

PUBLIC HEALTH AMERICORPS CAREER DEVELOPMENT WEBINAR 14 WORKBOOK

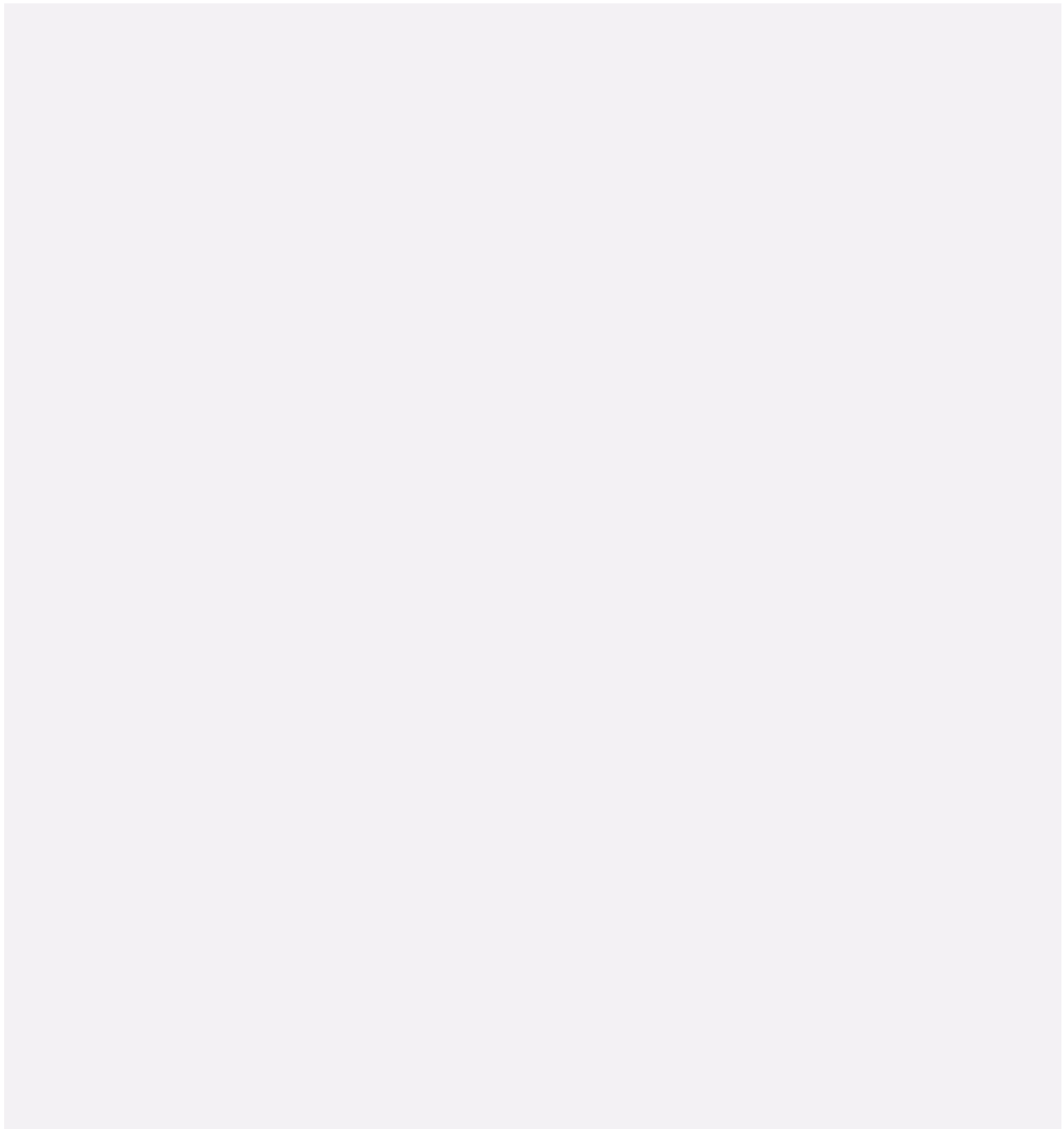


*A WORKBOOK FOR PUBLIC HEALTH AMERICORPS MEMBERS TO COMPLEMENT THE
PUBLIC HEALTH AMERICORPS CAREER DEVELOPMENT WEBINAR SERIES, 2024*

BELONGING IN A NEW WORKPLACE

Things to *Think About*

- What factors make a work environment positive and sustainable for you?
- How do you connect with new colleagues in a new workplace?
- What qualities do you think are important in a mentor?
- What strategies can you use to maintain a healthy work-life balance?



BELONGING IN A NEW WORKPLACE

Things to Review



Read “Work-Life Balance: How to Set Manageable Boundaries”



Read “Why community matters so much — and how to find yours”



Watch a video on a 3-Step Guide to Setting Better Boundaries at Work



Watch a video on 3 Key Elements to Thriving Mentorship



Watch a video on why Mentorship & Workplace Equity Takes Work

Things To-Do



Assess your work environment

- Reflect on your current or past work environments and identify what factors made them positive. Create a list of these factors to help you recognize and seek them out in future roles.



Connect with colleagues

- Make a plan to engage with colleagues in your current or next workplace. This could include scheduling coffee chats, joining social or professional groups, or participating in team-building activities.



Seek out a mentor

- Identify potential mentors within your professional network or workplace. Reach out to them with a clear request for mentorship, explaining what you hope to gain and how you think they can help.



Set personal boundaries

- Create a list of personal boundaries you need to maintain a healthy work-life balance. Share these boundaries with your manager or team if necessary, and implement them in your daily routine.



Define career goals

- Set specific, measurable, achievable, relevant, and time-bound (SMART) goals for your next position. Outline the steps you will take to achieve these goals and track your progress regularly.