Managing Your Career at UC Davis Health, February 9  
*Presented by Judy Isaman, Senior Training Analyst*  

Career development is a lifelong and continuous process of determining and assessing where you are now, deciding where you want to go, then developing and implementing plans to achieve your goals. Learn about career resources and programs Training & Development provides to all staff.

How Fear Can Propel Your Career, March 9  
*Presented by Tracy Preciado, Senior Organization Development Specialist*  

Do you have clarity on your career trajectory? Do you know what you value and why you want to pursue your current ambitions? This interactive workshop will teach you a method of self-coaching that includes three steps to catalyzing your career by adopting a mindset for action. You will get clarity on what matters most to you, define fear in an inspirational way, and commit to acting from a place of purpose and fun.

Exploring Your Talents and Strengths, April 13  
*Presented by Judy Isaman, Senior Training Analyst*  

Why do you make deliberate choices, do what you do, and are better at doing some things than others? The reason is TALENT—a naturally recurring pattern of thought, feeling, or behavior that influences choices and directs actions. Through your talents you tap into your greatest potential for success, and the outcome is STRENGTH. During this session you will hear about the Gallup StrengthsFinder 2.0 assessment which introduces 34 dominate themes, and identifies tops strengths and how to leverage them. Learn about research on talent-based productivity and engagement, and how it can be applied on the job. Explore opportunities to experience the StrengthsFinder 2.0 assessment, and how it can help you identify and focus on your strengths and what you do best.

Need more Info? Contact Training & Development at HS-T-D@ucdavis.edu or (916) 734-2676.