

ATHLIFE

We must always change,
renew, rejuvenate
ourselves; otherwise, we
harden.

- Johann Wolfgang von Goethe

5 Tips to Spring Clean Your Career

Take some time to freshen up your career with these professional development tips.

1. **Prioritize Your Workday** - Use the technique of time blocking to schedule blocks of time on your calendar for specific work projects and increased productivity.
2. **Update Your Resume** - Updating your resume at least once a year will help keep track of your work responsibilities, accomplishments, and new skills or training.
3. **Enhance Your LinkedIn Profile** - Use LinkedIn effectively to network, build your brand, gain industry information, and job search.
4. **Increase Your Professional Development** - Think about ways to improve your professional development to continue to learn, grow, and move forward.
5. **Expand Your Network** - Growing your network can be easier than you think and is a key factor in your success.

For more information, click [here](#) to read the entire article from our AthLife Archives.

Good Reads [& Listens]

This month, we are excited to highlight **2 Pro's and a Joe**, a podcast hosted by former NFL players Greg Camarillo and Marcus McNeill along with Skraby, a lifelong football fan. This NFL podcast brings three different perspectives on the latest news in the NFL. Join 2 Pro's and a Joe to hear the game broken down by guys who have played it, and a guy who is a lifelong fan! Check out **&2prosandajoe** on Spotify, Apple Podcasts, Google Podcasts, Facebook, Twitter, and Instagram. Congratulations, guys, on the podcast! Please let us know if you have something to share for our Good Reads section.



New AthLife Advisor



A very warm welcome to **Connor Golden-Sims** - the newest AthLife Advisor!

Prior to joining AthLife, Connor served as an academic counselor at the University of Louisville and The University of Southern Mississippi. He is a graduate of Ohio University and Georgia State University. Welcome to the team Connor!