

**Career Tips Thursday: Session 48**

# **Career Resilience in Action: Own It, Skill Up**

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UNDP



10 EIGHTY





# Welcome

## In Today's Session

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1. Why career resilience matters in a changing world
2. How to navigate transitions and setbacks more effectively
3. Four practical ways to strengthen career resilience
4. Small actions you can take to build momentum

## What feels like your **biggest challenge** right now?

- Keeping skills relevant
- Confidence
- Career clarity
- Burnout
- Uncertainty about what's next
- Navigating transitions



**Poll 1**

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# Why Career Resilience Matters Now

Skills, roles and organisations continue to evolve





**Career  
resilience isn't  
about  
controlling  
change**

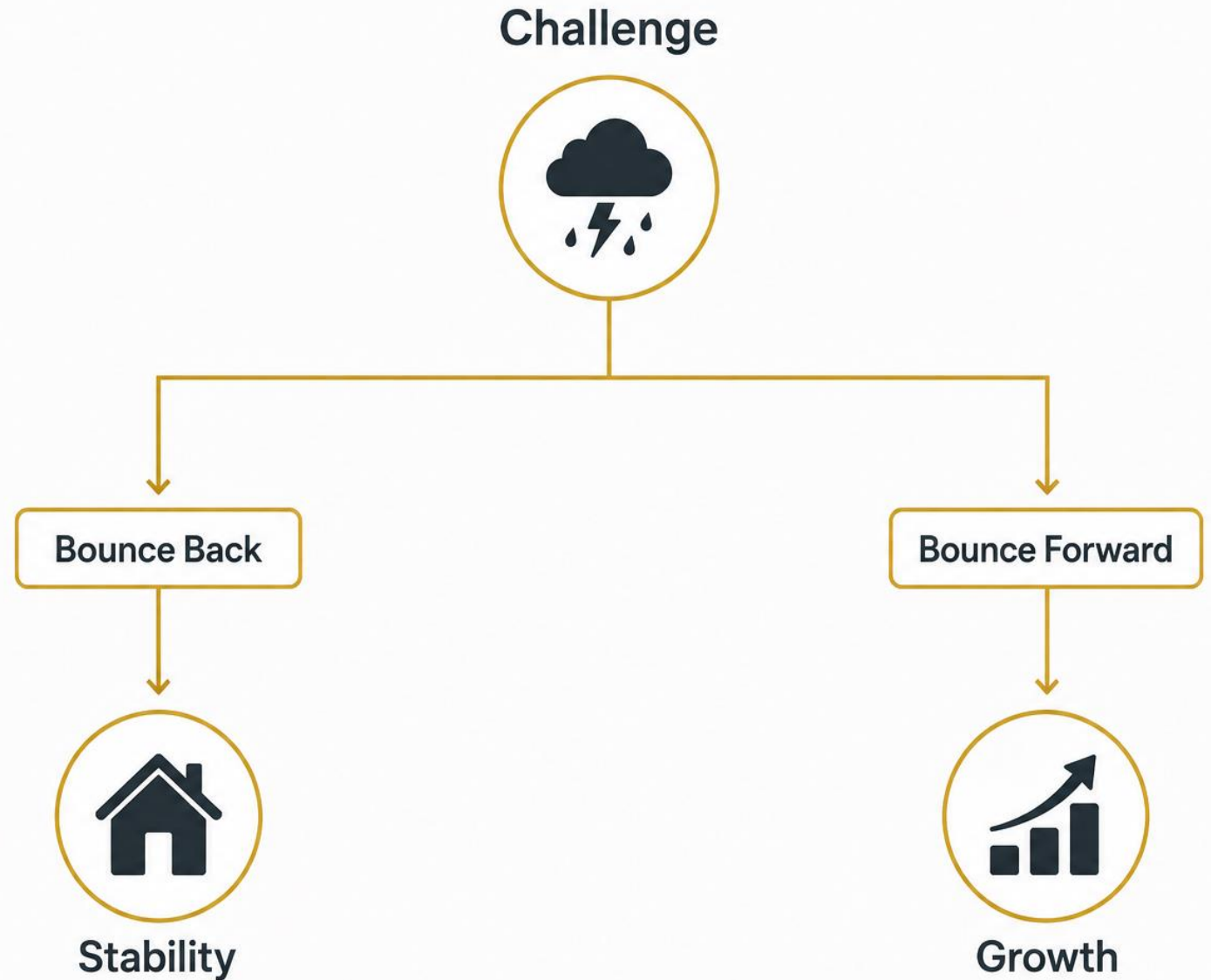
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It's about increasing  
your ability to respond

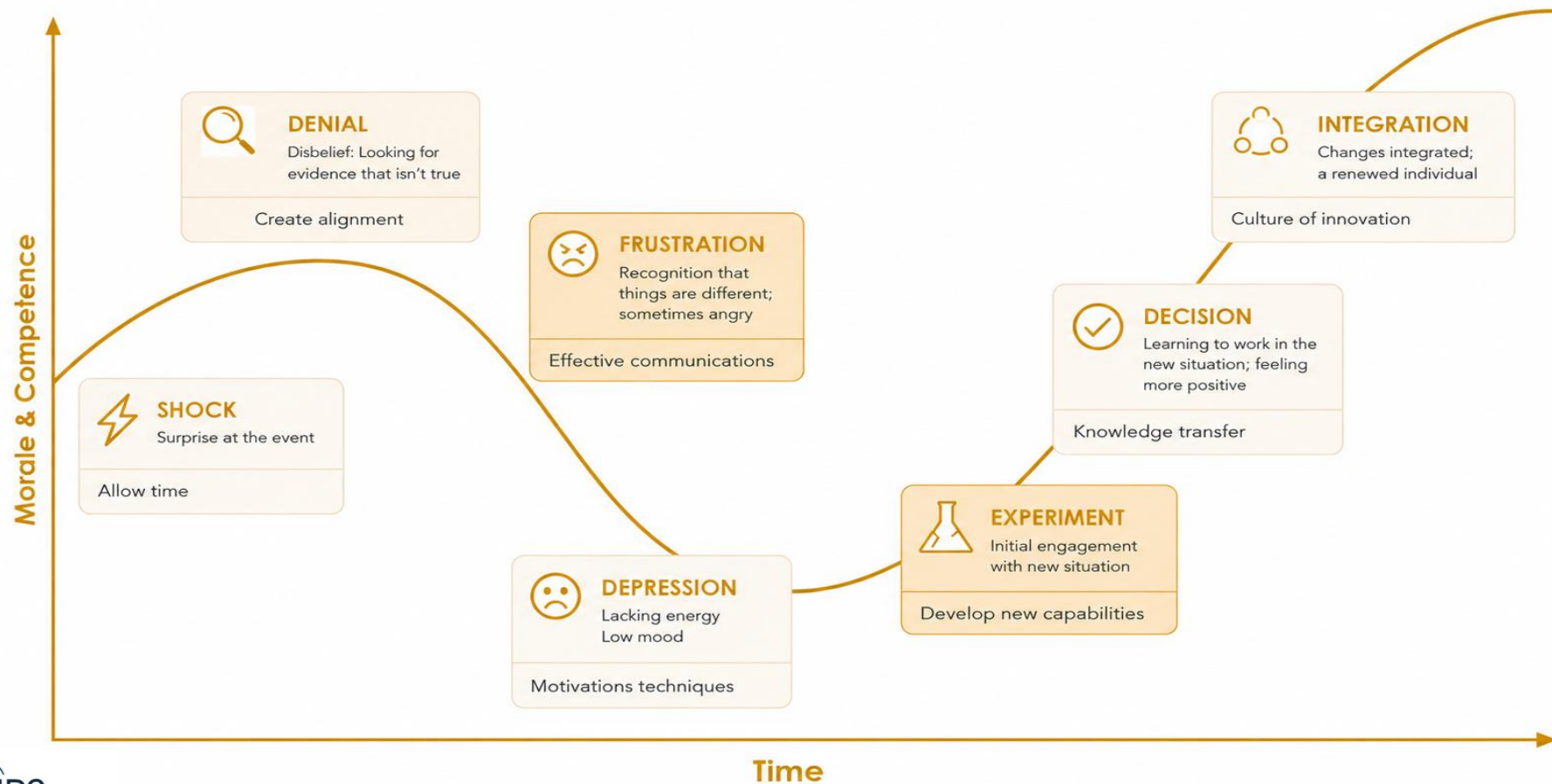
Career resilience is the ability  
to adapt, learn and keep  
moving forward through  
change and uncertainty.

# Bounce Back vs Bounce Forward

Growth can happen through change

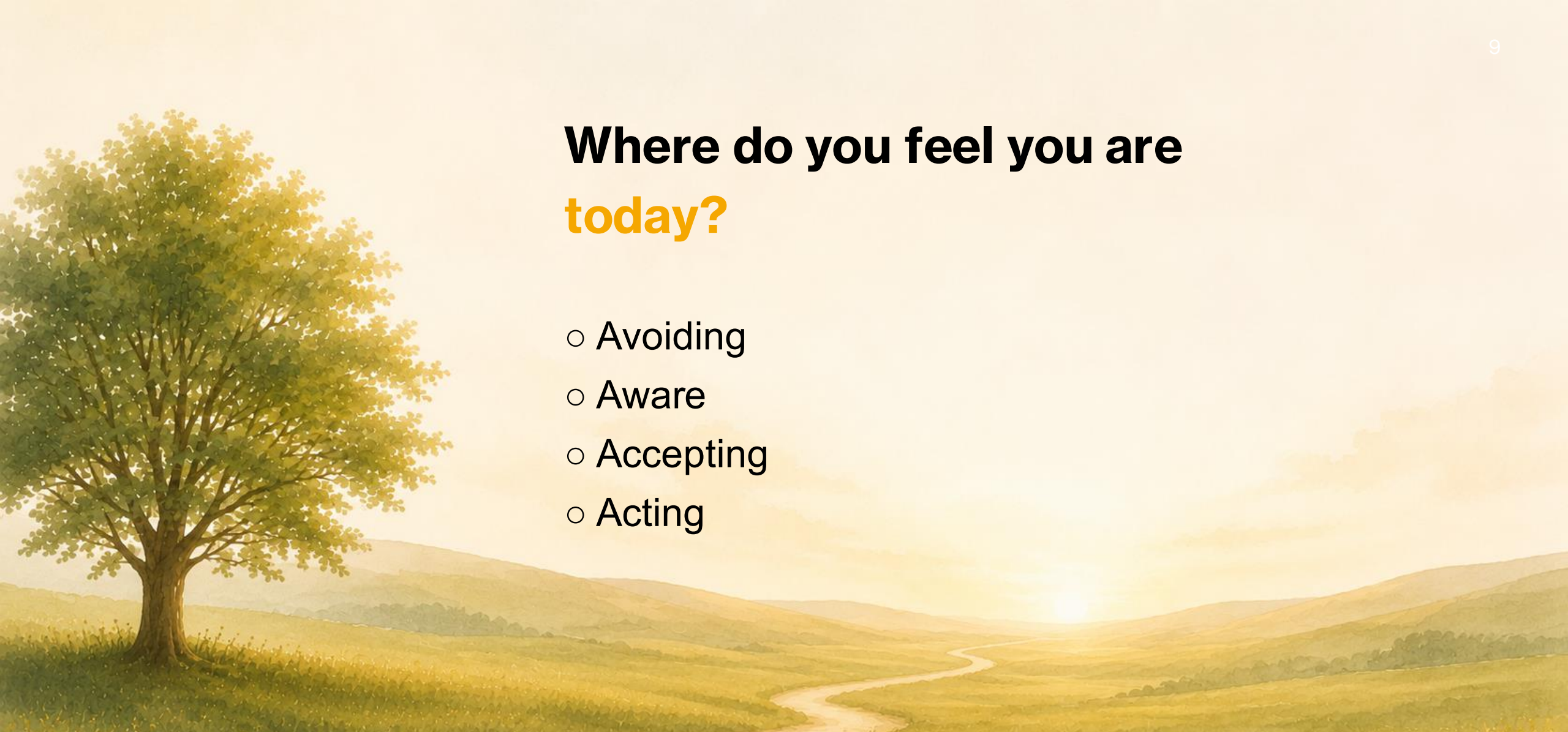


# Emotional reactions are normal



# Awareness → Acceptance → Action





# Where do you feel you are today?

- Avoiding
- Aware
- Accepting
- Acting

**Reflection**

# Four Pillars of Career Resilience



# Pillar 1: Learn Continuously

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Question:

What one skill would help me most in the next 3-6 months?

1



## Learn Continuously

- Stay curious
- Build skills
- Learn in small ways

# Pillar 2: Build Relationships

Resilience becomes easier when we are connected

2



## Build Relationships

- Mentors
- Colleagues
- Communities
- Networks

# Pillar 3: Own Your Career

Do you view feedback as information to help you grow?

When was the last time you updated your profile, CV or career plan?

3



## Own Your Career

- Seek feedback
- Update your profile
- Volunteer
- Ask questions

# Pillar 4: Look Ahead

What's changing?

What skills may become more valuable?

What opportunities may emerge?

4



## Look Ahead

- Skills trends
- Opportunities
- Future thinking

## Which pillar needs the **most attention** right now?

- Learning continuously
- Building relationships
- Owning your career
- Looking ahead



**Poll 2**

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# The Own It Mindset

Growth isn't about big leaps.  
It's about consistent steps forward.

01



Take action  
before confidence  
appears

02



Stay curious

03



Ask for support

04



Experiment

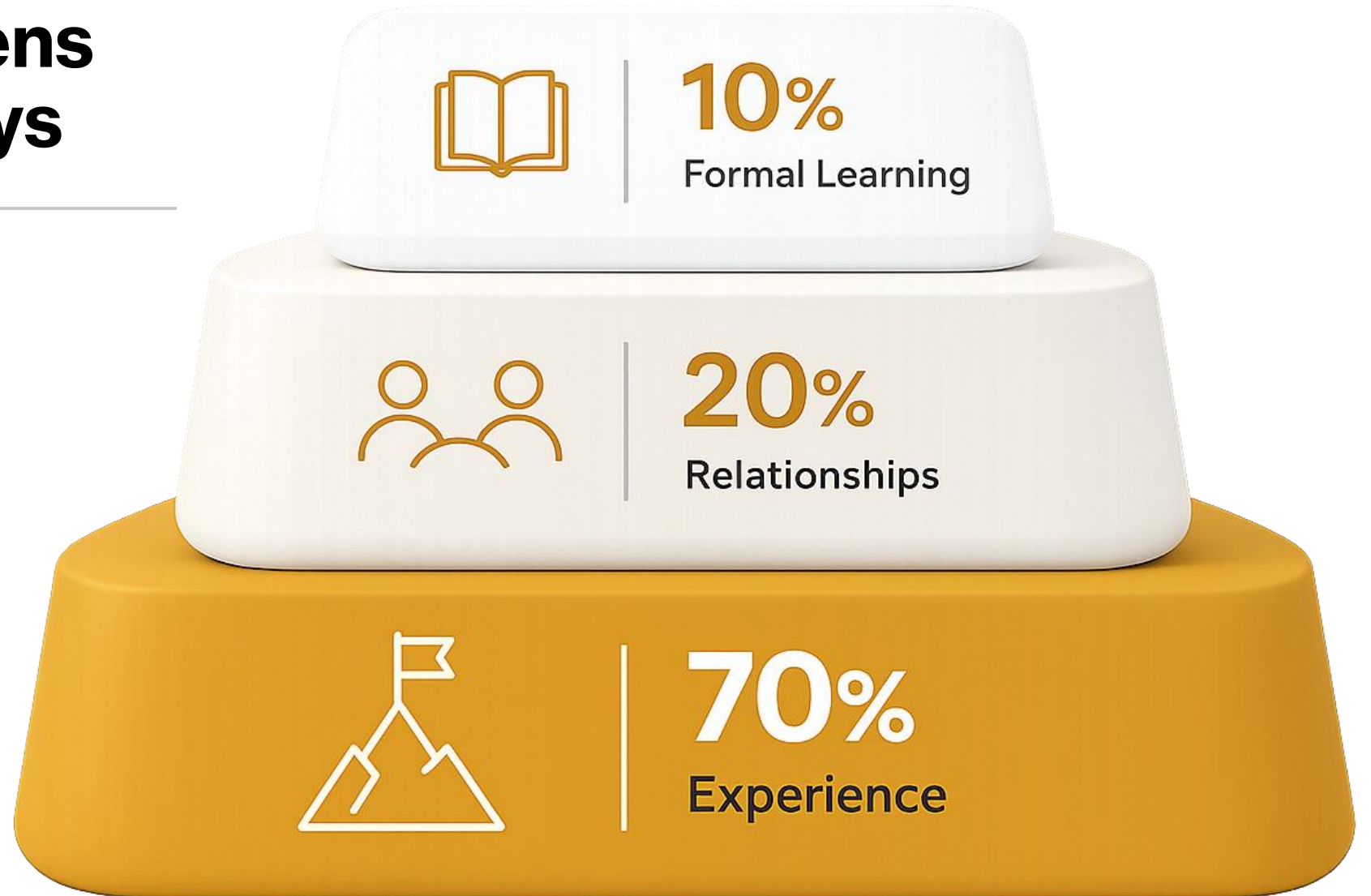
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Progress over  
perfection

# Learning Happens in Different Ways

Learning is built from experience up

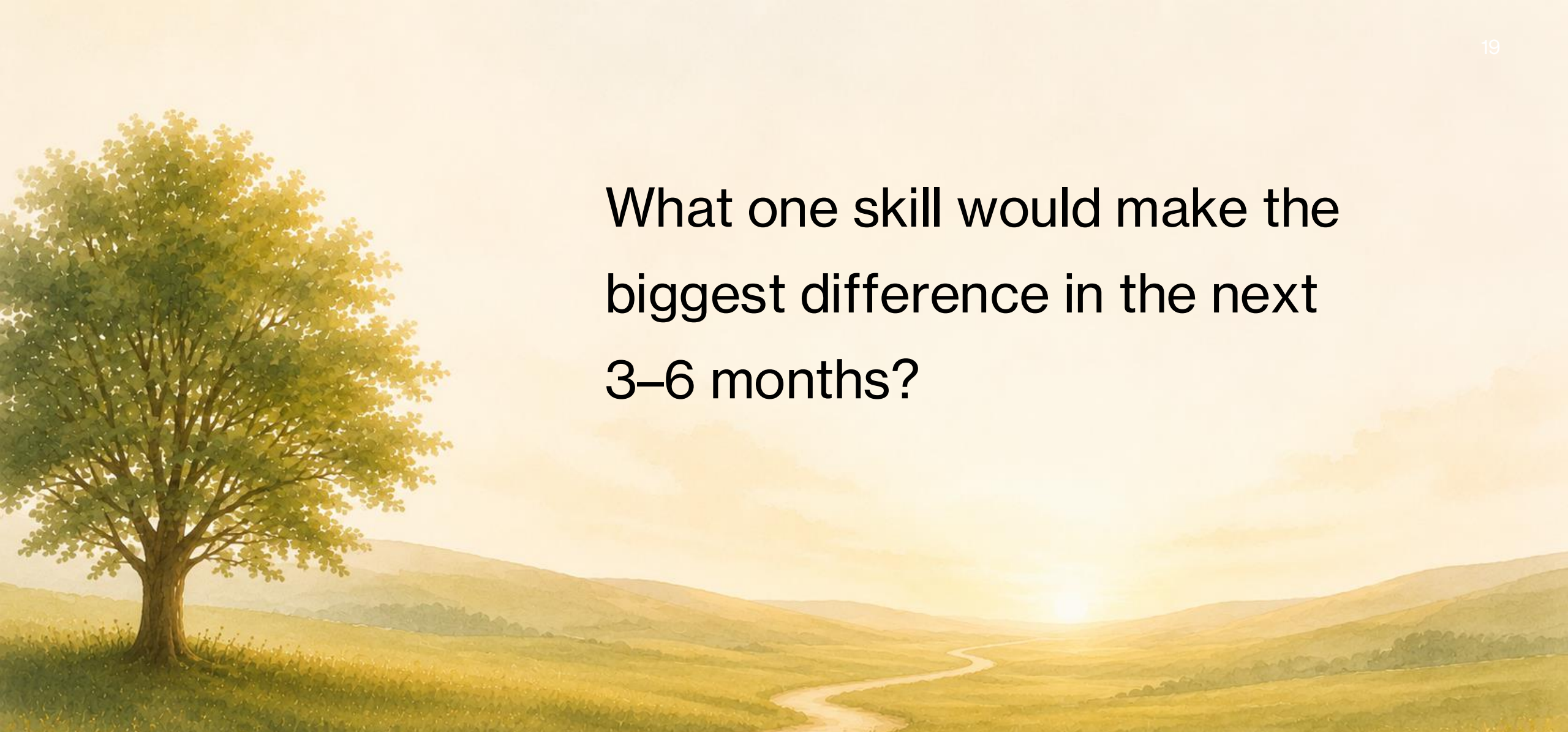


# Small Actions Create Momentum

Small actions compound.

Keep showing up, keep  
building, keep growing.





What one skill would make the biggest difference in the next 3–6 months?

**Reflection**

# 30-Day Career Resilience Challenge



**Small actions. Big impact.**

Pick any three challenges below to invest in your growth and open new opportunities.



**Update CV**



**Update LinkedIn**



**Learn one skill**



**Reach out to 3 people**



**Ask for feedback**

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# Before the end of today...

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**What is one micro-action I can take before the end of the day?**

Examples:

- ✓ Send one message
- ✓ Update one sentence on LinkedIn
- ✓ Book time to learn something
- ✓ Ask for feedback
- ✓ Take one small step you've been postponing



Let us know your thoughts  
about the session!

👉 Click [here](#) or scan the QR code.



**Evaluation Form**

**Next CTT session**

***25 June 2026***

