



## High Five Messages to Promote the Career Development Process

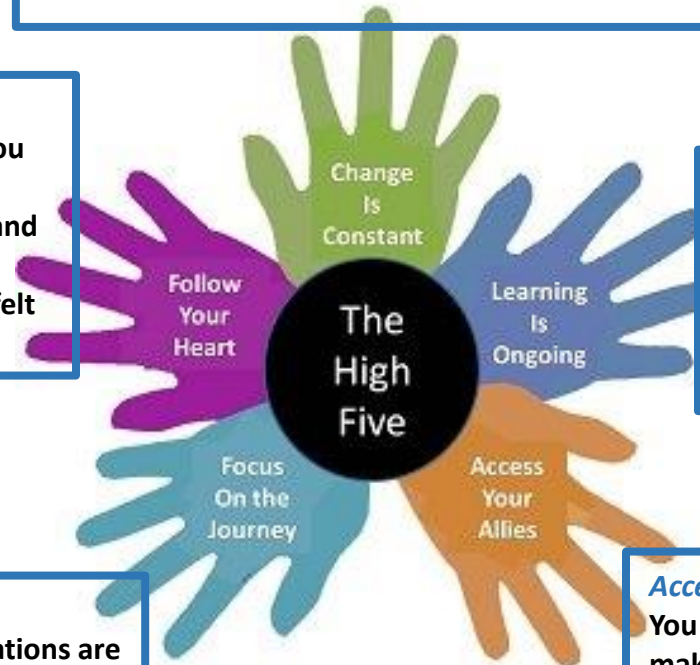
(Adapted from Various Sources)

### *Change is Constant*

Change is a constant force in both life and work. However, opportunities often arise during times of change. Flexibility, versatility and adaptability are important keys to career building success.

### *Follow Your Heart*

You always do your best when doing what you love or have a passion for. The pursuit of dreams provides motivation and directions and helps to clarify what is important. Career building requires a consideration of what is felt in the heart.



### *Learning is Continuous*

Learning, in all contexts, is a continuous life process. Learning, skills development and work are intertwined activities that you will engage in as a continuous cycle of career building experiences.

### *Focus on the Journey*

Life is a journey of experiences, and destinations are only stopping points along the way. Career building requires paying attention to both the goals being set as well as everything else that occurs as you travel toward your goals.

### *Access your Allies/Be an Ally*

You are surrounded by people who can assist you in making career decisions and travelling the road of life. Family, friends, neighbours, co-workers and teachers are all potential allies and mentors who are able to help. Build networks of allies and be part of the networks of others.