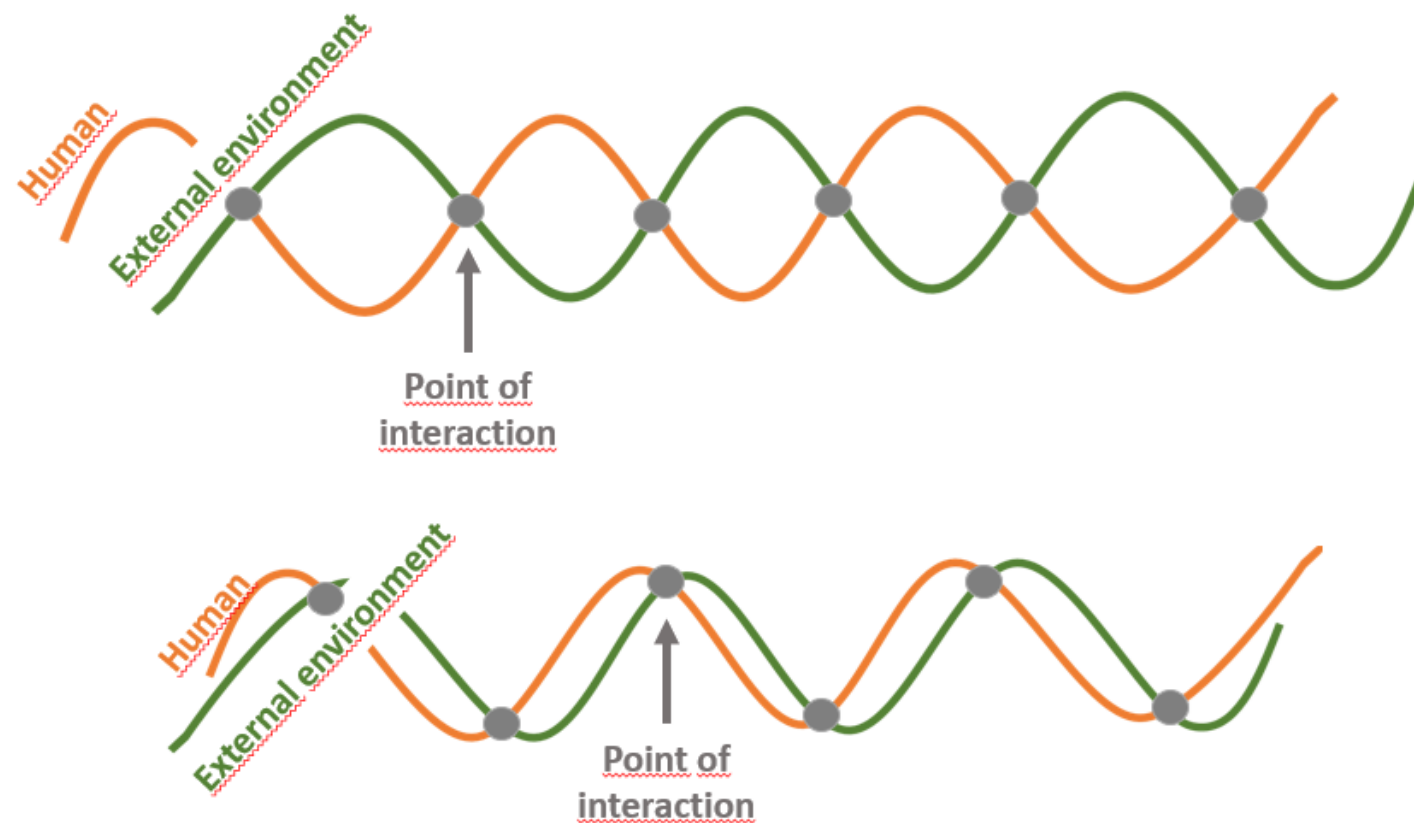
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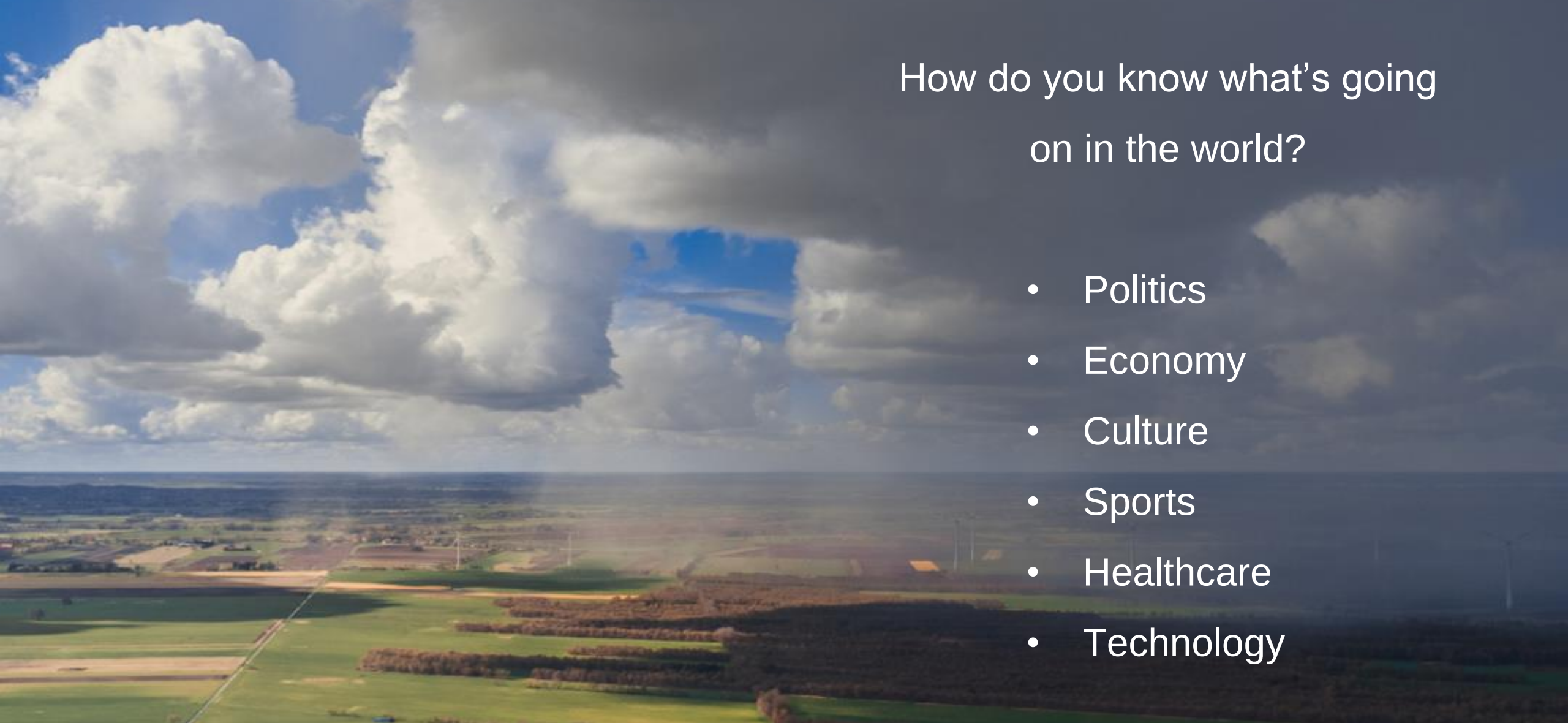


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Elements of career process







How do you know what's going on in the world?

- Politics
- Economy
- Culture
- Sports
- Healthcare
- Technology

Develop habit on following up

Macro level

World

- CNN
- BBC
- The Economist
- Vogue
- Financial Times
- Forbes
- Harvard business review



Latvia

- Dienas Bizness
- LSM.lv
- Delfi.lv
- Ifinances.lv
- LTV.lv
- Diena.lv
- Latvijas Radio

Develop habit on following up

Mezo level

To understand chances for carrier growth in company, you can analyse organization by:

Size of organization	How new positions and vacancies are made	How fast organization is growing
• Micro: till 9 employees • Small: 10-49 employees • Medium: 50-249 employees • Large: 250 + employees	• Empty vacancy • Temporary position • New position	• Making new roles • Investing • Developing business

Develop habit on following up

Micro level

Looking for opportunities in specific industry

- Following for vacancies in industry
- Trade fares
- Conferences
- Scientific literature

Labour market demand for vacancies

- What kind of organizations are operating in country
- What kind of new organizations are planning to hire in the country
- What are the average salary in industry and in country



Overview of the labour market in Latvia and globally

Sources



Keywords: work, job, employment, salaries, income



Deloitte.



McKinsey
& Company



Growing and declining jobs by 2023

1	Farmworkers, labourers and other agricultural workers
2	Light truck or delivery services drivers
3	Software and applications developers
4	Building framers, finishers and related trades workers
5	Shop salespersons
6	Food processing and related trades workers
7	Car, van and motorcycle drivers
8	Nursing professionals
9	Food and beverage serving workers
10	General and operations managers

1	Cashiers and ticket clerks
2	Administrative assistants and executive secretaries
3	Building caretakers, cleaners and housekeepers
4	Material-recording and stock-keeping clerks
5	Printing and related trades workers
6	Accounting, bookkeeping and payroll clerks
7	Accountants and auditors
8	Transportation attendants and conductors
9	Security guards
10	Bank tellers and related clerks

Trends and opportunities in Latvia

Prognose of Labour Market

Industrialization



Artificial Intelligence (AI)



Robotization and digitalization

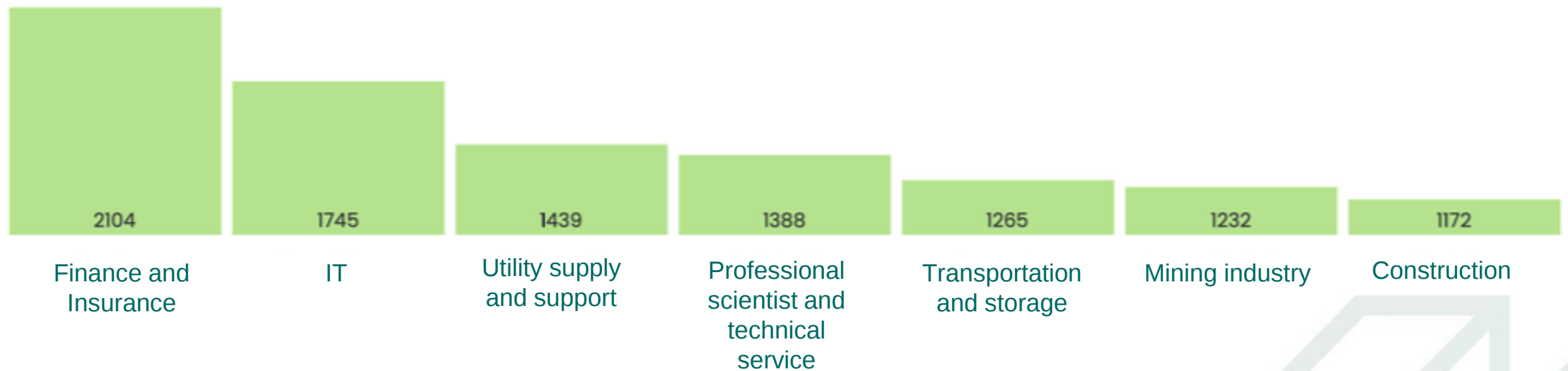




How to research job sectors, salaries, and career paths

Trends and opportunities in Latvia

Salary by industry



* <https://proгноzes.nva.gov.lv/en/labour-demand>

Tools and platforms for career exploration

Tools and platforms for career exploration

Social network

Linked 

facebook



Tools and platforms for career exploration

Job searching platforms



Tools and platforms for career exploration

Job searching apps

MeetFrank.

upworkTM





2025

