

ELEVATE YOUR CAREER: STRATEGIES FOR GROWTH AND NETWORKING

Professional Development Course | Spring 2025 | SIUE Continuing Education

Instructor



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Alix is the founder of Villeneuve career coaching, where she helps clients elevate their professional presence—and puts them on a path to their next big career opportunity. Her program uses a unique approach that blends neuroscience-based career coaching with expertise in digital reputation enhancement and thought leadership.

Course Details



Meets on Zoom



4 February 2025



6 – 8 pm CST

Course Summary

Whether you want to level up in your current field, pivot to a new career, or re-enter the workforce; this course will provide you with actionable insights and practical skills to navigate your career path with confidence and clarity.

You'll learn how to:

- ✓ Identify and seize opportunities for career advancement
- ✓ Develop a personalized plan for continuous learning and upskilling on any budget
- ✓ Build a robust professional network—in person and on LinkedIn
- ✓ Establish meaningful and useful mentorship relationships
- ✓ Uncover in-person networking opportunities, and how to work a room
- ✓ Leverage community service or unpaid labor experiences to bolster your professional experience and credentials

Who can benefit most from this course?

Perfect for professionals or students at any stage of their career, this course is designed primarily for those who *already* have a sense of what direction they would like their career to go in, or what next job they are aiming to land.

- Though the information in this course would also be useful to those who are still trying to *figure out* what career to pursue, this course is not designed to actively help you determine what job or industry is right for you.
- Career growth and networking requires time, patience, and mental energy – you'll need to invest 2-8h per week for a few months after the course for maximum results. If you are overwhelmed and can't devote time and mental energy to attend networking events and/or continuous learning opportunities, this course may not be ideally suited to you at this time.

Optional: To complete by 2 February (prior to course start)

If you feel comfortable doing so, please email me at Alix@VilleneuveLLC.com the following information:

Note: I will not share any of this information with the class, it's simply to help me understand the general needs of the students so I can cover everyone's unique situations adequately.

- ✓ The job (or studies) you are currently in, and where you are hoping to go next in your career
- ✓ Your highest level of educational achievement, and if you are considering pursuing another degree
- ✓ Your comfort level/experience with in-person networking and LinkedIn/email reach-outs to strangers