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)*