Title: Building a career: the value of mistakes, perspective, courage, and exploration

Abstract: The process of navigating the path from education through career is rarely predetermined. Individual career decisions are greatly influenced by life experiences, personal values, expertise, and exposure to career options. These experiences can be positive or negative; arising from social, cultural, educational, and other settings. While not always immediately evident, both positive and negative experiences equip individuals with unique understanding and perspective that prepares them for handling the complex demands encountered throughout professional careers. In this talk, we will explore the value of equally celebrating success and failure to gain the perspective and courage needed to boldly explore unexpected career opportunities.