

ATHLIFE

NOVEMBER 2025

Thankful for You!
We're grateful for the opportunity to support your career and education journey this year. Wishing you a wonderful Thanksgiving.



Networking and The Holidays

The holidays are a perfect time to nurture and grow your professional connections. Even a few simple actions during the holiday season can strengthen your relationships and set the foundation for opportunities in the new year.

- **Reconnect with contacts.** A quick note and check-in with contacts goes a long way.
- **Share updates.** A brief holiday greeting or an update keeps your connections active.
- **Show appreciation.** Expressing gratitude for others strengthens your relationships.
- **Create opportunities.** Conversations at holiday events can lead to new opportunities.

Career Tip Give Thanks!

Expressing gratitude can go a long way in your career. Take a moment this month to thank colleagues, teammates, mentors, and anyone who has helped you grow professionally this year. Showing your appreciation and making meaningful connections may open doors to new opportunities in the future.

Professional 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. Review the tips below to work on your own professional development.

- Determine what career success looks like for you and set SMART goals with action plans.
- Focus on ways to increase your professional skillset each year.
- Break your career goals into smaller, more manageable goals.
- Develop your professional network as networking is key to career success.
- Always strive for more professionally and don't settle for less.

Questions or need more information? **Schedule a call** with your AthLife advisor to discuss your career or education goals.

