

Channeling Disappointment Into Career Growth

GoSkills online course syllabus

Skill level

Beginner

Lessons

6

Pre-requisites

No prior experience needed

Video duration

12m

Estimated study time

12m 41s

Instructor

Nneka Craigwell

Introduction

1 Preparing for your career journey

Experiencing career setbacks can be daunting, whether voluntary or involuntary, but they also offer opportunities for growth and resilience.

Overcoming Career Setbacks

2 Embracing setbacks

Career setbacks such as layoffs, job terminations, and internal transfers are common and can be challenging to navigate.

3 Ambition through adversity

Facing adversity requires transforming passion into action and maintaining a strong mindset to thrive.

4 Strategic career pivots

Making a strategic career pivot involves understanding feedback, being flexible, and leveraging new opportunities for growth.

5 Resilience toolkit

Building resilience involves having a strong support system, celebrating small wins, and continuously adapting to change.

Conclusion

6 Looking ahead to career success

Congratulations on completing this course!