



# **IOSH Veterans Webinar For IOSH August 2020**

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# Key points

- **Career red threads** – identify them
  - Where does the time fly, where did you succeed, what did you enjoy, what feedback did you get?
- **Via Strengths Finder** – free tool find your strengths  
(<https://www.viacharacter.org/>)
- **Ask for help**
  - Avoid energy vampires – share goals with supportive people, mentors, groups, buddies, coaches etc
- **Change** causes a range of emotions – but fear hates action
  - Where can you start today?
- **Linked In**
  - Professional profile, job searches, research, connections – build your knowledge and connections

# Free tools

- Career audit
- Leadership audits
- And more
  
- **Visit [www.sarah-j.com](http://www.sarah-j.com)**





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