

Career Boot Camp 2024

From Rejection to Resilience: Mastering the Art of Turning Setbacks Into Success

Presented by the Federal Youth Network



INSTRUCTIONS:

- All attendee microphones and cameras are deactivated.
The chat is disabled for attendees, but we will use it to send resources.
- Please use the **Q&A** button to ask your questions.
Vote for a question you like by pressing the Thumbs Up button.
- This session will be given in English only. The French session is given simultaneously. To join the French session instead, exit, go to Sessions in the Lobby, and join the French equivalent session.
- All the sessions are being recorded and will be available on the FYN-RJFF YouTube channel in the 24 hours following the session.

Julia Harvey

She / Her

- Julia is a policy analyst at Innovation, Science and Economic Development Canada.
- She has been working in science policy since the beginning of her federal public service career in 2021.
- With an educational background in political sociology, Julia remains committed to using innovative and intersectional approaches to address complex sociopolitical issues.



Learning Objectives

- Reframe rejections as learning opportunities and recognize their sphere of influence.
- Manage emotions and cope with disappointment while remaining focused on future goals.
- Maintain a positive attitude, stay motivated, and proactively pursue new opportunities within their control.





Pulse Check

How much do you already know about this topic?

Andrew Abela

He / Him

- Andrew Abela is a neuroscientist by training who is passionate about social impact research, equity, systems change, mentorship and community building.
- Andrew is currently Assistant Director of the Behavioural Insights and Experimentation team at IRCC, where he gets to work with a fabulous team of researchers who conduct research with clients to improve Canada's immigration system.



Jose Jimenez

He / Him



- Jose Jimenez, is a young professional with a combined 5 years of experience across the Federal and Provincial governments. Jose currently serves as a Technical Marketer at the Canadian Digital Service within TBS.
- Jose's interests include digital service delivery, public service innovation, and making space for vulnerability in professional settings.
- Outside of work Jose is passionate about compassionate self-growth and the empowerment of youth through 1:1 mentoring programs.



Tayah Almond

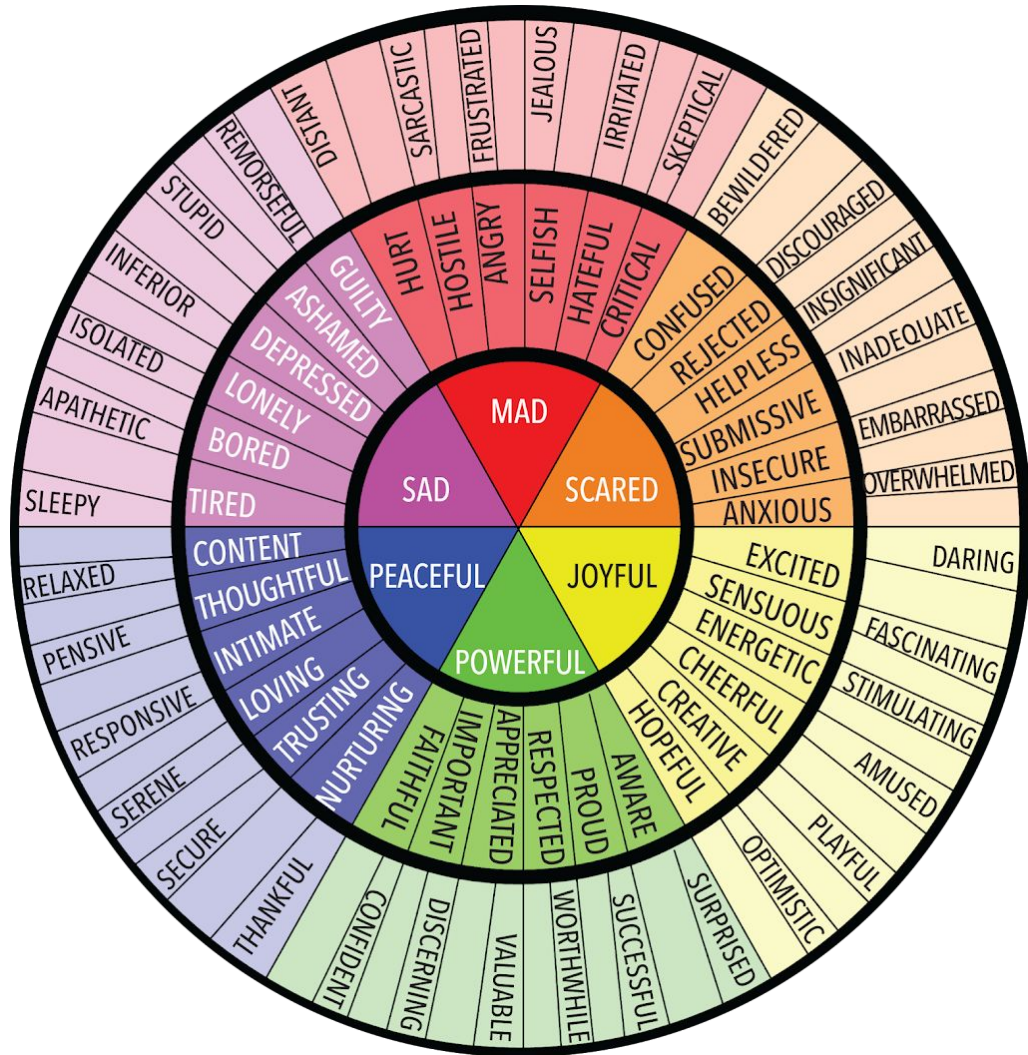
She / Her



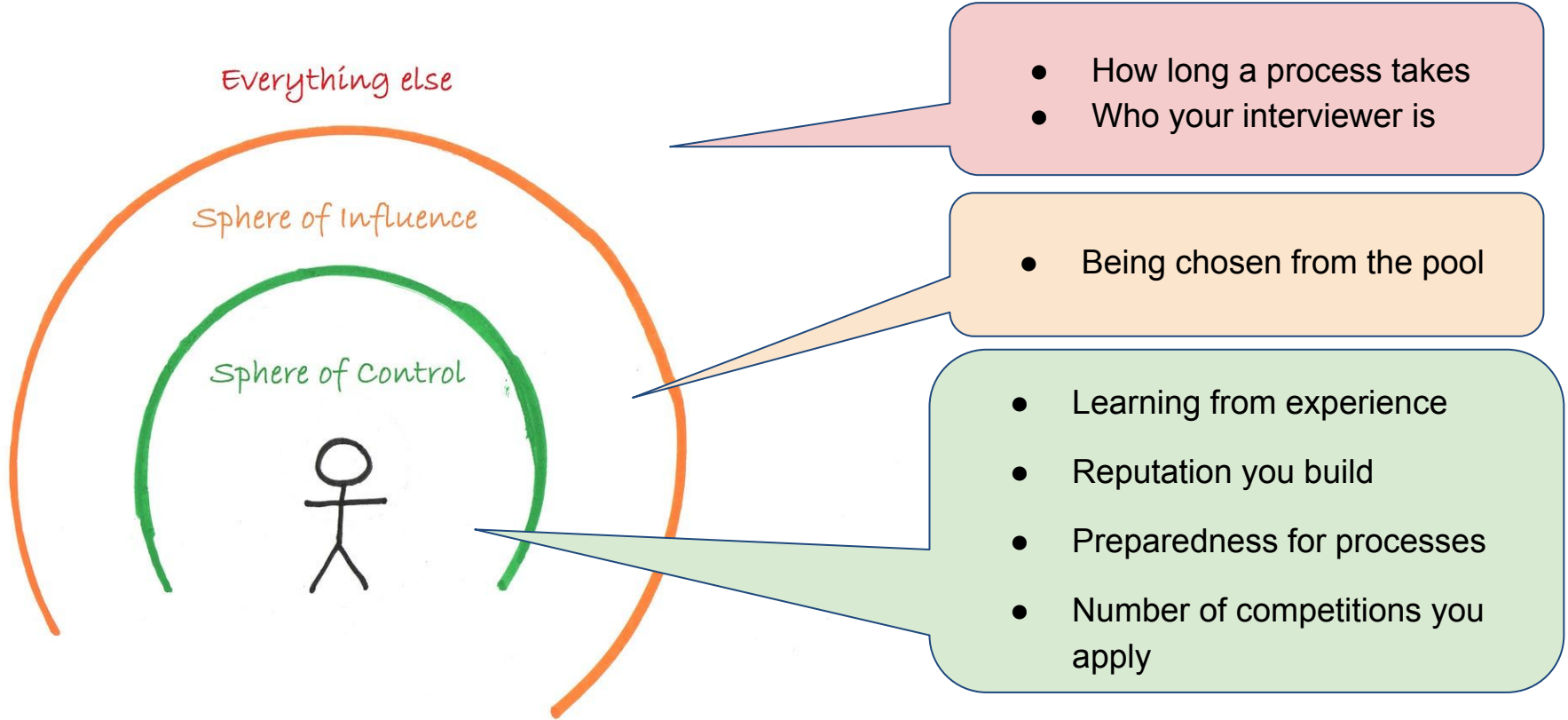
- Tayah Almond is a public servant with over 15 years experience working in government.
- She's currently a Communications Specialist for the Canadian Food Inspection Agency (CFIA) and has been recognized for her work in the area of engagement, giving back to the community, innovation and helping to create a higher performing organization.
- Outside of work Tayah is passionate about community building, globe trotting and the colour turquoise



Identifying Emotions

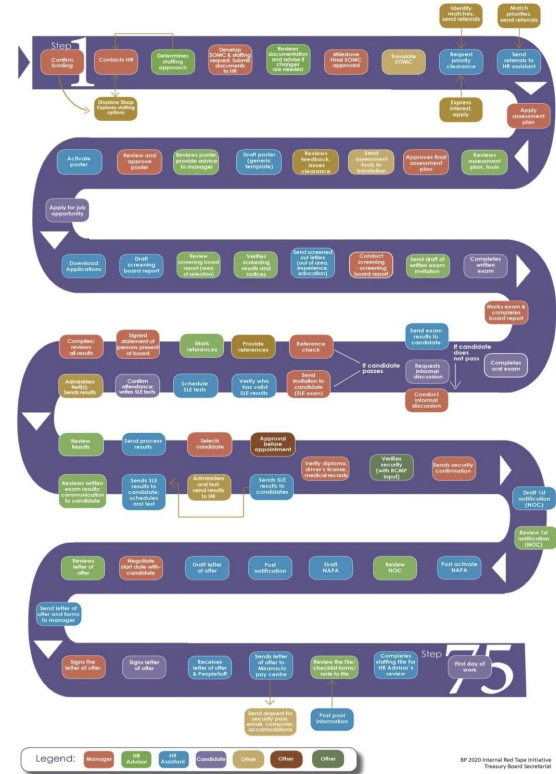


What Can You Control?



Timing is Beyond Your Control

- How long SLE results take
- Security clearances takes time
- Pay standards



Goal: Get Into an AS-01 Pool

Action	People who can support you during this action	Obstacles to completing the action	Can I control or influence the obstacle?	Tools/resources to help you
Identify pools I qualify for	Ask Mentor/Colleagues/Manager Reaching out to networks	Not having relatable experience Difficulties navigating the system	YES	GC Jobs
Apply for multiple pools	Ask manager for time Ask for support at home	Time	NO	Strong resume
Have answers validated	Ask a colleague or HR	Expertise	YES	Use FYN tools

Q&A Time



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Thank You



Upcoming Sessions

- Annual **In Person Learning Days** across each Province throughout 2024.
- **Departmental Showcase** - From June 11 to August 20, 2024, join us every Tuesday to hear about cool jobs, common role responsibilities, and bust misconceptions from future leaders in their departments.
- **Welcome to the GC** - This half-day virtual event will help participants navigate their career in the GC.
- More info on all the above dates and locations can be found on our FYN Wiki page.

