

CDAA Encourages Australian Workers to Thrive Post Pandemic

3 March 2022

The Career Development Association Australia (CDAA) encourages Australian workers to “thrive instead of survive” as we move forward from the COVID-19 pandemic.

CDAA spokesperson Carolyn Alchin says while the past couple of years have been tough, individuals and businesses have shown innovation, flexibility, and success despite challenges.

“While many people are still feeling the impact of the past 2 years, Australia has an amazing workforce. To thrive, workers need to know their value,” Ms Alchin said.

“If you can’t talk about your strengths and the value you bring, how will a prospective employer know why they should hire you?”

As global headlines continue to focus on ‘The Great Resignation’, CDAA advises workers to have clear expectations before changing jobs.

“We know employees continue to re-evaluate their working life and employers are definitely on the search for quality talent,” Ms Alchin said.

“But workers should ensure they understand what their industry is like in 2022 before switching jobs to avoid jumping from the frying pan into the fire.”

Ms Alchin says workers should be proud of the resilience, tenacity, and adaptability they have shown during the pandemic.

“Workers have gained highly transferable skills that they need to demonstrate to quality employers to maximise their opportunities,” she said.

CDAA members can help you manage your career, make occupational and study decisions and plan career transitions. Find a career specialist [here](#).

The Career Development Association of Australia (CDAA) commenced as the Australian Association of Career Counsellors in 1989, and is Australia’s largest cross-sectoral association of career development professionals working in a diverse range of roles, delivering services in industry, government, education, employment programs and community organisations. The primary purpose of the CDAA is to support its members by leading, building and growing the career development profession.

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