Flourishing During Job Searches Workshop
Brandy L. Simula, PhD, BCC

Description:
In this 90-minute interactive workshop, participants will develop individualized strategies for flourishing during job searches, including for traditional faculty positions as well as diverse careers in and beyond the academy. The workshop will cover how to develop and hold effective boundaries around intellectual and emotional job search labor, strategic management of the job search process, and how to balance a job search with research and teaching, personal and family commitments, and self-care. Participants will leave the workshop with a personalized plan for combating job search-related stress and uncertainty, a map of their job search support network, and strategies for navigating the job market during a global health pandemic and the resulting economic downturn.

Learning Outcomes:
- Develop effective boundaries around intellectual and emotional job search labor
- Develop skills for effectively managing job-search related stress and pressure points
- Understand the importance of strategic management of a job search process
- Understand how to balance a job search with academic responsibilities, personal and family commitments, and self-care

Audience:
Advanced graduate students and post-docs in any field or discipline, in the process of conducting or intending to conduct a job search in the next 18 months; appropriate for those interested in traditional academic as well as diverse career paths.

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