



PERSONAL DEVELOPMENT

Personal Development is a very critical component of healthy and successful career development.

It's important to invest in yourself to become confident and mature professionals for holistic career growth. Learn [why personal development is crucial for your career](#) (*LinkedIn Learning*) and utilize various personal development resources shared in this module.

Workshops

- [Stress-management strategies from occupational therapy](#) (*Ceric*)
- [Career Wellness Nano Tip](#) (*LinkedIn Learning*)
- [Online meeting etiquette](#) (*Devant*)
- [5 steps to improve your intercultural skills](#) (*Devant*)
- [Job rejection doesn't have to sting](#) (*hbr.org*)
- [Create Healthy Self-Esteem: Know Your Worth](#) (*LinkedIn Learning*)
- [Embrace the Work, Love Your Career: Realizing Your Career Goals with Clarity and Confidence](#) (*LinkedIn Learning*)
- [Career Wellness Nano Tips](#) (*LinkedIn Learning*)
 - Prioritizing your workload
 - [Prioritizing your workload- Video](#) (*LinkedIn Learning*)
 - [Prioritizing your workload- Doc](#) (*LinkedIn Learning*)
 - The real reason you procrastinate
 - [The real reason you procrastinate- Video](#) (*LinkedIn Learning*)
 - [Overcoming Procrastination- Doc](#) (*LinkedIn Learning*)
 - Receiving feedback with confidence
 - [Receiving feedback with confidence- Video](#) (*LinkedIn Learning*)
 - [Receiving feedback with confidence- Doc](#) (*LinkedIn Learning*)
 - Emotional self-regulation
 - [Emotional self-regulation- Video](#) (*LinkedIn Learning*)
 - [Emotional self-regulation- Doc](#) (*LinkedIn Learning*)
 - Bringing empathy to work
 - [Bringing empathy to work- Video](#) (*LinkedIn Learning*)
 - [Empathy at work- Doc](#) (*LinkedIn Learning*)
 - Managing overwhelming work experiences
 - [Managing overwhelming work experiences- Video](#) (*LinkedIn Learning*)
 - [Managing overwhelming work experiences- Doc](#) (*LinkedIn Learning*)
- [How to step out of your comfort zone](#) (*Devant*)
- [8 tips to investigate the culture of an employer](#) (*Devant*)

- [4 career tips for the underestimated](#) (*Devant*)
- [5 steps to improve your intercultural skills](#) (*Devant*)
- [Crafting Your Disability Narrative](#) (*Lime Connect*)
- [How to Speak Up Against Racism at Work](#) (*LinkedIn Learning*)
- [Using Gender Inclusive Language](#) (*LinkedIn Learning*)
- [Moving DEI from Intention to Impact](#) (*LinkedIn Learning*)
- An Introduction to LGBT+ Diversity and Inclusion training by [The Canadian Gay and Lesbian Chamber of Commerce](#) (*CGLCC*)
- [LGBTQ2+ 101](#) (*Education.prideatwork*) by [Pride at Work Canada](#) (*Pride at work*)
- [Confronting Bias: Thriving Across Our Differences](#) (*LinkedIn learning*)

Resources

Code Spaces

- [The Science of Well-Being by Yale University](#) (*Coursera*)
- [Learning How to Learn: Powerful mental tools to help you master tough subjects](#) (*Coursera*)
- [Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential by McMaster University](#) (*Coursera*)
- [De-Mystifying Mindfulness by Leiden University](#) (*Coursera*)
- [Achieving Personal and Professional Success Specialization by Wharton](#) (*Coursera*)
- [Think Again I: How to Understand Arguments by Duke University](#) (*Coursera*)
- [Dynamic Public Speaking Specialization by University of Washington](#) (*Coursera*)
- [Get Beyond Work-Life Balance – Inclusive Leadership Training](#) (*edX*)

