



Life-Experience Discussions

Aims

- To discuss different life experiences that might have an impact on your career.

Activity

- CANDOO® is a good starting point for career-related discussion around the following life experiences:
 - What is redundancy? What happens if you get made redundant, and what can you do if this happens?
 - Discuss the potential challenges around having a family and following a career at the same time. Does this differ between men and women?
 - Discuss the implications of changing careers. Is this be a positive or a negative change, or can it be both?
 - What does it mean to be head-hunted?
 - Why might you take a break from your career? Are there any implications of this?
- Can you think of any other life experiences that might impact on your career?
 - What are the potential impacts, and are they positive or negative (or both?)
 - Is there anything you can do to if these experiences happen?