

How Can I Develop My Career Wellness?

Taking time to develop in any of these areas will bring you closer to career wellness!

Community Wellness

Belong to something bigger than yourself; find ways to make an impact on the world around you

Mental Wellness

Get to know and like yourself; find ways to build confidence and self-esteem; reach out to those you trust and seek help when needed

Financial Wellness

Manage your money well; take steps to gain financial independence; develop a sense of material security

Social Wellness

Make new friends and contacts; enjoy fun times with friends and family; accept and offer support

Spiritual Wellness

Connect with your higher power; find meaning and important insights in both your joys and sorrows

Physical Wellness

Take care of your body; improve your physical foundations - sleep, diet and activity

CAREER WELLNESS

The ability to cope with personal and career change while pursuing a successful and happy life *as you define it*

