



Long-Term Career Well-Being

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



Long-Term Career Well-Being

Stages of a successful career journey

Career hygiene: maintaining momentum and direction

The importance of mental health and well-being at work

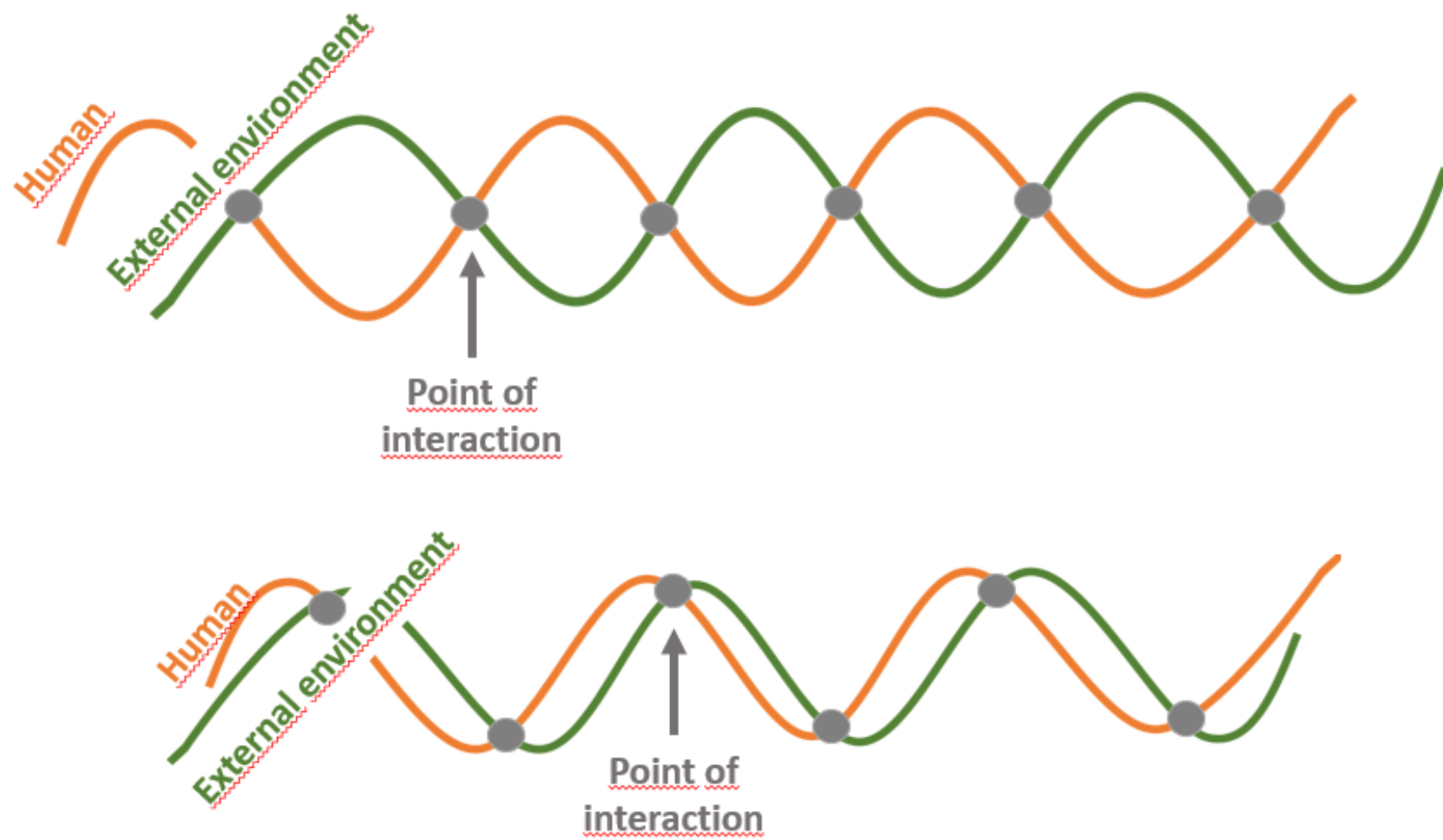
Building and maintaining a professional network



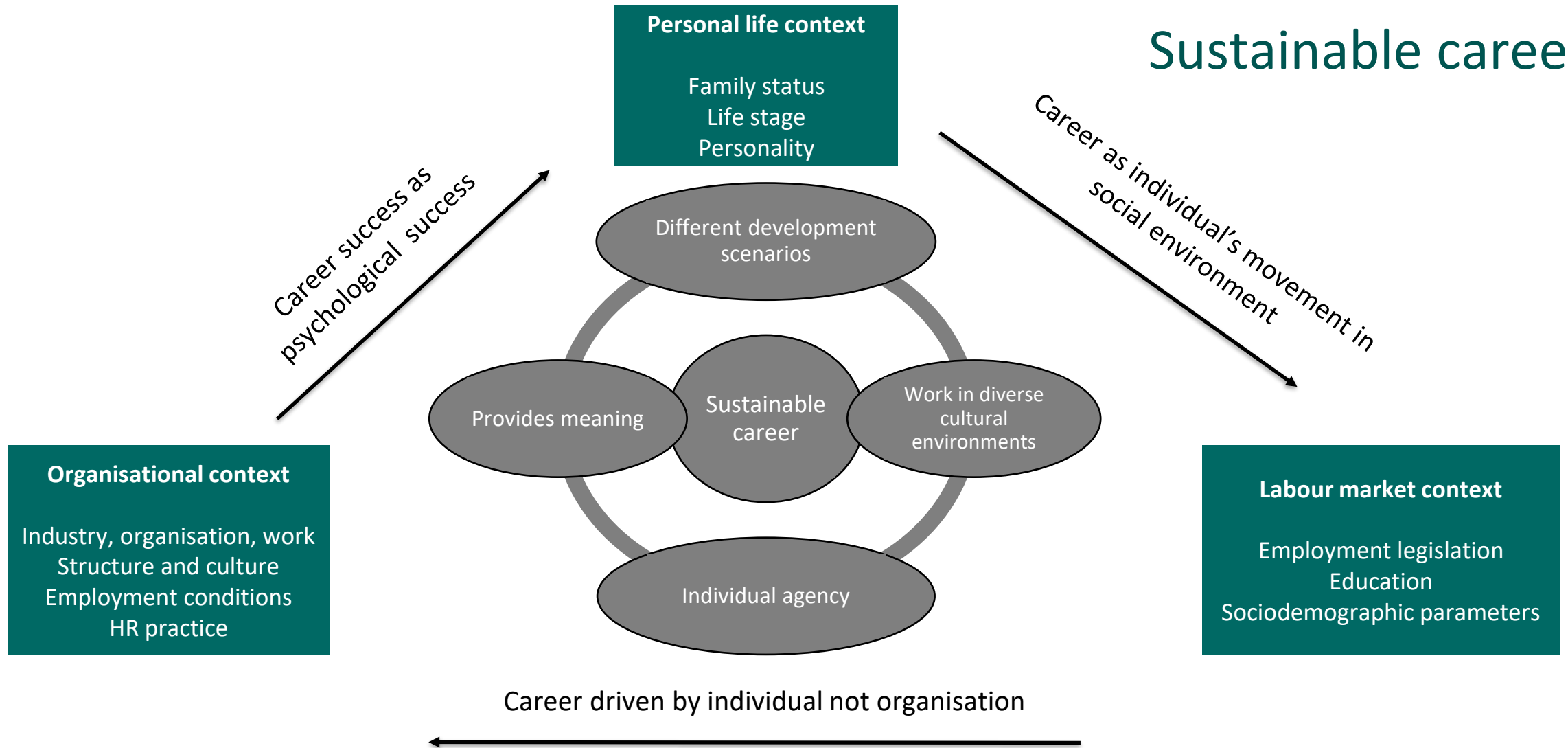


Stages of a successful career journey

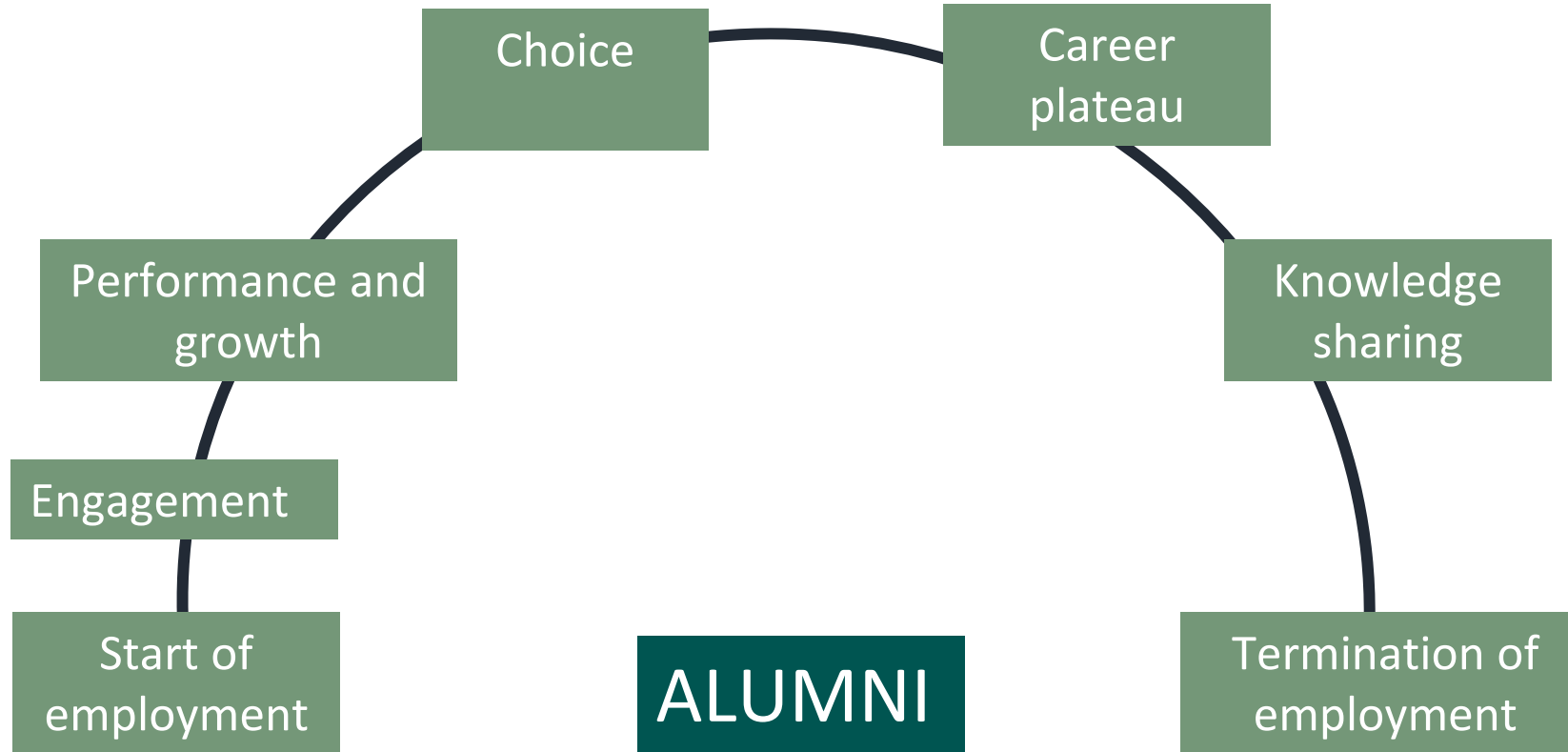




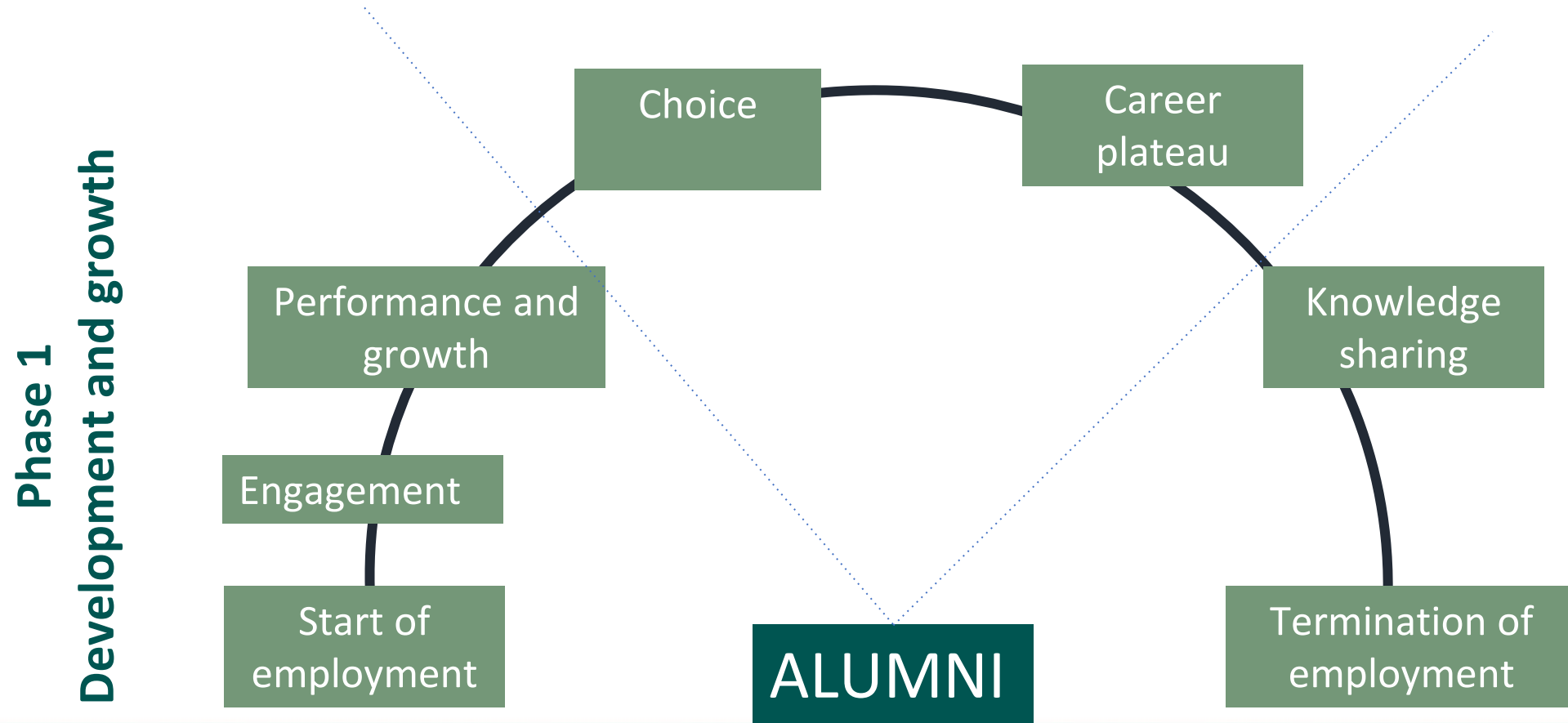
Sustainable career



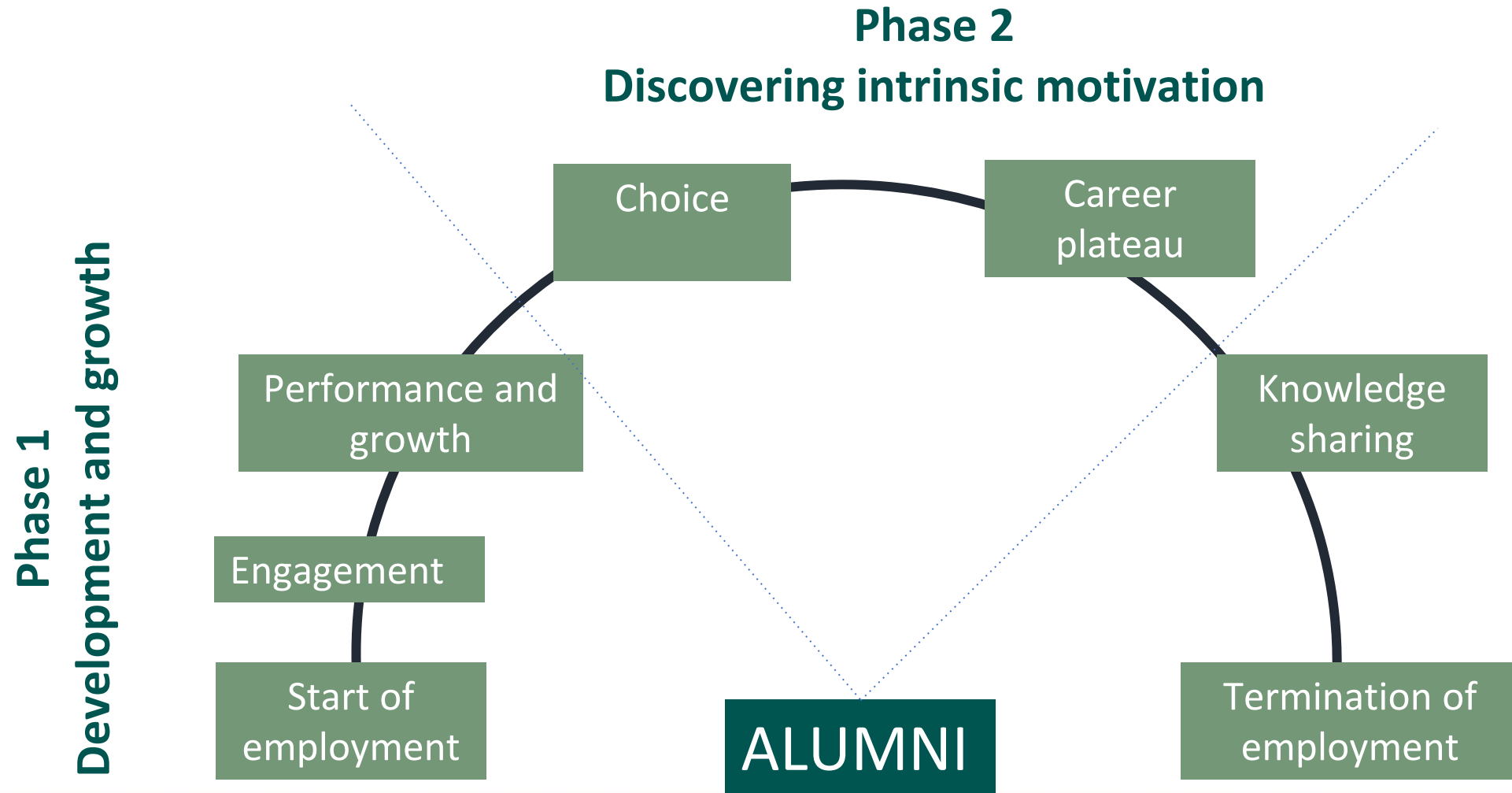
Employee life cycle



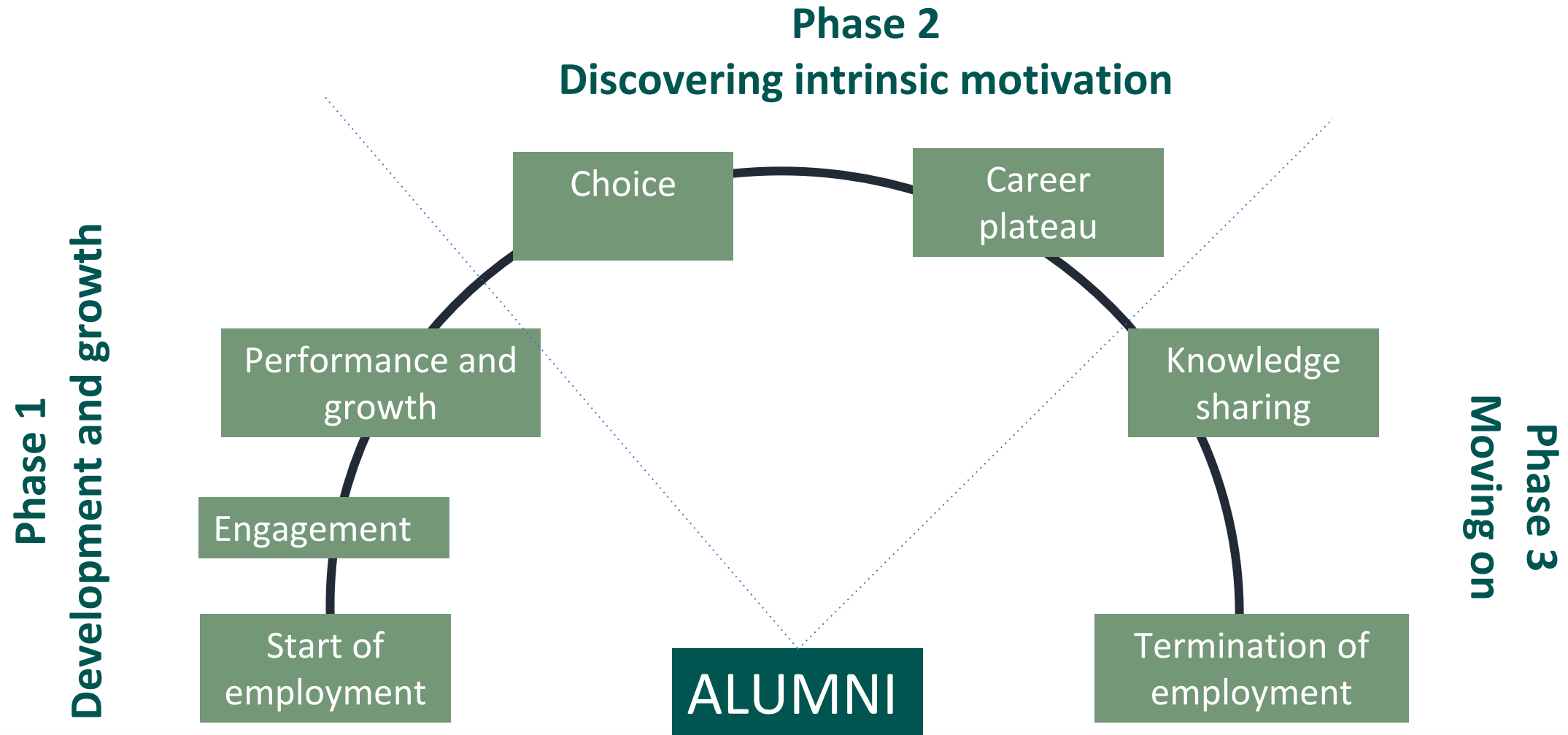
Employee life cycle



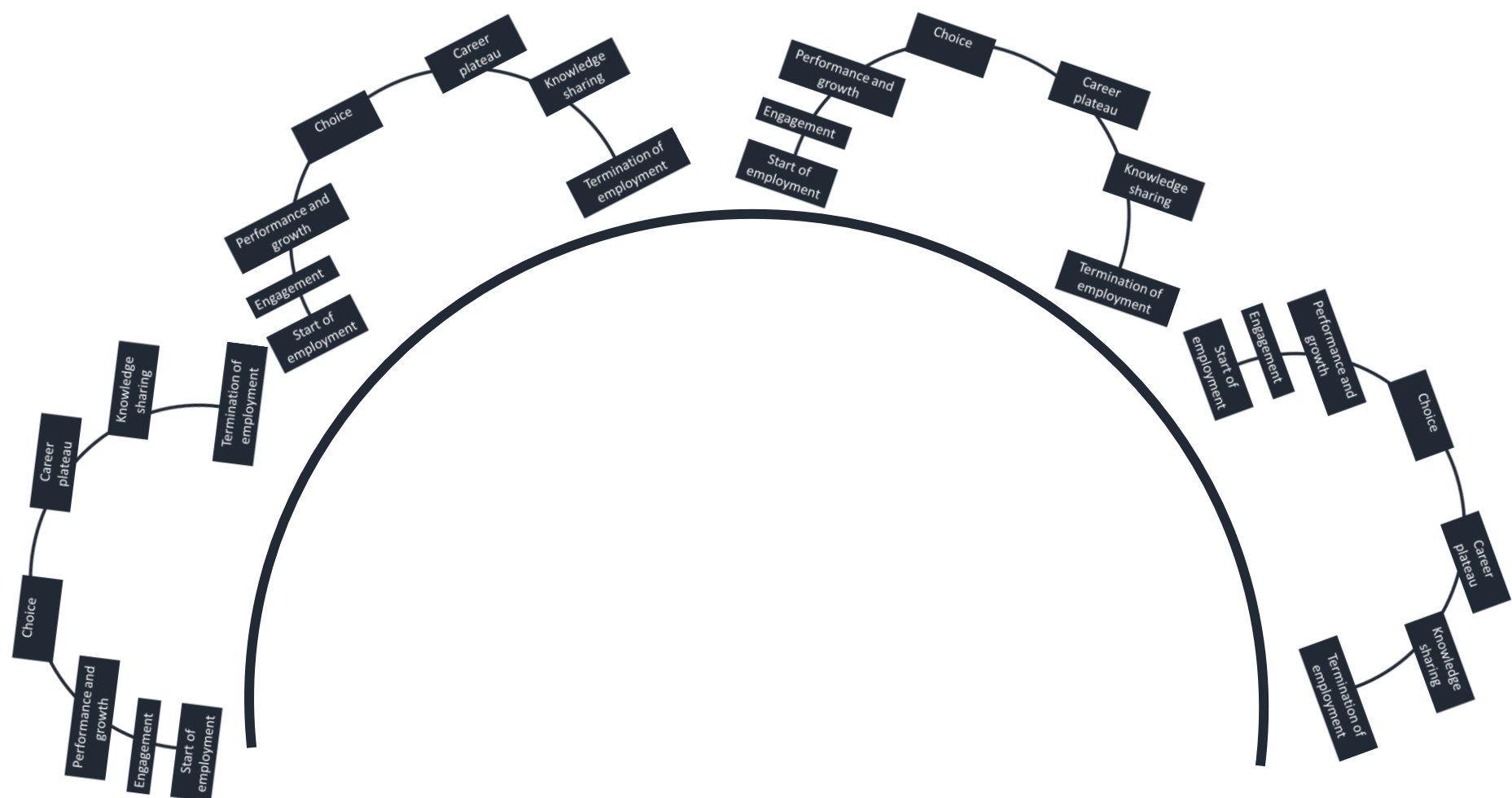
Employee life cycle



Employee life cycle



Employee life cycle



Discovering intrinsic motivation

What are you good at doing? Which work activities require less effort? What do you take on because you believe you're the best person to do it? What have you gotten noticed for throughout your career?

The idea here is to help people identify their strengths and open possibilities from there



Discovering intrinsic motivation

What do you enjoy? In a typical workweek, what do you look forward to doing? What do you see on your calendar that energizes you? If you could design your job with no restrictions, how would you spend your time?

These questions help people find or rediscover what they love about work



Discovering intrinsic motivation

What feels most useful? Which work outcomes make you most proud? Which of your tasks are most critical to the team or organization? What are the highest priorities for your life and how does your work fit in?

This line of inquiry highlights the inherent value of certain work



Discovering intrinsic motivation

What creates a sense of forward momentum? What are you learning that you'll use in the future? What do you envision for yourself next? How's your work today getting you closer to what you want for yourself?

The goal here is to show how today's work helps them advance toward future goals



Discovering intrinsic motivation

How do you relate to others? Which working partnerships are best for you? What would an office of your favorite people look like? How does your work enhance your family and social connections?

These questions encourage people to think about and foster relationships that make work more meaningful





Building and maintaining a professional network

The Power of Networking

Why it matters

- Building and keeping relationships is essential
- Be kind, follow up, and stay in touch
- Wide network vs. close relationships – both are valuable

Where to connect

- Volunteering
- Events: discussions, conferences
- Hobby groups & clubs (choirs, dance, book clubs, painting)
- Sports clubs & outdoor activities (hiking, etc.)

How to expand your circle

- Meet a new group every year (different ages & interests)
- Choose groups that match your interests – it should feel inspiring and fun
- Don't stay only in your “comfort zone”

Remember - Nurture existing contacts and create new ones – both are equally important

The importance of mental health and well-being at work

Build your resilience!

Spirit

Log walks
Meditation
Religious practices
Being in nature



The importance of mental health and well-being at work

Build your resilience!

Body

Sleep
Food
Physical activities



The importance of mental health and well-being at work

Build your resilience!

Emotions

Writing journal
Coach
Therapy
Theatre, Movies, Art



The importance of mental health and well-being at work

Build your resilience!

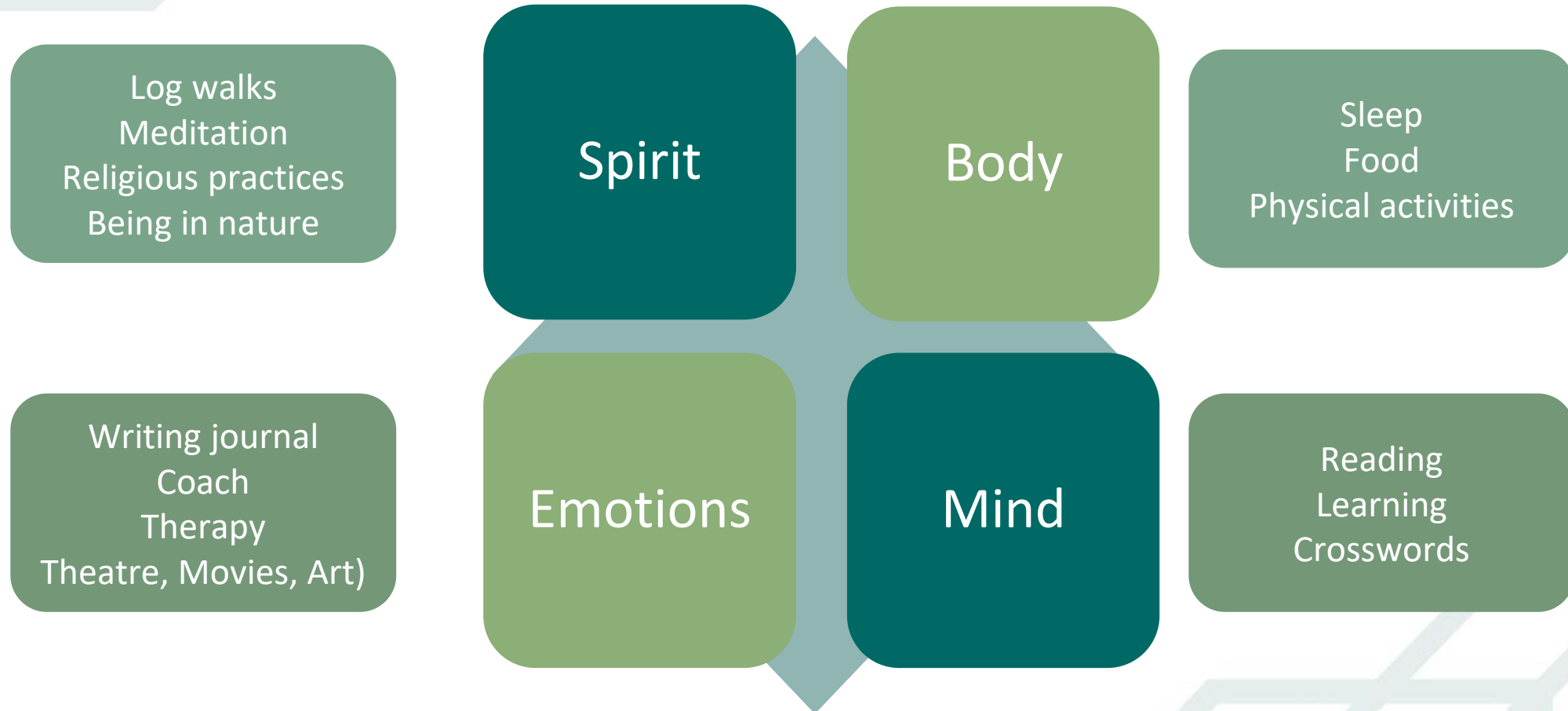
Mind

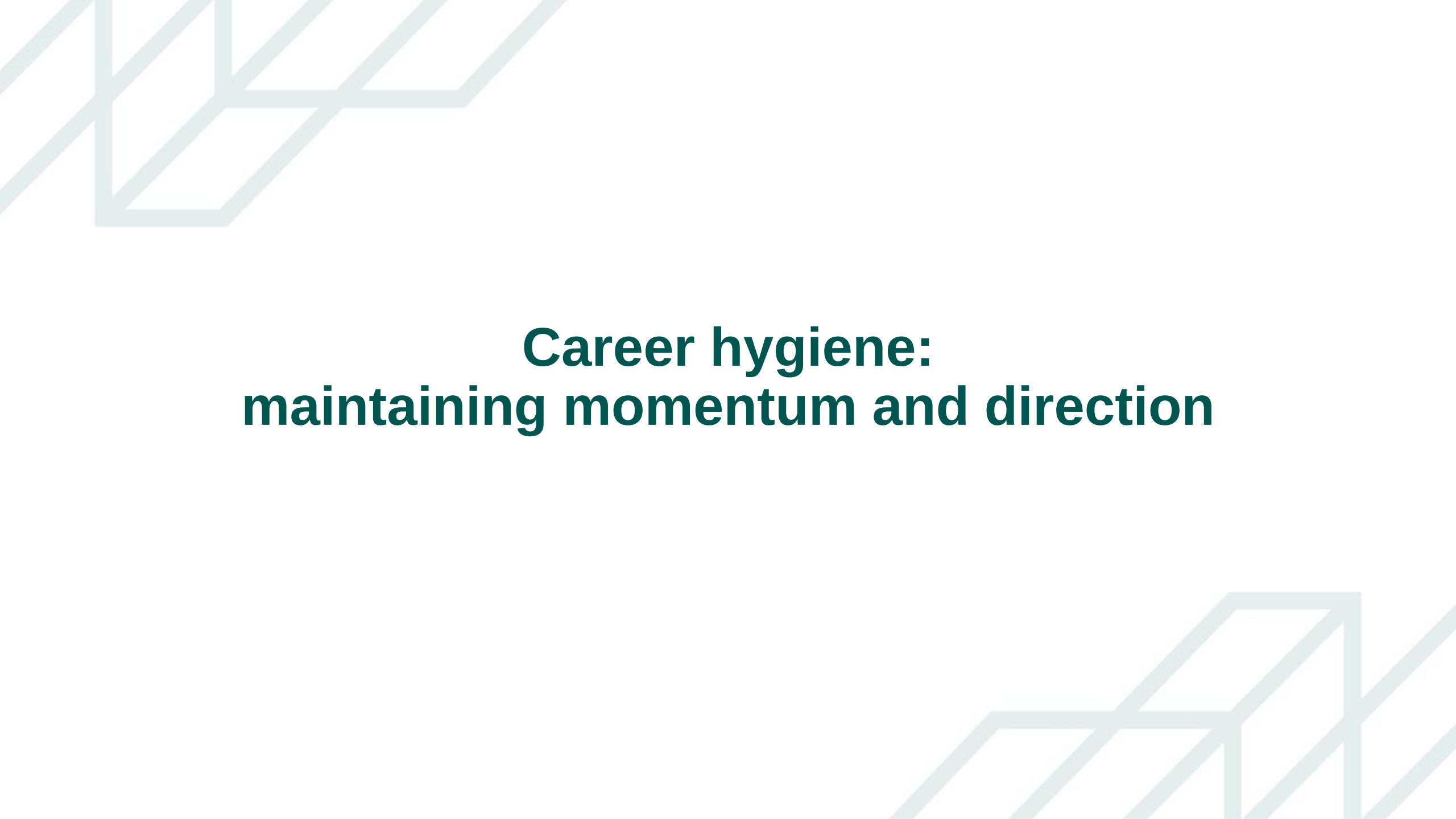
Reading
Learning
Crosswords



The importance of mental health and well-being at work

Build your resilience!





Career hygiene: maintaining momentum and direction

Career development elements

My competence
My motivation
My values
My interests
My contacts
....

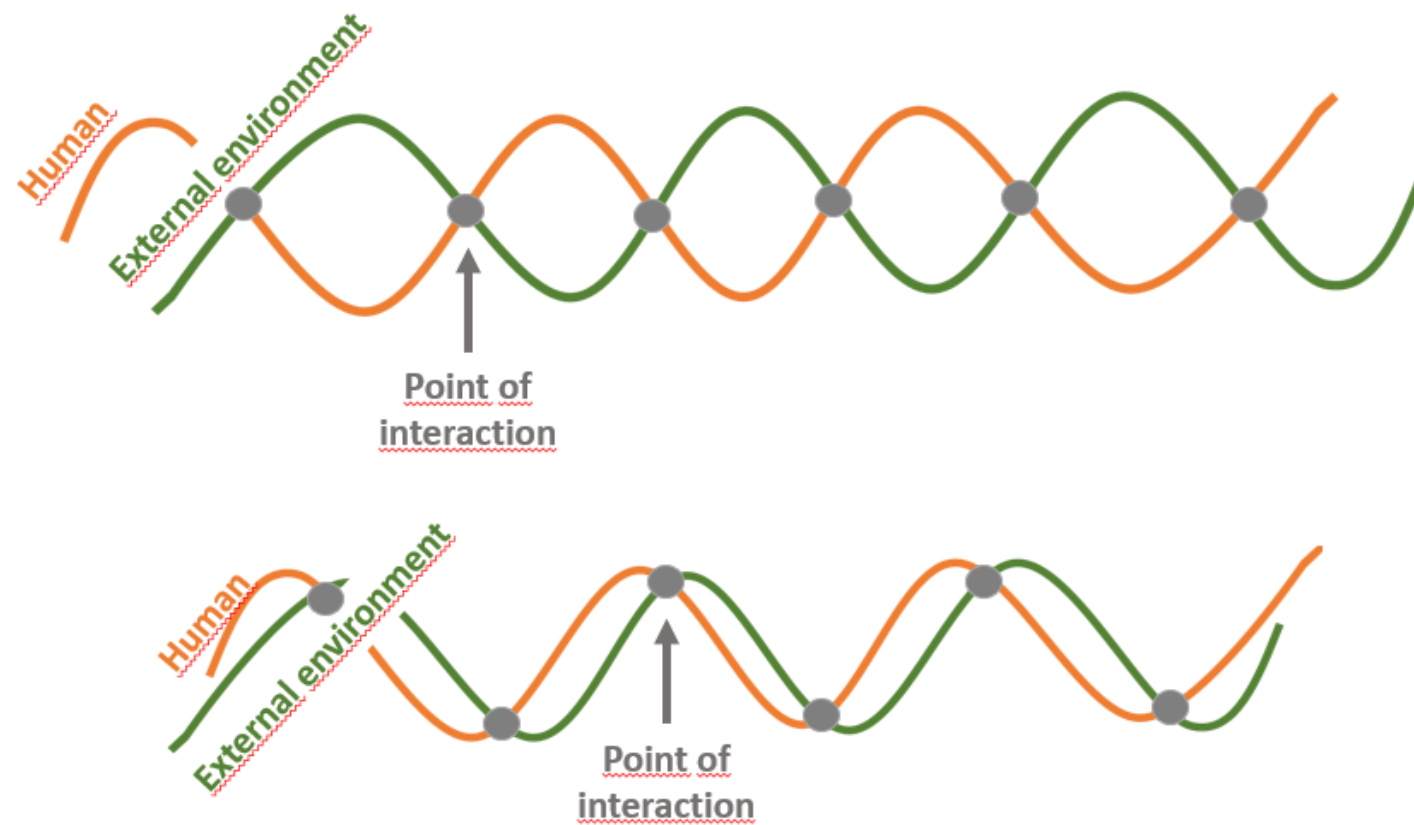
Me

External
environment

Labour market
Demand for my
competence
Competition...

Career
behaviour

Communication
Collaboration
Development and
growth....



- 1. Take care of your physical, emotional, mental and cognitive **well-being**
- 1. Build your success story – collect your **achievements**
- 1. **Stay curious** – follow what's going on in the world, economy, your industry!
- 1. Keep **learning**!
- 1. **Network** and build meaningful **relationships**!



**Your career is your business.
Take it personally!**