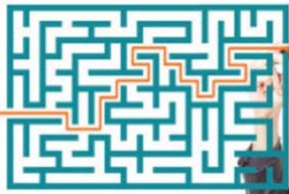




# BEN HUDNALL MEMORIAL TRUST

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## Career Coaching



### 3 Tips for Career Development

If you're a Kaiser Permanente employee, you've probably been hearing about Career Development for a long time. In fact, you may have heard or seen the words so many times that you no longer even know what they mean, but it is important to understand how these words connect to you.

Here are 3 ways to **think about why Career Development might be important** in your life:

- **Career Development is about pursuing your heart's desire.**

possible exception of raising kids). Given all that time, your job ought to be a source of satisfaction and meaning. If it isn't, you're likely to experience your life as unsatisfying. On the other hand, doing something you love and value will help you feel better about yourself, your life, and the world around you.

- **Career Development is about developing the skills to achieve the financial success you deserve.**

It is about knowing what you want to do, setting associated income goals, and then developing the skills and experience you need to get there. Through Career Development activities, you can explore the income possibilities of jobs that appeal to you and initiate a plan that can ultimately lead you to getting that next job.

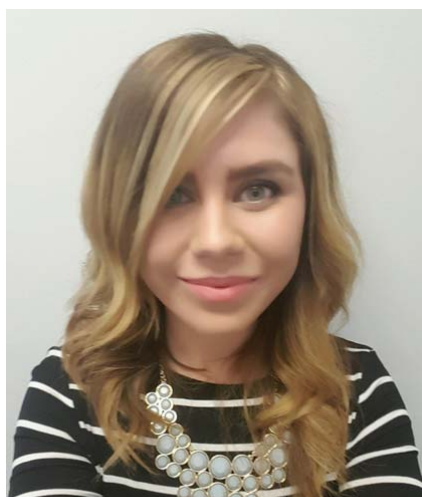
- **Career Development is about making sure that future developments don't leave you behind.**

As KP introduces new technology and organizational innovations, you may require new skills and knowledge in order to continue doing work that's meaningful to you. Sometimes, innovation and new technology render old skills and jobs obsolete. By getting involved in career development activities, you have a greater chance of spotting and preparing for those changes so that you can move into a better role in the event that change has your current job in its sights.

Career development has many other aspects. Think of it as the set of activities that helps you get the most out of the present while keeping you oriented to what's coming in the future. It's like self-care for your professional life. Through your [BHMT Career Counselor](#) and the services offered by the [Ben Hudnall Memorial Trust](#), you can define, pursue, and achieve your professional goals and dreams. *Presented by Dave Rosenberg, BHMT Career Counselor*



## Degrees & Certifications



### 'It Worked for Me': Julie Cardwell

SCAL Service Representative Shows Why It's So Important To Finish What You Start

**Current Position:** Senior Service Representative, Kearny Mesa Rehab Center, San Diego

**Her Goal:** To complete her Bachelor's in Business Leadership

**How BHMT Helped:** BHMT helped through the use of Coastline Community College and CTU

While working as a Service Representative, Julie Cardwell had the desire to go back to school and work towards her college degree. Realizing that the healthcare industry is constantly evolving, she began to think about her future at KP and where she wanted to be in her career. In 2014, Julie signed up [to complete her prerequisite](#)

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