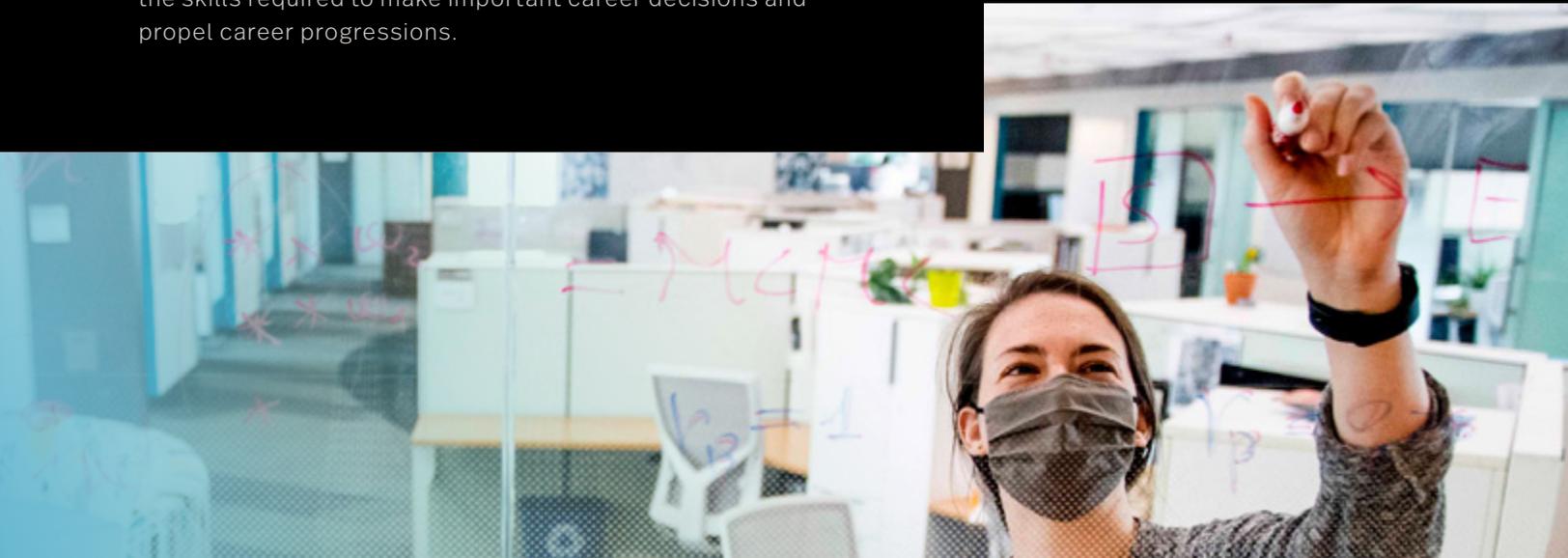


ANNOUNCING OUR

# Growing Your Career Workshop Series

The Roux Institute  
Northeastern University

Join us for one or all four sessions of this interactive workshop series open to current and future Roux Institute students, and community members. This series will teach attendees the skills required to make important career decisions and propel career progressions.



**JEFF  
NEVERS**

Career + Co-op Advisor, The Roux Institute

Jeff Nevers develops and delivers comprehensive career and co-op services as well as career counseling for graduate and certificate students in the Analytics and Project Management programs at the Roux Institute. He is also responsible for creating co-curricular events and programs which link the Roux Institute's student talent with the Maine workforce.

[More >](#)



**TRACEY  
SPINATO**

Career + Co-op Advisor, The Roux Institute

Tracey Spinato works with students enrolled in the College of Science and the Khoury College of Computer Sciences programming at the Roux Institute. She is a career advisor, resume writer, and educator with experience working with graduate students and early career professionals.

[More >](#)



**SABRINA  
WOOD**

Holistic Career Coach and  
International Trainer / Speaker

Sabrina Woods uses a holistic and resilient approach to help people navigate challenging career and life transitions. Her background includes 20 years in the career services field at universities including, Northeastern University, Harvard, and the University of London, and has taught sessions in the U.S., U.K. and Middle East. Woods is also the President of the Career Counselors Consortium. President of the Career Counselors Consortium.

[More >](#)

*Whether you're a current or future Roux student,  
we'd love for you to join us!*

Questions? Contact Kelli Murphy | [k.murphy@northeastern.edu](mailto:k.murphy@northeastern.edu)



### About the Roux Institute

The Roux Institute at Northeastern University is designed as an engine of innovation, talent-building, and economic growth for Portland, Maine, and northern New England. Partnerships set our model of graduate education, research, and entrepreneurship apart. With leading companies and nonprofit organizations at the table from day one, we're creating programs that are preparing the workforce to stay agile and relevant in the rapidly evolving regional, national, and global economy.

### Fast Facts



**Time:** This will meet virtually, 4 times for 60 minutes, monthly from February through May, and include a mix of interactive presentations, discussion, and group activities.



**Format:** This will be conducted virtually via Zoom.

February 17, 12 - 1pm

### Reconnect & Renew Your Satisfaction with Work

**Participant Feedback:** *"Short exercises and small breakout groups contributed to an A-ha moment that grounded me and channeled my exploration. Focusing on opportunities that reflect my values and incorporate my strengths has brought energy and curiosity to my job search."* ~Karen Single, Former Executive Director Alumni Services, MCPHS

REGISTER

A Gallup poll conducted last year revealed that only 36% of American employees reported genuine enthusiasm and commitment to their job. Are you one of the actively engaged, or has some of your passion and energy been drained by the past year's many challenges?

This session will provide the space and literal breathing room to pause and assess your own work life in the wider context of the pandemic and in the specific framework of your own career progress. We will use mindfulness, reflection and journal writing to tap into what you love about your work and what talents make you feel alive. We'll also break into small groups to offer and receive suggestions about how to renew your satisfaction with work. Flow, values, and daily gratitude are some of the concepts we will discuss as paths to increased happiness and engagement.

Note: A handout will be sent before the session as optional pre-work related to your values.

March 17, 12 - 1pm

### Building Resilience to Manage School and/or Job Search Stress

**You'll learn techniques to:**

- Lower your stress - with tips that fit into an already busy schedule
- Approach big decisions (like career issues) feeling calmer and more confident
- Use visualization to enhance interview and presentation success

The aim of this session is to give you fresh ideas to help you understand your stress and build resilience to reduce its impact on your life.

REGISTER

Dealing with the pandemic, along with unknowns about the economy and job market have left many of us in a prolonged state of concern and worry. This situation can lead to an increase in levels of stress (and spikes in our cortisol) that can adversely impact our well-being and our effectiveness. In this interactive webinar we'll discuss details about how stress impacts us, as well as how mindfulness practices and positive psychology principles can help.

Practicing various forms of mindfulness can reduce your stress and move you towards being healthier, more productive, and calmer during times of uncertainty. These practices are being capitalized upon by CEOs, not to mention being used to transform whole school systems. We'll also widen the topic to include a bit of neuroscience, to help you move yourself out of that "fight or flight" state and into one that is more sustainable and more effective.

CONTINUE

April 14, 5:30 - 6:30pm

## Building the Foundation for Your Career Advancement

**Participant Feedback:** "As much as I was looking forward to it, when my reminder went off mid-day, I thought 'can I afford to take this break from work?' I'm so glad I did. The reflections were incredibly helpful to me as I'm facing some uncertainty in my current role. I really like this idea of self-efficacy and thinking back on my past accomplishments to help shape my future direction." ~Holy Cross Alumna

REGISTER

When have you felt a strong sense of accomplishment? What about flow state, that work mode where you are challenged, engaged, and lose all track of time? By exploring these moments more in depth, you can build a base from which to take on new responsibilities, get promoted, or ace that interview. This session will:

- Provide you with tools to build self-efficacy and self-confidence
- Give you tangible examples to share when seeking advancement and leadership roles
- Show you how your stories bring to life your skills during interviews
- Enable you to identify when you are in flow state and/or feel a strong sense of satisfaction
- Help you to be more clear about which skills you most enjoy using, for charting your career progression

Join us for this interactive session to start building your own personal foundation for meaningful career advancement.

Note: This session includes optional pre-work, asking participants to think about 4-5 moments in life where they felt a personal sense of accomplishment or achievement.

May 10, 5:30 - 6:30pm

## Navigating a Successful Career Change

**Participant Feedback:** "I LOVE the 'holistic approach, which focused on the WHY questions of the job change. Facilitators truly have experience with this and have some great perspective to share." "I liked that there were 5 steps to career change, which were clearly identified and I can go back to work them over and over again." ~Harvard graduate students + alumni

REGISTER

Making a career transition can be a daunting process, and it can be easy to get trapped by fear or self-doubt. Understanding when it's time for a change, where you want to get to, and how to go about it, are important tools that allow you to take control of your career. Using stories from real-life, this strategic session explores how to evaluate your current situation, identify your objectives, and create a realistic plan of action, including your assets (strengths, interests, values), the marketplace, and your network.

Join us to learn key steps that will help you initiate and implement a successful career change.

GROWING YOUR CAREER  
WORKSHOP SERIES

The Roux Institute  
Northeastern University

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