

Career Resilience in Uncertain Times: Practical Action Plan for Early-Career UN Professionals

1. Assess Your Current Position

- Review your contract: Know your end date, renewal terms, and notice period.
- Clarify your status: Are you a consultant, JPO, UNV, or temporary staff? Each has different mobility options.
- Talk to your supervisor: Ask about upcoming opportunities or extensions early.

2. Update Your Career Materials

- CV & P-11: Tailor for both UN and external roles.
- LinkedIn: Highlight your UN experience, fieldwork, and cross-cultural skills.
- Cover letters: Practice writing concise, impact-driven narratives.

3. Map Your Transferable Skills

- Identify skills like:
 - Project coordination
 - Monitoring & evaluation
 - Stakeholder engagement
 - Data analysis or reporting
- Use a skills inventory to match these with roles in NGOs, INGOs, or other UN agencies.

4. Explore Internal & External Opportunities

- Internal:
 - Apply for temporary job openings (TJOs) on Inspira.
 - Look for inter-agency secondments or surge deployments.
- External:
 - Check platforms like ReliefWeb, Devex, UNjobs.org.
 - Consider consulting or short-term assignments with NGOs or think tanks.

5. Invest in Learning & Development

- Take free or low-cost courses:
 - UNSSC, Coursera, edX, DisasterReady
- Focus on in-demand areas:
 - Data literacy, digital tools, climate adaptation, gender mainstreaming, etc.
- Document your learning on your CV and LinkedIn.

6. Strengthen Your Network

- Reach out to:
 - Former colleagues, mentors, and supervisors.
 - Alumni from your university or fellowship programs.
- Join:
 - UN career groups on LinkedIn.
 - Webinars, brown bags, and professional associations.

7. Practice Career Agility

- Be open to:
 - Lateral moves