

CAREER CONNECTIONS

Newsletter of the Career Counseling Department of
CENTER FOR PROFESSIONAL DEVELOPMENT

University of Hartford

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New Beginnings

As a new year begins, we often think of making changes in our lives and look forward to new experiences in the year ahead. If you have clients who want to make changes in their careers here are some ideas that might help get them started.

1. Life is far more than work. Encourage your clients to add balance to their lives by starting a new hobby or rekindling an old one. Ask them to think back to the things they enjoyed doing and what about those activities they enjoyed. This might give your client some insight as to what makes an activity work for them and can help the two of you brainstorm some new ideas.
2. Suggest to your clients that they develop a support group of friends/acquaintances who are also trying to create change in their lives. They can help each other generate ideas, stay on track and provide moral support. If your client combines the support group with a potluck dinner where they share recipes, maybe they'll get a new social get-together started.
3. Encourage your clients to reach out to their community. Suggest that they explore volunteer opportunities that might help them learn new skills, explore new interests, and feel good about giving to others. The client can call the Volunteer Center of the United Way 860-493-1100 for a list of possibilities or may create their own ideas for volunteering by exploring agencies that focus on issues of interest.
4. Suggest that your clients get moving!!! Physical activity can be great for the mind, emotions and body. Clients can check community colleges, adult education programs or local health clubs for possibilities. Inviting a buddy to do this might help your client get started and stay committed. Suggest to clients that they walk for their coffee every day instead of getting in their car, try yoga, or set a large goal for themselves such as training for a marathon. Engaging in an activity that's very different from work can help an individual see things differently and gain a new perspective.

5. Suggest that your client take on a new assignment at work – one they think they'd enjoy. This might help them feel that they're moving forward and growing. Stagnation can feel very discouraging and can sap individuals of their energy.

In addition to the above activities, career counseling can help your clients focus on a new direction for themselves. Career counseling is a forward looking, active process that gives hope that the future can be what we want it to be. Sometimes a fresh perspective, just the right questions, or some new ideas can help someone get started. The new year is a perfect time to begin.

The Center for Professional Development
is pleased to present

A Free Workplace Symposium

Tuesday, March 27th

*5:00 p.m. at the University of Hartford's
Lincoln Theater*

"Bringing out the Best in Every Generation"

*Connecting with the Traditionalists, Baby Boomers,
Gen Xers & Millennials in a
Fast-Changing World*

Generation Gaps are alive and well. Don't miss an engaging, thought-provoking glimpse into the hearts and minds of four generations in today's workplace. Find out who they are, what shaped them and how you can connect more effectively with each generation of employees, co-workers, managers or clients.

Join us for a special event featuring nationally renowned generational experts, **Lynne Lancaster and David Stillman**, authors of the best-selling book, *When Generations Collide: Who They Are. Why They Clash. How to Solve the Generational Puzzle at Work* (HarperCollins 2003). They have been featured in *Time Magazine* and on *CNN*, *CNBC* and the *TODAY Show*. Lynne and David are cultural translators, known for their presentations on their findings from their national surveys and case studies. They deliver hands-on solutions for bridging the generation gap.

Reception and book signing following the presentation.

There is no charge for this event, however, you need to register for it. To register and get more information, call (860) 768-5619 or e-mail edirosen@hartford.edu.

Center for Professional Development

University of Hartford

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*Providing pathways to success for
adults from across Connecticut*

SPRING 2007 PROGRAMS

Free Information Sessions

Are you unhappy with your job situation? Has your job changed so that now it feels like a bad fit? Have your changing life circumstances led you to think about a different career or lifestyle? Our career counselors help clients deal with these kinds of issues. Come to a brief information session and find out if career counseling – or another service of the Center – is right for you.

Free Information Sessions are held on Tuesdays from 6:00–7:00 p.m. at the Center for Professional Development: February 20, March 6, March 20, April 10, April 24, May 8, May 22, June 12 and June 26.

A *sliding fee scale* is available for individuals with financial need.

Planning Your Post-Career Career: Work/Life Balance After Age 50

Friday, March 16; 9:00 a.m. – 4:00 pm.

Are you trying to decide what work to pursue after age 50? Are you entering a new life stage? Your children are grown, you're free from many responsibilities, or you've achieved your initial goals. Now you can make new choices! Come to this workshop, for people age 50 and older, to re-discover who you are and identify what you want to do with your career and life after age 50. In the workshop, you'll identify your interests, skills and values, clarify what gives meaning to your life, and create ideas for what steps you want to pursue next in your career and life.

Call the Center for more information: 860-768-5619

GOOD READS!

Refuse to Choose! A Revolutionary Program for Doing Everything You Love, by Barbara Sher. Barbara tackles a problem many people face today - having a universe of infinite possibilities. If you like to focus on more than one thing at a time or are interested in a variety of activities and interests, she suggests that you may be a "scanner". Her book suggests practical exercises and strategies for scanners who don't think they can get everything done in one lifetime.

Life's a Bitch and Then You Change Careers: Nine Steps To Get Out of Your Funk and On To Your Future by Andrea Kay. Andrea offers a nine-step program to show you how to make a career change. Her book helps readers explore their likes, dislikes, strengths, weaknesses, and tolerance for change. This background is then used to help readers identify next steps for themselves.

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