

ATHLIFE

On this Thanksgiving, we want to share our genuine gratitude for YOU. Thank you for being a part of our journey this year.

**From all of us at AthLife,
Happy Thanksgiving!**

Career Development Tips

November is **National Career Development Month!** It's a good reminder that career development, the process of learning and improving your skills, is essential for professional growth and progress. Review the tips below to work on your own professional development and [read more here](#).

- Determine what career success looks like for you and set goals with action plans.
- Focus on increasing your skillset each year, for example, by taking online courses.
- Break your career goals into smaller, more manageable goals.
- Develop your professional network. Networking is key to career success.
- Always strive for more professionally and don't settle for less.

★ AthLife Tip of The Month ★

When setting career goals, make sure that you write them down. Goals that are written down have a much higher chance of success. Deadlines and regular check-ins on your progress are also important, as well as using the [SMART goals framework](#).



Unlocking New Skills With Coursera

Pursuing knowledge and skill development is essential for personal and professional growth. Coursera, a leading online learning platform, offers courses to make it easy to acquire new skills and expertise. Review the following information to [learn more about Coursera](#).

- Coursera offers a vast catalog of courses covering various subjects and skill levels.
- It offers flexible learning opportunities with the ability to learn at your own pace.
- Courses include engaging and interactive content that goes beyond traditional lectures.
- After successfully completing the course, you will receive a certificate of completion.
- Coursera partners with top universities and industry experts for high-quality education.

Networking During The Holidays

As you plan to travel to your holiday events this year, keep in mind that these are not only great times to catch up with friends, but also golden opportunities to network. [Follow these networking tips](#) the next time you're at a holiday gathering or event.

- Focus on your conversations with others, showing genuine interest in their work, and let them know about your career plans.
- During conversations, listen for possible networking connections, and don't be afraid to ask for more details.
- Make sure that your resume is easily accessible in case you are asked to share it.
- If you identify a possible connection in your field of interest, ask for an introduction and then follow up with your new connection.



Good Reads

- [How to Balance the Holidays and Your Final Exams](#)
- [Gratitude: It's Always the Right Season to Say Thank You](#)
- [Tips for Your Next Job Search](#)
- [Five Tips on How to Make a Good First Impression](#)
- [Change Your Mindset and Redefine Your Circumstances](#)

