

# Career Recovery: Thriving Through Hope and Action

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## Workshop Outline

### Course Developers

Desiree Carlson, MA, CCC

Dr. Roberta Borgen, CCC, CCDP, GCDF-i

Michael Partridge, CCDP (candidate)

### Workshop Format

Four weeks, 6-8 hours per week

### Workshop Prerequisites

None

### Workshop Description

This workshop is an opportunity to take ownership of your career development through this personal, reflective journey. Exploring possibilities, connecting what is most important to you with the career challenges of today and tomorrow. Using a combination of resources, activities, and self-reflection, this workshop supports the implementation of a hope-action mindset ensuring passion, talent, and purpose are intentionally (and continuously) integrated into work, life, and learning endeavors.

### Objectives

Participants will improve their self-awareness, enhance their skills in creating visions, goals, and action plans, and become better equipped to turn possibilities into realities. By engaging in this workshop, they will develop strategies to better align their career path with their values, interests, lived experience, and personal goals.

### Learning Objectives

Upon successful completion of this workshop, participants will be able to:

- Deepen understanding of themselves and their unique way of experiencing the world through self-reflection and self-clarity
- Envision possible futures which integrate self-knowledge and lived experiences with work, life, and learning realities
- Translate hopeful opportunities into action through concrete, realistic, and measurable steps
- Explore possibilities through case studies
- Develop a lifelong career development mindset rooted in hopefulness, resilience, intentionality, and strategic decision making

## Required Texts / Supplies

Niles, S., Amundson, N., Neault, R., & Yoon, H. J., (2021). [Career recovery: Creating hopeful careers in difficult times](#) (eBook or Print available from Cognella)

## Additional Readings

Throughout the course, relevant readings will be posted on our website.

## Course Completion Requirements

Given the nature of this workshop, which is a reflective personal journey, “grades” won’t be assigned. Participants, however, will receive a certificate of completion once they have completed all workshop activities.

## Learning Philosophy/Approach

LearnOnline is a student-centered, dynamic community where instructors, facilitators, participants, and students co-create an engaging safe space to reflect, share, and grow together. Life Strategies is committed to infusing principles of equity, diversity, and inclusion within all our endeavors, including our e-learning offerings. We recognize that learning is a lifelong process impacted by our lived experiences and relationship with others and appreciate the unique learning preferences our participants hold as they balance complex lives.

Life Strategies invites participants and students to integrate their unique contexts within their e-learning journey and honour their personal learning goals. Together our learning community can support enhancing our professional community. We expect participants, students, instructors, facilitators, and administrative staff to treat others with respect and kindness, even when differences of opinion arise. We acknowledge, however, that sometimes our efforts to make people feel welcomed and included may fail, so we are always open to feedback to inform adjustments and improvements going forward.

## Online Instruction Overview

This online workshop will be hosted on Life Strategies’ LearnOnline e-learning platform which uses a Moodle-based learning management system. The system organizes a variety of learning activities (e.g., assigned readings, resources, videos, discussions, assignments) into several topical modules which participants will progress through on a set schedule as described in the Workshop Outline. A workshop facilitator will host the discussions providing feedback and insights throughout the workshop. Although discussions are asynchronous, from time to time, the facilitators may schedule live “sessions” or “office hours” using a web conferencing application (e.g., Zoom). Any “live” components will be communicated to participants via the News forum; however, we recognize our students come from different time zones and are balancing many other work/life commitments that can impede attending in real-time. As such, live elements will be recorded (with all participants' consent)and/or optional.

Facilitated e-learning offers amazing opportunities for shared learning. Many experts in the field believe that the best learning occurs in the discussion forums and that the posted course content may take on secondary importance. Although this course will provide comprehensive content, participants’ active engagement in the discussions enriches learning and is required for successful course completion.

Students are encouraged not to delay jumping into the discussions. Although discussions are related to

p. 604.856.2386

e. [info@lifestrategies.ca](mailto:info@lifestrategies.ca)

w. [www.lifestrategies.ca](http://www.lifestrategies.ca)



the assigned readings, resources, and/or videos, it is not necessary to wait until all of the readings/videos have been reviewed before jumping into the discussion forums – in fact, posting early and often contributes to richer discussions. Being inactive within the discussions for several days will impact a student’s overall grade and may result in being unenrolled from the course.

Registered participants will be enrolled and receive log-in instructions by email (noreply@learnonline.lifestrategies.ca) 1 week prior to the course start date. This provides a few days for them to orient themselves within the e-learning environment, review workshop expectations, and troubleshoot any technical concerns. If you require additional support or a course extension, please contact our team (studentadvisor@lifestrategies.ca) and we’ll do our best to accommodate your needs.

### Operational Requirements

As this workshop is offered entirely online, participants must have reliable Internet access and be comfortable using Internet technology and participating in discussion forums.

Within each Module, topics open and close on specific days facilitating learning as a cohort. Although there is flexibility in times of day to post, to get the best possible experience. participants will be expected to adhere to the workshop schedule and spend a similar amount of time on this workshop as they would in an in-person environment.

Documents will be posted in Word, PowerPoint, and PDF — participants must be able to download these documents and also upload similar documents. Web conferencing software (e.g., Zoom) may also be utilized.

Participants can count on our team for support if any technical challenge arises during the learning process. Contact us by sending an email to [info@lifestrategies.ca](mailto:info@lifestrategies.ca) so we can assist as soon as possible.

### Accommodation

We recognize that every person has different learning styles. We want to make sure each participant gets the most out of their learning experience with us. If there is any special need and/or disability that needs accommodation or special consideration throughout the course, please let us know prior to the course start so that we can work collaboratively to more effectively meet those needs.

*Life Strategies is a truly remote workplace with staff and associates working across a wide variety of traditional, ancestral, unceded and occupied Indigenous Lands. We want to take a moment to acknowledge the territory and thank the Nation(s) for allowing us visitation on their traditional lands and invite you to do the same. If you are connecting from Canada, please go to <https://native-land.ca> to learn more about and to reflect upon the lands you are joining us from.*

