

New Horizons: Navigating the Early Years of Your Career

In this 3-hour interactive workshop, recent graduates and early-career professionals will explore strategies for navigating the transition from university to the workplace. Participants will gain practical tools to build healthy work routines, plan their career and finances, manage imposter syndrome, and engage effectively in performance discussions. Through guided reflection, collaborative discussions, and hands-on activities, participants will leave with actionable strategies to thrive in the early years of their professional journey.

Learning Objectives

- Build work-life balance and set healthy boundaries.
- Recognise and manage imposter syndrome effectively.
- Navigate performance reviews and workplace conversations with confidence.
- Create a clear career roadmap for the future.

Content Outline

Developing Healthy Work Routines and Boundaries

- Understanding the importance of work-life balance in early career stages.
- Curating personal wind-down routines to maintain energy and focus.
- Establishing healthy boundaries to protect wellbeing.
- *Activity: Define your individual work-life balance strategies.*

Managing Imposter Syndrome

- Understanding what imposter syndrome is and its underlying causes.
- Recognising personal patterns of self-doubt and reframing unhelpful thoughts.
- *Activity: Practical strategies to manage imposter syndrome in the workplace.*

Define Your Career and Navigate Performance Conversations

- Introduction to career mapping and its role in achieving professional goals.
- Understanding performance reviews and how to prepare effectively.
- Navigating ongoing feedback and difficult workplace conversations with confidence.
- Developing a personalised career roadmap aligned with your strengths, goals, and opportunities.
- *Activity: Create your career roadmap.*