



MINDSETS TO BUILD CAREER CONFIDENCE

Open up unexpected possibilities by shifting how you think about and try new experiences, meet people, visit places or learn tools.

"I don't know what I'm good at."



"What could I be good at?"

Curiosity is closely connected with creativity and innovation. It has power to generate new perspectives, so when you're feeling stuck, try to get curious and ask questions!

Feeling stuck.



One small step.

We get stuck when we have run out of ideas or don't know what to do next. Small steps generate momentum and encourage you to take action, experiment and explore. Try to take one step and move closer to your goal.

I'm not good at networking.



I'm not good at networking yet.

Skills and abilities take practice. You can get better. But it takes effort to step outside your comfort zone.

Avoiding failure.



Seeing an opportunity to be resilient.

Resilience helps you persevere when things get tough. Seek support when it sucks. Try again when you are ready. Move on when it isn't for you.