



Action Plan to Stay Afloat!

The Six Keys to Building Career Resilience

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The First Key: Stay Connected to Your Network

You can't wait until you're unemployed to begin building relationships. The behaviors that help build professional relationships include volunteerism, networking, follow-up, re-connecting with former colleagues.

What I will do to build my network: _____

The Second Key: Be Adaptable, Develop New Resources

One of the most prominent ideas in career literature is career adaptability. Resourcefulness is not only finding and developing new resources, it is also being flexible and open to change not only your mindset and behavior.

What I will do to be more adaptable: _____

The Third Key: Apply Your Skills, Use Your Resources

There are many barriers to the transfer of learning and actual skill implementation. In this case the barriers can be both internal (psychological) and external (organizational). The tenacity to continuously practice and apply a skill to achieve a goal takes some grit.

I will put these skills to work more effectively: _____

The Fourth Key: Maintain Your Health & Balance

This may be obvious, but you need to take care of yourself. The old adage applies... never assume! Even though you may be at a high point in your career, sometimes life can take an unexpected turn causing you to lose your career buoyancy and putting you at risk for a proverbial drowning.

Here's what I will do to take care of myself: _____

The Fifth Key: Follow Your Instincts

Resilience literature demonstrates that self-efficacy is critical for developing resilience. Self-perception is also linked to career success, and can help or hinder a person's willingness to explore and try new things. Career self-management and self-direction surface as key issues in career literature.

My instincts are telling me to: _____

The Sixth Key: Work Hard, Develop Grit

In addition to grit, self-control is also an excellent predictor of success in life. One's ability to self-regulate behavioral, emotional and attentional impulses improves your ability to follow through on certain types of difficult tasks. The quality of perseverance, tenacity and doggedness that some people have is really the tendency not to abandon tasks in the face of obstacles.

Here's what I need to do to persevere: _____
