

# Sustainable Careers: Build Skills, Confidence, & Opportunities That Last

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# Session Overview



**Welcome & Setting the Context**

**Reframing the Job Search**

**Sustainable Self, Skills, & Mindset**

**Tools & Demo**

**Guided Reflection**

**Q&A**

# Reframing the Job Search



## Challenge:

Common thoughts:

“Maybe I’m not qualified”

“Maybe I’m missing something”

## Reality:

It’s often **not a lack of ability**

It’s a **process that’s hard to sustain**

## Key insight:

→ People feel stuck in unsustainable systems

# Sustainable Self



## Job search drains energy:

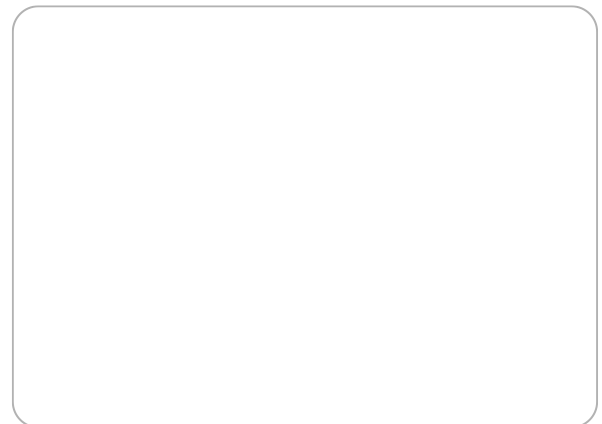
- Rejections or no responses
- Rewriting applications
- Staying positive long-term

## Shift the approach:

- What gives you energy?
- What drains you?

## Key idea:

- If it's all drain, burnout is inevitable



# Sustainable Skills



## Common overwhelm:

“I need more skills”

“I need different skills”

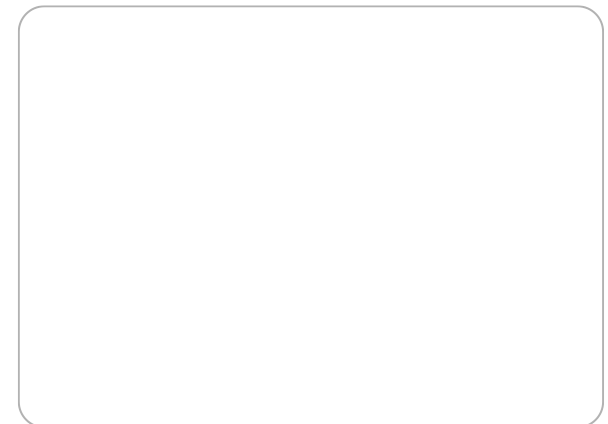
## Reframe:

You already have valuable skills

They may just need better framing

## Key idea:

→ Build one skill at a time



# Sustainable Mindset

## Common behavior:

Self-rejection before applying

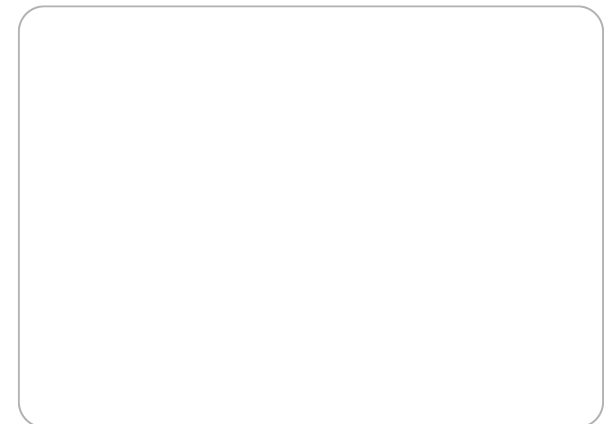
## Reframe:

Don't ask: "Have I done this exact job?"

Ask: "Where have I used this skill?"

## Key idea:

Skills transferability, even if roles don't match perfectly



# Sustainable Strategy

## Typical cycle:

Over-apply → Burnout → Avoidance

## Reframe:

It's not laziness - it's burnout

## Focus:

Consistency over intensity

## Simple System:

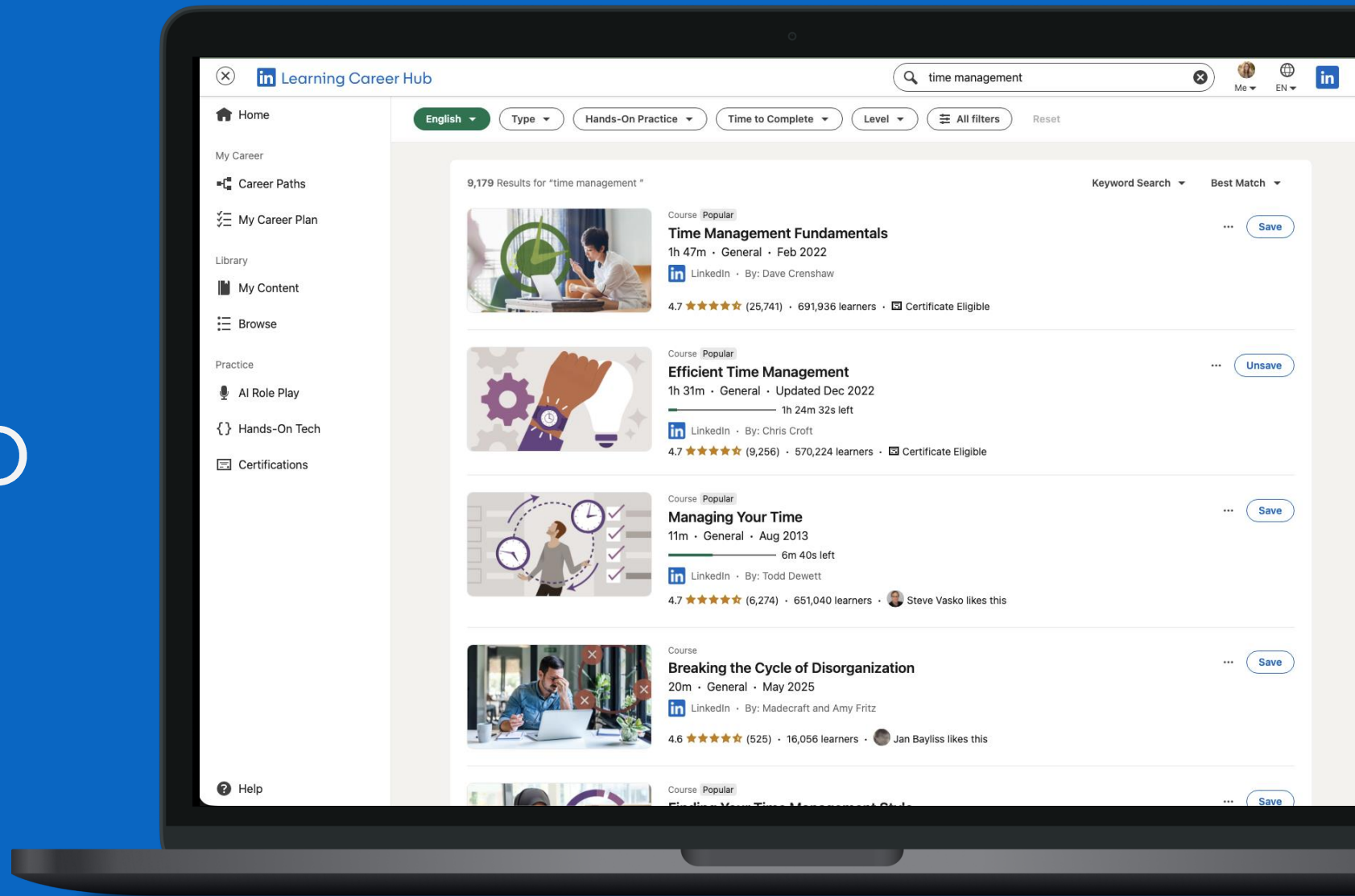
1 application

1 connection

20 minutes of learning

→ **Repeatable + manageable**

# Live Demo





# Quick Reflection | Activity

# Course Support Ecosystem



## Time Management Courses

These courses aren't about managing every minute of your day perfectly; it's about that feeling of "I don't even know where to start." It helps build consistency, not intensity. They'll help you move away from an all-or-nothing effort and towards something you can sustain.

## Resilience Courses

These courses will help frame resilience as support, recovery, and staying in the process – not pushing through at all costs. It's about being able to pause, reset, and come back without it taking everything out of you. It helps you to step out of that place where every 'no' starts to feel personal and see it in context instead.

## Growth Mindset

This topic ties everything together as a way to stay open, adaptive, and self-supportive in a process that doesn't give immediate feedback. You'll adapt to progress in the small improvements and value learning before results show up. This helps you recognize that process is still happening, even if you can't see it yet.



Because your career shouldn't depend on bursts of motivation — it should be built on habits that last.

Take a second look at your skills.  
Take a second look at your strategy.  
Take a second look at what's possible.

# Thank you!

