



JOIN US FOR A

STAFF WELLNESS SESSION

PROFESSIONAL DEVELOPMENT: NAVIGATING CAREER ADVANCEMENT SUCCESSFULLY

As with the previous trainings, this workshop is supported by the System President, the SIUE and SIUC Chancellors and Dean and Provost of the School of Medicine.

Wednesday, September 20, 2023
Noon - 1 p.m. (via Zoom)

Link to Join Zoom Meeting:

<https://zoom.us/j/95954820921?pwd=VOUrcktSR2d6T2hQeG04YzhPYnA2QT09>

Meeting ID: 959 5482 0921 • Passcode: 995103

THE STAFF ADVISORY COMMITTEE FOR THE SIU SYSTEM (STACSS)* INVITES ALL SIU SYSTEM STAFF to training tailored to equip individuals with strategic insights, actionable tools, and a growth mindset to navigate the evolving landscape of career advancement. Participants will explore the multi-dimensional aspects of career growth, learn to identify opportunities, develop essential soft and hard skills, and build a robust professional network. This training is designed for professionals at all stages with a blend of an expert-led session and group discussions. Through a blend of theoretical learning and practical application, participants will leave with a holistic understanding of the tools and strategies they need to take charge of their career advancement.

IN THIS SESSION, PARTICIPANTS WILL LEARN HOW TO:

- Identify personal strengths, weaknesses, opportunities, and threats (SWOT) in the context of career progression.
- Establish clear, measurable, and realistic career goals and develop a timeline for achieving them; including identifying resources and training opportunities.
- Evaluate potential career paths and the requisite skills and experience for each.
- Understand the significance of professional networking and mentorship in career growth.
- Develop strategies for building and maintaining a strong professional network both online and offline.
- Cultivate resilience and a growth mindset to adapt to change and overcome setbacks.
- Acquire techniques for effective salary and role negotiation.
- Develop habits and routines that foster continuous professional and personal growth.



SESSION LED BY SIU SCHOOL OF MEDICINE'S:

David Ziebler, MSMOB, BCC, RODP, TIPC

Department of Medical Education

Center of Human and Organizational Potential

Director of Organizational and Employee Development



Southern Illinois University System

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The StACSS is a staff advisory body that serves as a collaborative channel between the staff at SIU Carbondale (SIUC), SIU Edwardsville (SIUE), SIU School of Medicine, SIU School of Dental Medicine and the SIUE East St. Louis Center. The StACSS advises the SIU Board of Trustees and System Administrative Offices through the System president about staff-related issues that are pertinent at the SIU System level. The StACSS serves as an avenue to discuss issues that impact the SIU campuses and beyond, share ideas, find solutions to problems, and work together on issues that face staff.