How to Get the Career You Never Knew You Always Wanted

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UVA Postdocs
Who Am I?

- Mom, Wife
- Scientist
- Business woman
- Volunteer
Who Are You?

• Self assessment
  • Myers-Briggs Type Indicator Traits
  • People Styles of Work

• Career goals

• Personal goals
What Do You Want?

- Career options
  - Academia
  - CME
  - Teaching
  - Industry
  - IP
  - Writing
  - Policy
  - Administration

- My career changes
What Do You Love?

- Interests
- Drive
- Passion

“Don’t be afraid to give up the good for the great.”

Kenny Rogers
What Do You Know?

• What are you good at?

• What do you need to know?

• What MIGHT you need to know?

“Change before you have to.”

Jack Welch
What Do You NEED to Know?

- Personal strengths
- Professional networks
- Professional goals
“Sometimes, it’s not what you know, but who you know.”
cliché
Finding Opportunity

• Expanding choices
• Preparing for opportunity
• It’s not ‘just luck’

“Luck favors the prepared, darling.”
*Edna Mode, The Incredibles*

“I'm a great believer in luck, and I find the harder I work the more I have of it.”
*Thomas Jefferson*
All things are difficult before they are easy.

*Thomas Fuller, M.D.*