

Training Topics

Formats: Workshops (From 1 hour to full day); Keynote Talks; Webinars (1-2 hours)

- Career Happiness is Not a Myth
- Flexing your Strength Muscles for Career Happiness
- Intentional Strength Based Strategies for Professional Flourishing
- Strengths-based Workplace Engagement
- Integration of Positive Psychology and Career Development
- Career Capital: Building Your Professional Network for Leadership
- Unmasking Career Shame Through Hope Centered Coaching
- Overcoming Career Comparison, Shame and Self-Judgement
- LUCK: A Four-Letter Word for Career Happiness
- Getting from Here to There, Where THERE keeps changing. Career Planning for Life
- **Additional Career Development Topics:**
 - Transform Your **Resume** to Get Noticed
 - Tackling the Daunting **Federal Resume**
 - Writing Compelling **Cover Letters** (that don't repeat your resume!)
 - Negotiating Your **Salary** For What Your Worth
 - **Interview** to Close the Deal
 - Leveraging **LinkedIn** – it's more than just another version of your resume
 - Build an Authentic **Networking Strategy**
 - Design a **Job Search Strategy** that Fits Your Life and Your Personality