

activities helpful throughout the career process

There are activities which help us gracefully move through each phase of the Cycles of Change. Draw on the wisdom of your own past experiences for what works best for you. Here are some additional activities which you may find helpful and/or might spark off more ideas for what else will help.

Remember, no matter where you are, you need to draw on the support of others as well as your intuition and inner guidance. You also need to find time for activities which renew you and enable you to "refill your well."

