



**Season's Greetings from AthLife!
Wishing You a Joyful Holiday Season
And a Bright New Year!**

INVEST IN YOURSELF THIS HOLIDAY SEASON

During this time of year, there is often a focus on giving gifts. This holiday season consider giving a gift to yourself by investing in your career. Review the professional development ideas below.

- **Invest in Your Strengths.** Consider how you will use your natural gifts to take the next step forward in your career.
- **Never Stop Learning.** Continually research trends in your career and develop a plan to fill any professional gaps
- **Focus on the Right Relationships.** Ensure that your professional network is composed of individuals who inspire and teach you.
- **Invest in Your Online Brand.** Check your social media platforms to ensure they are reflective of your professional image and goals.

HOLIDAY NETWORKING TIP

The holiday season is a perfect time of year to reconnect and freshen up your networking skills. Reach out to those in your network to wish them 'Happy Holidays' as a way to build that professional relationship. And use holiday gatherings as a time to practice your 'Tell me about yourself' statement while growing your network. It's a win-win for all!

SMALL TALK DURING THE HOLIDAYS

Small talk can be a big deal, especially during the holidays. While some people are comfortable with making small talk, others struggle. If you find it difficult, review the tips below to improve your small talk skills.

- **Start Simple.** Keep the conversation natural and look for a common connection.
- **Practice in Low-Stress Situations.** Practice small talk as you are 'out and about' and be sure to listen and ask follow-up questions.
- **Have a Purpose.** Start with a comfortable topic to guide the conversation.

