



COUNSELLING AND GUIDANCE CELL

**in Collaboration with
Department of Psychology
University of Lucknow
Organizes a Webinar on
Career Resilience**

By

ABHA JOSHI

(Consultant Training and Counseling, Raj Scanning Limited)

On 6th October 2021 at 5 pm

Prof. Shashi Shukla
Dean, Faculty of Arts
Head, Department of
Psychology
University of Lucknow.

Prof. Madhurima Pradhan
Director
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Dr. Archana Shukla
Coordinator
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Dr. Megha Singh
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Report of Career Resilience
Under the Counselling and Guidance Program
6th October, 2021
Organized by
Department of Psychology
University of Lucknow

The webinar was organized under the Counselling and Guidance Cell Program of University of Lucknow on the topic “Career Resilience” on 6th October, 2021 at 5:00 pm. The guest speaker Ms. Abha Joshi focussed on the various techniques for resilience. She focussed on the concept of resilience and various strengths attached to it. She emphasized that we need to focus on the ability to the things that matters and should have capacity to create order during uncertainty.

She reiterated that anyone can become resilient anytime and anywhere. It does not require any genetic capability but all of us have the power to be resilient. Resilience is the ability to overcome any misfortune. She also made the students about the various key features to become resilient under which she focussed on the strategies of acceptance, positive attitude and ability to reflect.

She made us aware about the secrets of resilient people in which the people need to understand that suffering is a part of life and we need to direct our attention the positives. Ms. Joshi explained that career resilience is the ability to adjust to career change, whatever the circumstances may be and to navigate all the ups and downs, twists and turns of your career path.

She also gave various tips for building a resilient career viz. developing rational thinking skills, processing a strong physical and mental health. She focussed on certain tips for career resilience for e.g. never underestimate your network, being flexible, asking the right question. She narrated a story to explain the importance of resilience in our lives and how it can change the career pathways that we are seeking.

In the end, Prof. Madhurima Pradhan, Director, Counselling and Guidance cell also highlighted on various tips of resilience and gave a formal vote of thanks to our speaker.

Photos of the session-



