

TU Dublin Career Development Centre

LOVE YOUR CAREER



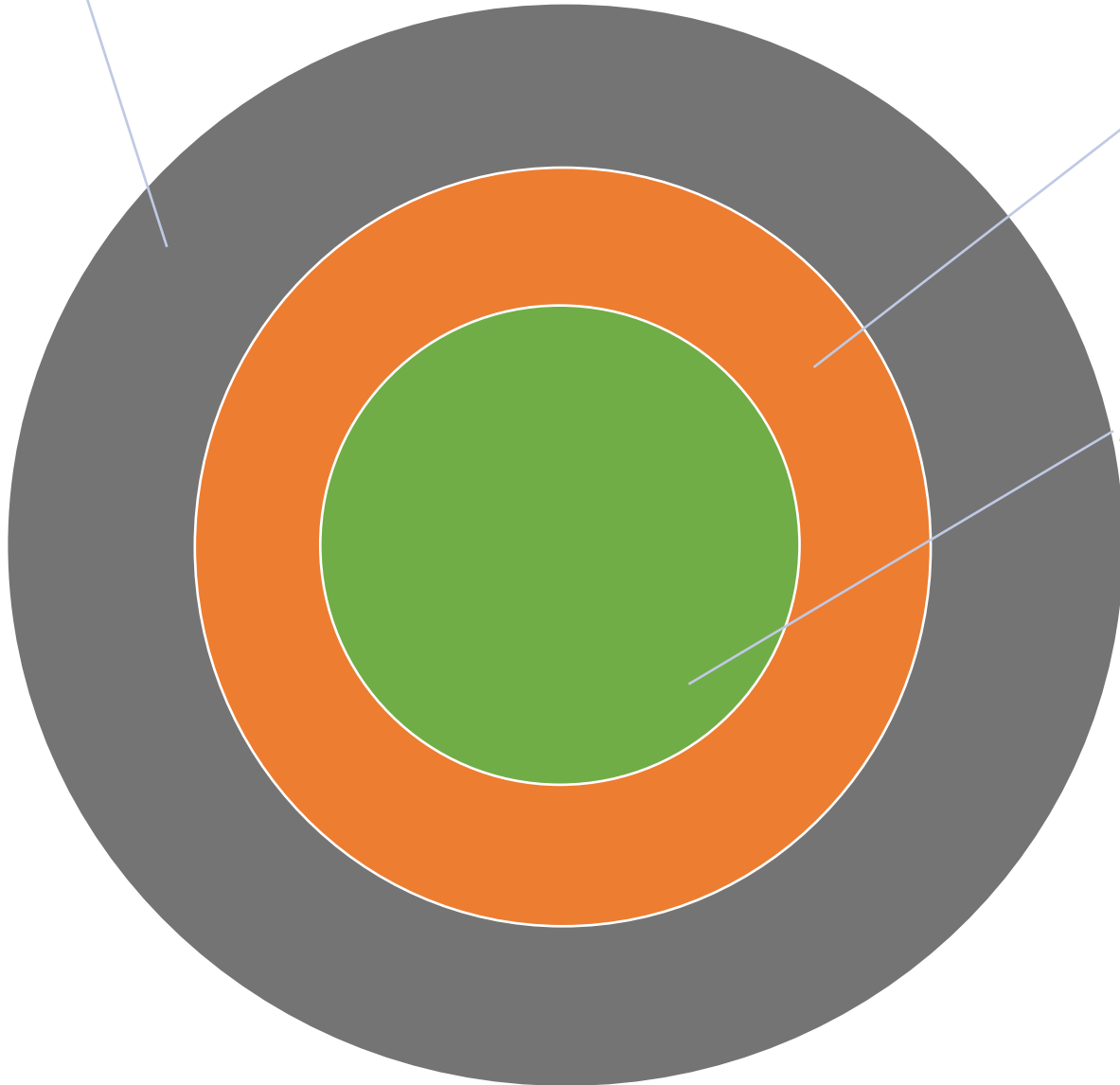
PRESENTER: Dave Kilmartin

DATE: 10th February 2:00 – 2:30pm

WORKSHOP TITLE: Challenging times -
Staying on track in your career journey

Shifting your attention toward those aspects of life you can control can help restore your sense of agency and self-confidence

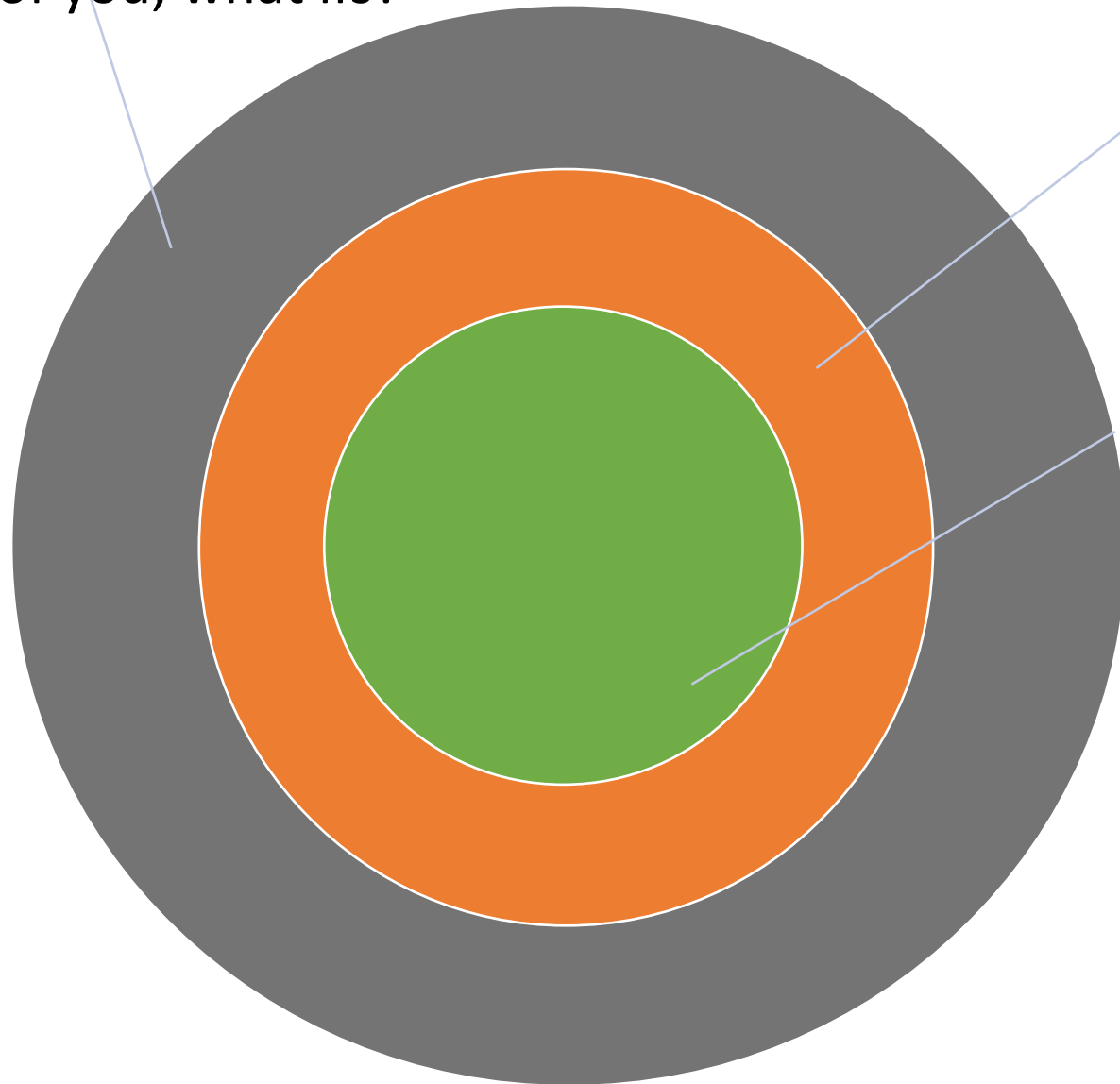
Concerns



Influence

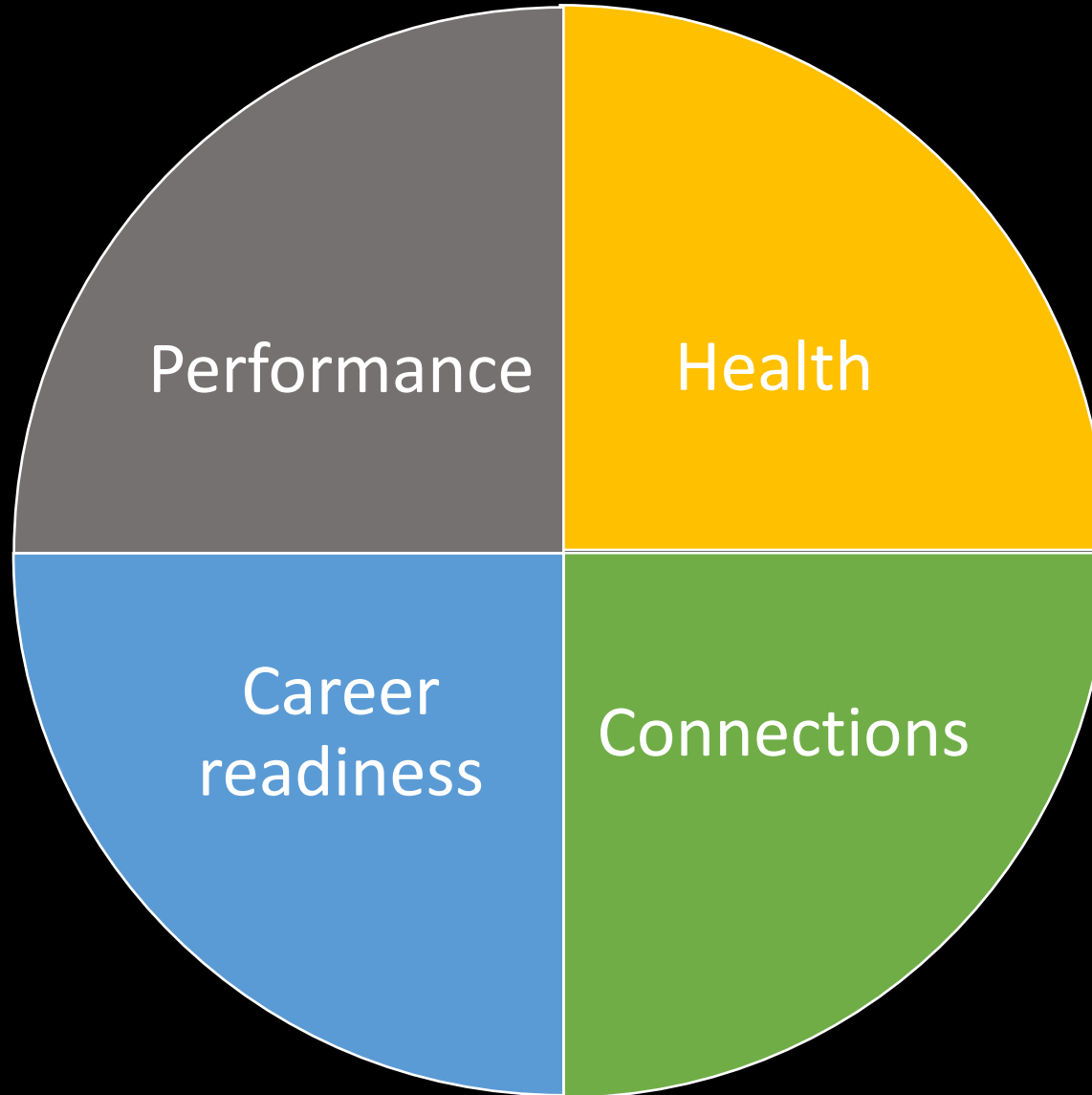
Control

Concern – those things you cannot control or guarantee; news; economy; COVID; success; others views of you; what ifs?



Influence; my performance; my results; my health; my relationships; my connections;

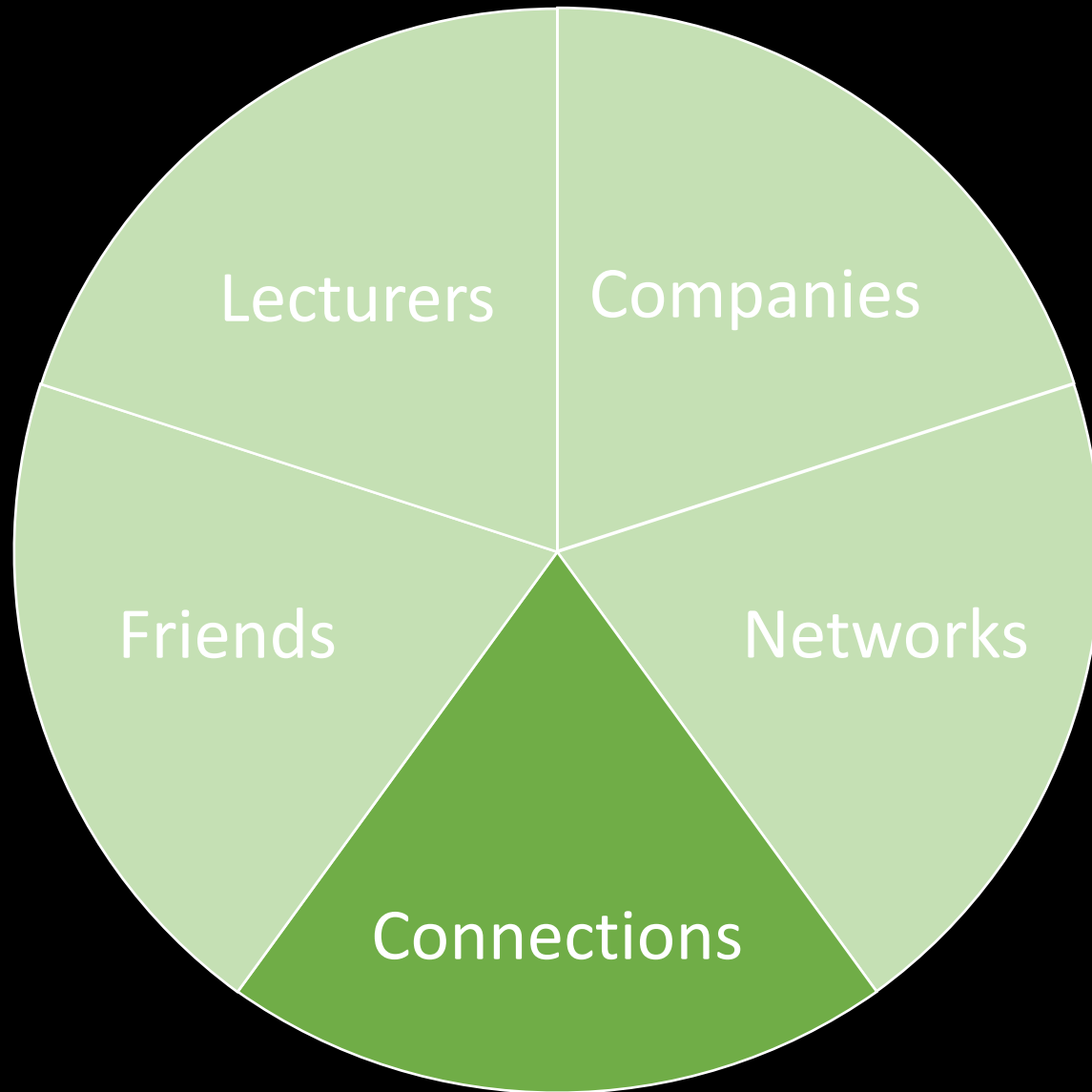
Control: my mindset; my study patterns; my work output; my preparation; my reactions to circumstances and events;



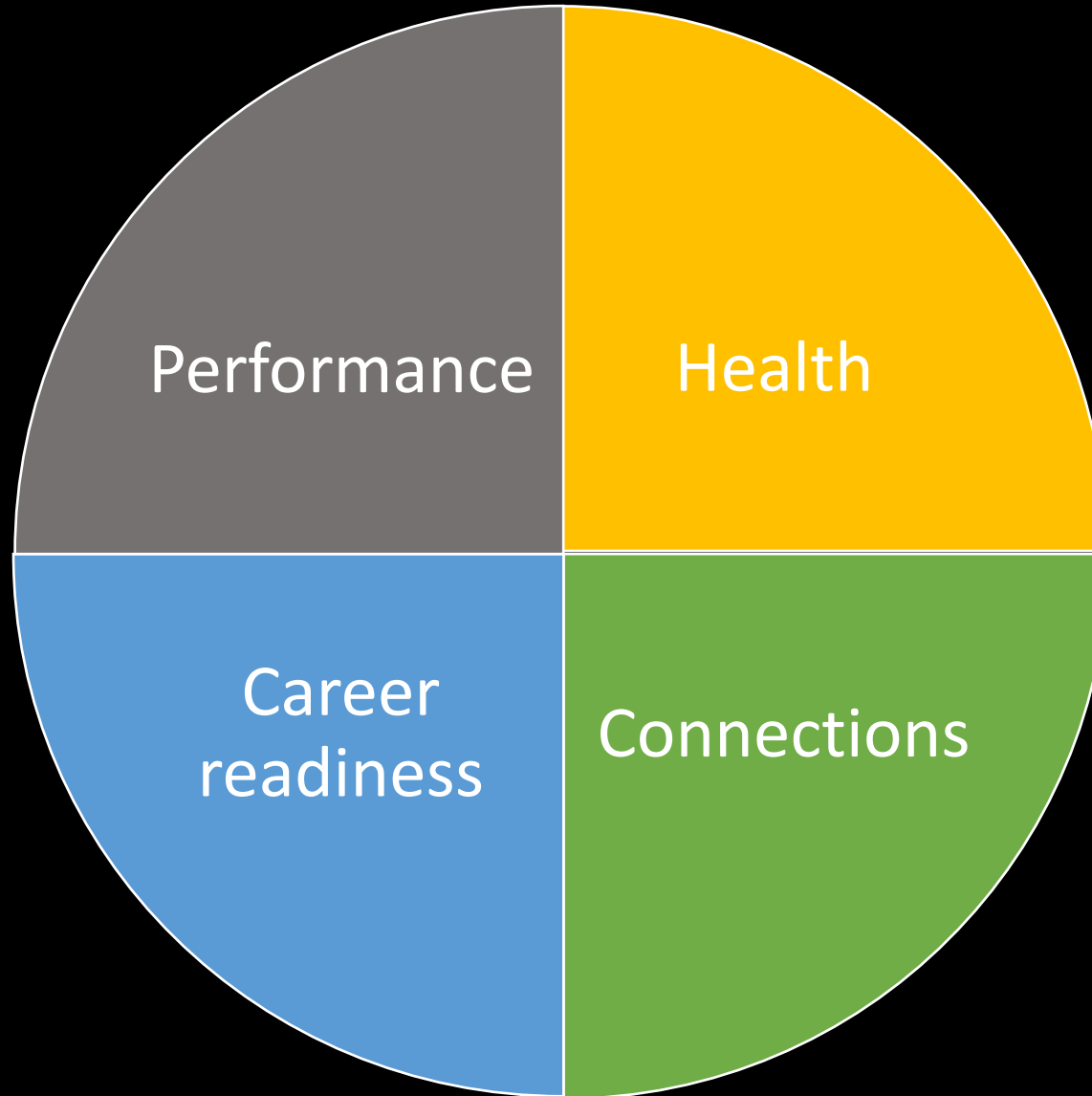












Performance

Health

Career
readiness

Connections

Resources

- www.tudublin.ie/careers - comprehensive downloadable resources
- www.tudublin.ie/careers/loveyourcareer – 45 careers workshops this week
- <https://brightspace.tudublin.ie/d2l/home/102794> – full series of careers videos