

Summer

2019

# Career Momentum

Career Services for All Ages



Career Development Update

Career Currents

Career Development Practitioners Working with Post-Secondary Students

Navigating Mid- Career Transition

Tools and Resources for Transitioning into the New Retirement

Healthcare Careers – Roles and Specializations for all Ages

Current, Connected & Committed through CDA Mentorship

New Members / CCDPs

## Career Development Update

by Paula Wischoff Yerama, CCDP  
Executive Director, Career Development Association of Alberta

### Your Adventures Await!

With the summer months just around the corner it is easy to shift our thoughts away from work and school to sun filled adventures! Those adventures are the perfect opportunity for fun and hands-on career development activities such as career exploration, volunteerism, imagination, innovation, skill development, entrepreneurship, learning, and more....

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## CAREER CURRENTS

Compiled by Tracey Campbell  
CDA Marketing & Communications Committee

### Tools and Resources:

- *Limitless* - Laura Gassner Otting
- *Resume Guide 2019* - Marc Cenedella
- *Nine Lies About Work* - Marcus Buckingham and Ashley Goodall



### Interesting Articles:

- *Surfacing Bias for Better Career Coaching* – National Career Development Association Quarterly
- *To be more productive, here's what you need to do – and stop doing*–Globe & Mail
- *What to study to land one of Canada's 10 best jobs* – Maclean's

### Research this Quarter

- *Turn and Face the Strange: Changes impacting the future of employment in Canada* – Brookfield Institute
- *OECD Skills Outlook 2019: Thriving in a Digital World* – OECD

- *Missing the Bigger Picture: Tracking the Energy Revolution* - Clean Energy Canada & Navius Research

## Recommended Ted Talks and Podcasts

- *Secrets of Success(TM)* – Dr. Ken Keis
- *My identity is a superpower – not an obstacle:* America Ferrera

[read more](#)

## Feature Articles

### Career Development Practitioners Working with Post-Secondary Students

by Dorothy Ritz, ACDC 2019 Session Presenter

There is a mythology that post-secondary students do not need career planning support. They have “arrived”. They are now studying in a post-secondary institution, after all!

However, post-secondary study is the beginning—not the destination. Depending on the agency that the career development practitioner works for, the aim may be to assist their client to make a decision on enrolling in a post-secondary program. Then there may be an assumption that the work of the career planning for the client is done...

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### Navigating Mid-Career Transition

by Gail Kastning, 2019 ACDC Session Presenter

With three major career changes under my belt that weren't effortless or without investment, I can confidently say that career transitions shouldn't be made lightly. I've learned that mid to late career changes require a thoughtful and pragmatic approach. These four questions can help our clients navigate change...

[read more](#)



### Tools and Resources for Transitioning into the New Retirement

by Nell Smith and Marilyn Berezowsky

The new retirement is so full of potential and possibilities that it can be a scary endeavor. What will I do with all that free time? some of your clients may ask. Who am I and what will give my life new meaning and purpose when I'm no longer working in my current role?

These are common questions - you and your clients are not alone. We offer four key ideas, plus tools and resources to assist you in your practice...

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### Healthcare Careers – Roles and Specializations for all Ages

by Tracey Campbell, Co-Editor Career Momentum

Have you ever had a client ask you where they could find a secure or stable job? Healthcare is a fast paced, rewarding industry with many opportunities for long-term learning, growth, and development. There are so many opportunities in the healthcare field to match individual interests, skills and experience levels. As career professionals we want to assist individuals to make informed career decisions by providing them with the resources they need...

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# Current, Connected & Committed through CDAA Mentorship

By Huong Vo, CCDP Candidate, Calgary

Did you know that through your CDAA membership, there's the benefit of Mentorship? The ability to be connected to a mentor or mentee is often an underused benefit of being a CDAA member. Research has shown that those who are in a mentorship partnership feel more satisfied with their career, feel more committed to their career, and are more likely to believe that they will advance in their career...



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## - New Members / New CCDPs -

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### New Individual Members

Kayijuka Callixte Rukabuza - Edmonton  
Saba Al-Khazraji - Calgary  
Camilo Torres-Barbosa - Calgary  
Mykhaylo Bodnar - Edmonton  
Mila Sokolyanskaya - Edmonton  
Michael Huston - Calgary  
Regina Sajinovic - Southern Alberta  
Sara Wills - No Chapter  
Rhea Banagudos - Edmonton  
Olufunke Smith - Edmonton  
Olutomi Adeyemi - Calgary  
Maria Cruz - Edmonton  
Richard Bucher - Calgary  
Sehrish Pervez - Edmonton  
Kim Horricks - Calgary  
Naghmeh Rezvani - Calgary  
Lenie Zuniga - Calgary  
Bernice Shukairat - Calgary  
Birhane Girmay - Calgary  
Pablo Franco - Calgary

### New Small Organization Members

Tlicho Government – North of 60  
  
JobLinks Employment Centre – a division of The Rehabilitation Society of Southwestern Alberta – Southern Alberta

**CONGRATULATIONS!!**

**WELCOME!!**

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*- Have a fantastic summer! -*

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## Current. Connected. Career Momentum.

CDAA Marketing & Communications Committee

*Career Momentum* has been keeping CDAA members current and connected for many years thanks to member and guest writer contributions. Do you have a best practice, resource, or tool you would like to share? Does your organization offer a program or service that you would like to highlight? Do you know someone outside of the CDAA who could add value to *Career Momentum*? Articles and advertisements are always welcome.

[Career Momentum info sheet and schedule](#)



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