Career Sustainability: Striving for Boundless

by Kate Bunker
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Career sustainability: striving for boundless

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What do we mean by career sustainability?

Career
- an occupation, profession, etc., followed as one’s lifework.

Sustainability
- the ability or capacity to continue operating perpetually.

A **sustainable career** is

‘...a career in which employees remain **healthy**, **productive**, **happy** and **employable** throughout its course and that fits into their broader life context.’

*De Hauw & Greenhaus (2014)*
Know yourself
Wellbeing

Resilience
Setting off on a journey

Life can only be understood backwards; but it must be lived forwards.
Soren Kierkegaard
Planning

Networking
Upgrade/refresh your skills

Put your hand up
Practitioner research

Your career: the open door
Coming back after extended leave

Carer
Redundancy

Burnout, stress
Time out

Holidays
Work hours

Know when to change jobs
Move

Look outside of LIS?

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Enjoy the moment

Options
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Summary

Know yourself

Be interested

wellbeing
resilience
have a plan
know what's going on around you
put your hand up

You are in the driver's seat

thankyou

Contact me

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