November is Career Development Month



A career is an occupation you pursue for satisfaction, learning, experience, the chance to advance and to make a living. You may have one career or several over the course of your working life.

Careers often start with an interest

Remember when you first wondered what it was like to be a doctor, farmer, electrician or beautician? This kind of curiosity can start you on the path toward a career.

To pursue your interest, you need to get on-the-job training, a college or vocational degree or more advanced training. After that, you often start with an entry level job or internship and work your way up.

Not every path is straight

Many people start working toward one career and then decide to change. Why? As you learn new things, you often discover even more compelling interests. Some people have multiple careers as they grow and change throughout their lives.

Learning more about careers

You can find online tools that can help you learn more about your natural aptitudes and skills. **Check out this career development site for a good place to start.**

If you like your career but want to take it to the next level, take some time to learn about:

- Finding and working with a mentor
- Developing your personal brand
- Networking

With the right career, you'll find new challenges, opportunities and rewards.

Searching for a career is a lot like trying on a new suit or dress. When you find one that's "right," it'll feel like a good fit.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.

Resources for Living[®]