

BUILDING CAREER RESILIENCY

CAREER CONVERSATIONS FOR EQUITY DESERVING GROUPS

WEDNESDAY, MARCH 30TH • 4:00 PM - 5:30 PM VIA MICROSOFT TEAMS

This event will highlight conversations about career resiliency and how to navigate your mental health and well-being as you grow throughout your career. The journey of resiliency is unique to everyone and our diverse panel will be addressing some important questions on this topic.

This will include:

- What career resiliency is and what it looks like in practice
- Strategies for building resiliency throughout your career
- How to navigate one's mental health and well-being to improve resiliency

Join us and our panelists as we discuss career resiliency and how to stay engaged, adaptable, and inspired in the workplace.

At Humber, equity-deserving groups refer to communities who were historically and who are currently underserved and underrepresented. These groups include Women, Persons with Disabilities, Racialized Persons, Persons from diverse Gender Identities, and Persons who identify as 2SLGBTQ+.

Humber's Definition of Equity Deserving Groups

Click [here](https://careers.humber.ca/career-month.php) to register, or visit: careers.humber.ca/career-month.php



MODERATOR

Monique Chambers
Career Strategist
Academic Advising and Career Centre
University of Toronto Scarborough



PANELIST

Ogho Ikhala
Director of Diversity, Equity and
Inclusion and Talent Acquisition
Hydro One



PANELIST

Dr. Elaine Brown Spencer
Educator of Equity, Social Work
and Black Studies



PANELIST

Rosie Mensah
Registered Dietitian, Consultant, and
Food Justice Activist



PANELIST

Laura Gagnon
Director of Wellness
Innovation for Shkaabe Makwa
at the Centre for Addiction and
Mental Health (CAMH)



Seneca



HUMBER