

## Constructing Your Career: Active Career Management

SPEAKER: Elizabeth Schrimpf - Adult Career & Special Student Services Counselor

- Get an introduction to career management and what that means at UW-Madison.
- Learn about the career management cycle.
- Identify learning and engagement opportunities.
- Receive information about campus career and professional development resources.



Career Wellness is the management of our work and personal lives while developing skills and moving closer to achieving our goals in a healthy way.



Organized by the FP&M Wellness Committee Supporting the overall well-being of FP&M employees inside.fpm.wisc.edu/wellness/