

# Everything you ever wanted to know about career development

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INTERDEM ACADEMY SESSION

# Career development

- Interactive session
- Discuss with early stage researchers how a career can develop
- On the basis of personal experiences of people who are in a more advanced situation
- What went well/ what went not so good/ what was planable and what was opportunity/ coincidental
- Lessons learned for early stage researchers

# Own career









# Own career

- MD in 1982, Amsterdam
- Medical Specialist training 1982-1987, Utrecht
- From then: Maastricht University
- 1993: Thesis Dementia, depression and forgetfulness
- 2001: Professor in Geriatric psychiatry



# Drivers

- Doctor
- No surgery
- Contemplative
- Body-Mind/ Brain Behaviour/ Psychiatry- Neurology
- People with dementia excluded from hospital
- Academic

A goal without a plan is  
just a wish

Antoine de Saint-Exupéry



# Tips

- Get to know yourself
- Up-to-date resume
- Reflect about your career planning (short bio)
- Reflect on what you like, dislike, need, want and fear from work
- Keep a record of your achievements
- Identify your transferable skills
- Explore new training opportunities
- Network
- Talk with people who are more experienced
- Step out of the comfort zone
- Be open for opportunities

- Livecareer.com
- Forbes.com