

# Enhancing the sustainability of careers in disruptive times

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What defines a sustainable

career for ourselves?



#### Overview

- 1. A changing career context
- 2. The sustainability of careers
- 3. How to make this happen
- 4. From impact on to impact of careers

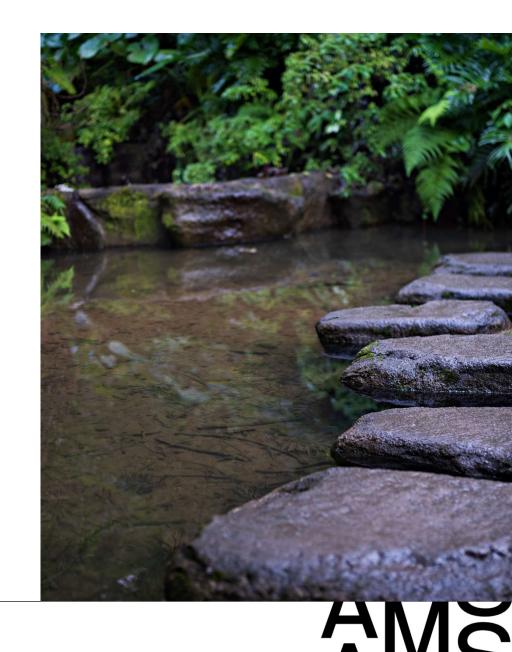




#### **Careers**

Sequences of work experiences that evolve over individuals' life course (Arthur et al., 1989; Arthur et al., 1999; Greenhaus et al., 2010; Hall, 1976; 2002)

Important to address the historical context for understanding how careers are being researched (Barbara Lawrence, 1984)



#### **Time**

Careers provide a 'moving perspective' (Hughes, 1958) on the unfolding interaction between a person and society (in Arthur et al., 1989, p. 8).

#### **Agency**

A career is owned by an individual, who has to idiosyncratically deal with, and respond to, stability and/or change in the world of work (Briscoe and Hall, 2006) - notwithstanding many influential (structural) factors at multiple levels.

#### **Social space**

Careers reflect the relationships between people and the providers of official positions, namely organizations or institutions, and how these relationships fluctuate over time. (Arthur et al., 1989, p. 8).

#### Meaning

Careers are subject to change in terms of what they bring to an individual, not in the least in terms of the value of specific career outcomes, (Arthur et al., 1999)



#### Time

- Increasing length, shorter sequences, unpredictability
- Decrease of upward, linear career paths

#### Agency

- Growing emphasis on individual responsibility and accountability for career decisions and outcomes
- Decrease in organizationally-driven career management
- Uncertainty about the broader context

#### Social space

- Fading of borders between work and private life
- Increase in possible choices to move between organizations, occupations, locations throughout the career

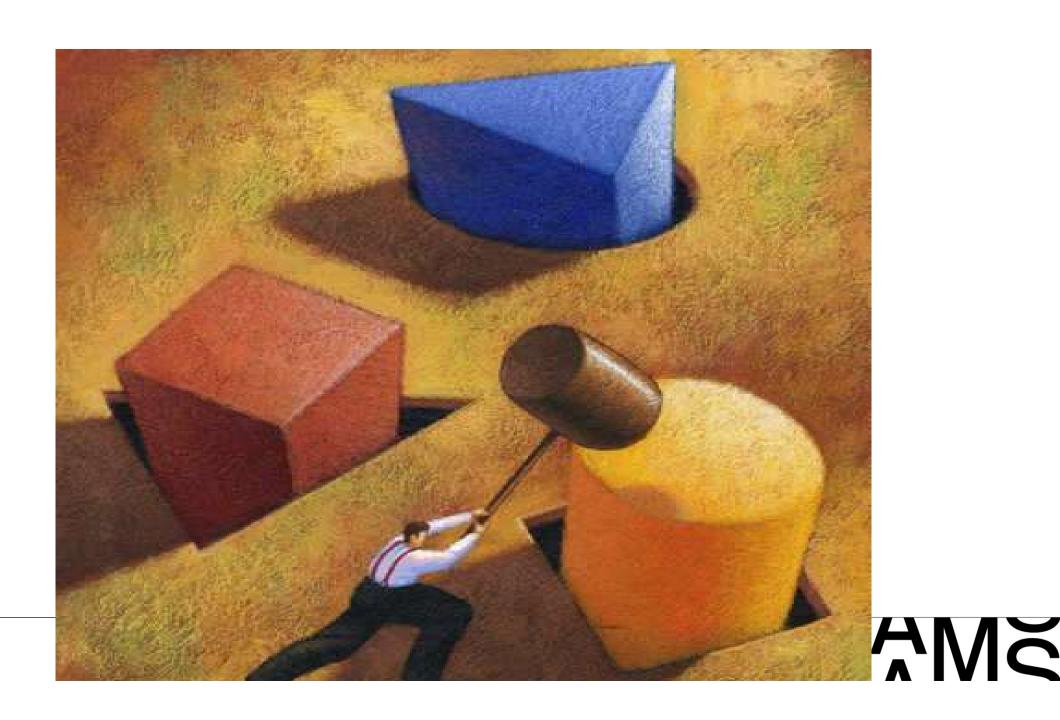
#### Meaning

- Rising variety of subjective rather than objective career success criteria
- Employability as a prerequisite for attaining whichever meaning of career success



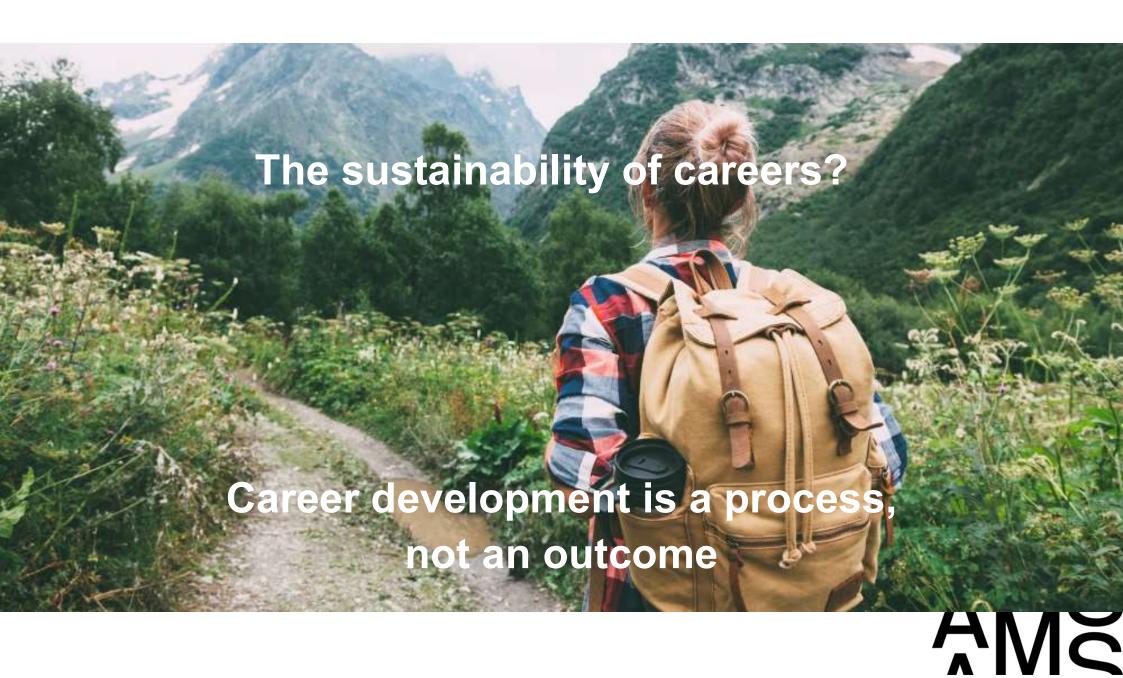








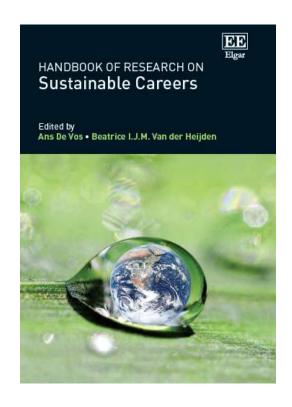




#### Sustainable careers

"Sequences of career experiences reflected through a variety of patterns of continuity over time, thereby crossing several social spaces, characterized by individual agency, herewith providing meaning to the individual" (Van der Heijden & De Vos, p.7).

A particular form of human sustainability, that is, the capacity to create, test and maintain one's adaptive capability (Holling, 2001).





#### Conceptualizing sustainable careers

Individual Approach

Individual is the central career actor

Systemic Approach

Careers evolve in contexts and with various stakeholders

Dynamic Approach

*Process perspective, between + within persons* 

De Vos et al., 2020; Van der Heijden et al., 2020

Special Issue on Sustainable Careers in Journal of Vocational Behavior



#### Dimensions for studying sustainable careers

Person

Creating agency and meaning, e.g., through career competencies and adaptability

Context

Understanding role of various actors in different layers of context

Time

Careers as cyclical self-regulatory processes with dynamic learning



#### Indicators of sustainable careers

#### Happiness

e.g., engagement, subjective career success, fulfilling work

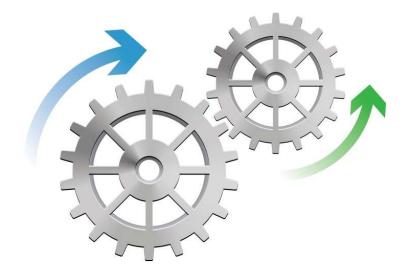
Health

e.g., workability, well-being

Productivity

e.g., performance, employability

Van der Heijden, 2005

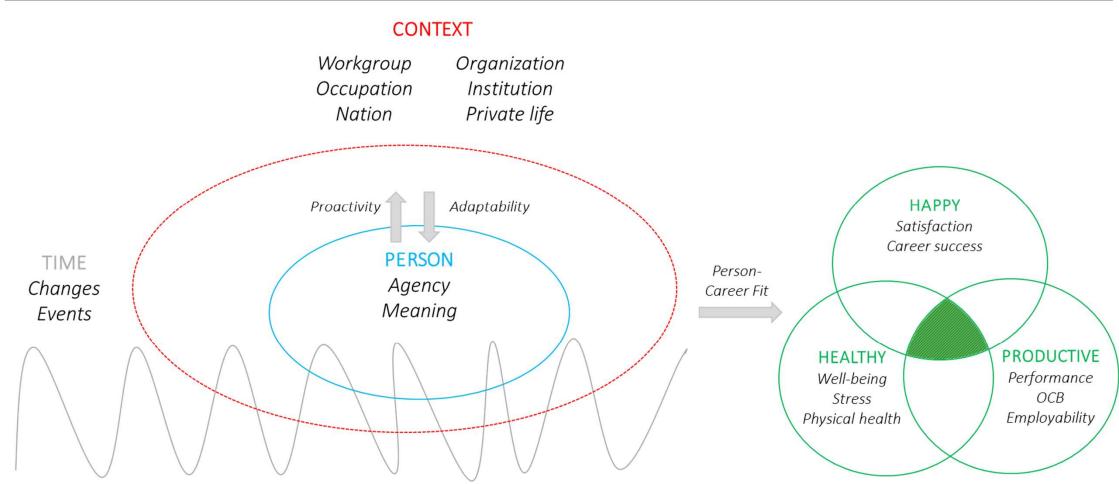


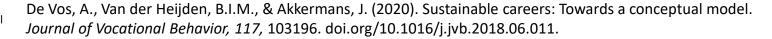
Dynamic Person-Career Fit



#### PROCESS MODEL OF SUSTAINABLE CAREERS

DIMENSIONS OF SC INDICATORS OF SC







# person

#### Happy

e.g., engagement, satisfaction

#### Healthy

e.g., mental and physical wellbeing

#### **Productive**

e.g., performance, employability

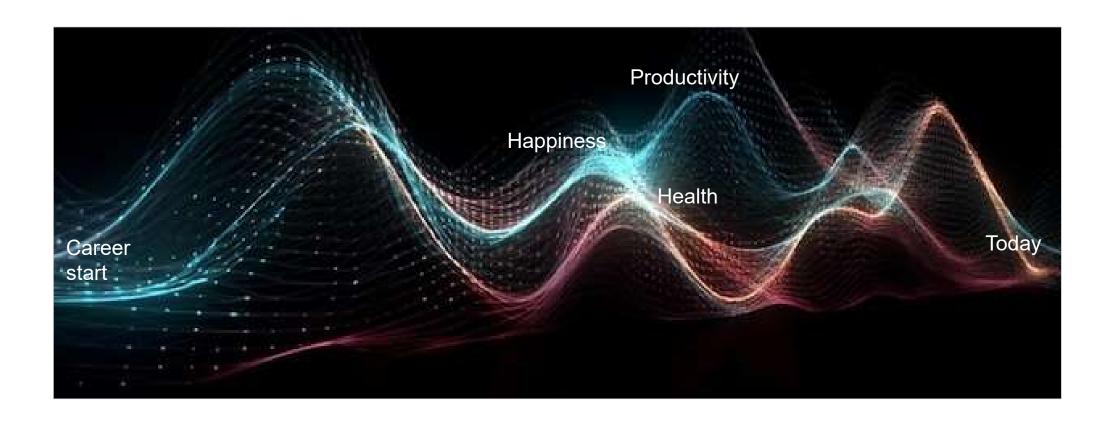
### Sustainable career development:

Throughout our professional experiences, we generate new energy, competencies and opportunities for the future



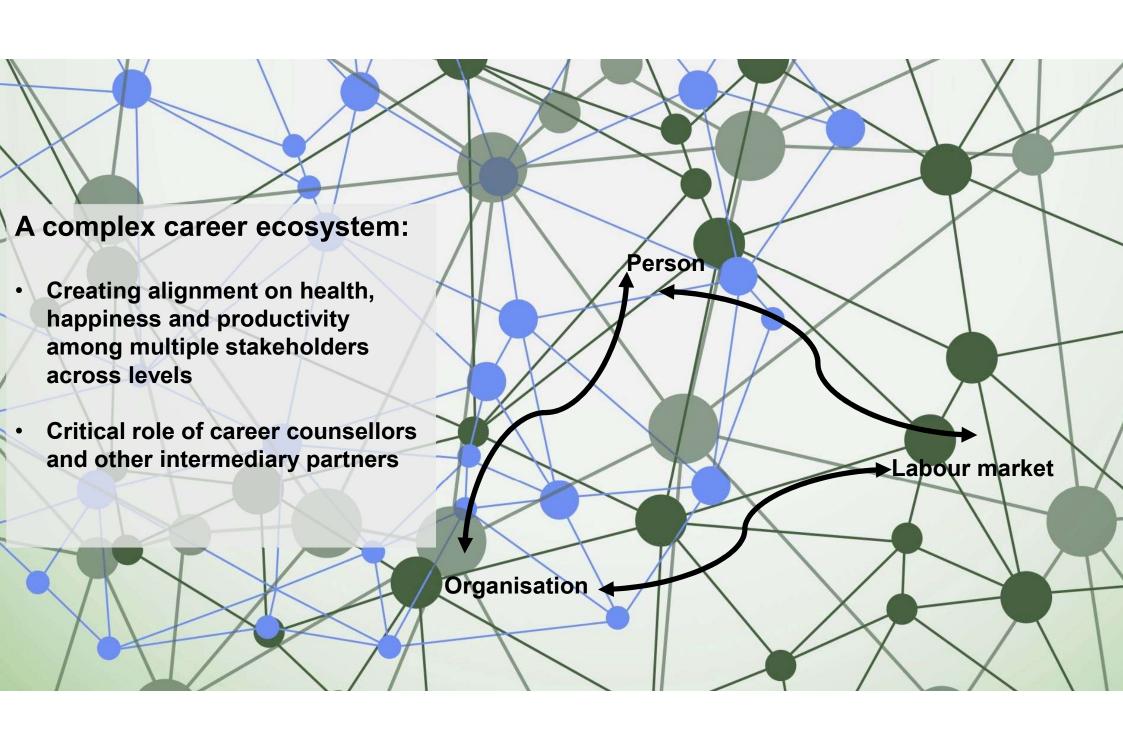


#### Your sine wave?









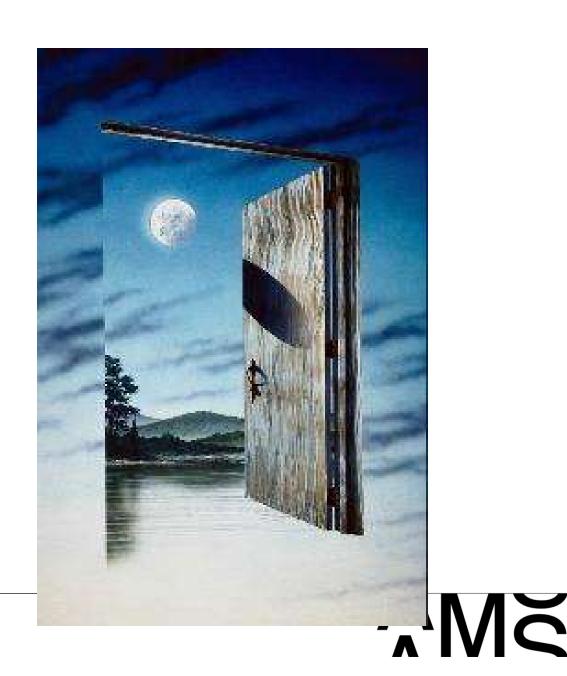
#### Overcoming tensions and barriers to change

- √ Short versus long term thinking
- √ Risk aversion
- √ Primacy of (certain) losses over (potential) gains
- √ Tangible versus intangible outcomes
- √ Narrow thinking



### **AMO**

"Creating opportunities for people to feel motivated and capable to take ownership over their career in a sustainable way"



Being 'Future Proof' encompasses more than

employability







# Career building blocks

# Workability / wellbeing The degree to which you can cope with the physical, emotional, and mental strain and stress of work in a balanced way







Careers in Teams toolkit: www.lizet.be

#### Enhancing the sustainability of careers

#### 1. Inclusive and tailor-made practices

Leaving no one behind Respecting unique needs of (groups of) individuals

#### 2. Integrated approach

It's as much about employability and growth as it is about (mental) health and feeling connected It's about the whole person - take a lifecourse perspective

#### 3. Reactive, preventive, proactive

There is much to be solved for vulnerable people

Avoid new groups becoming vulnerable in the future

#### 4. Facilitating self-management

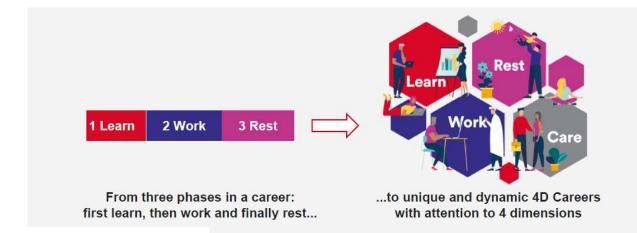
People don't own their job but they do own their career – don't manage it on their behalf Invest in career and learning competencies





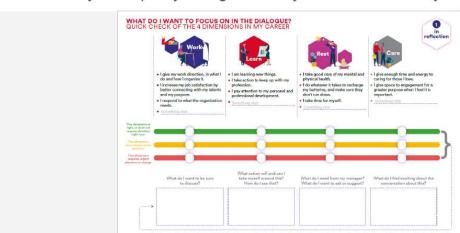
# 4D Career approach at J&J Belgium

#### 4D Career: a new career model



#### **Career Dialogue session**

Get ready for a quality dialogue about your 4D career with your people leader.

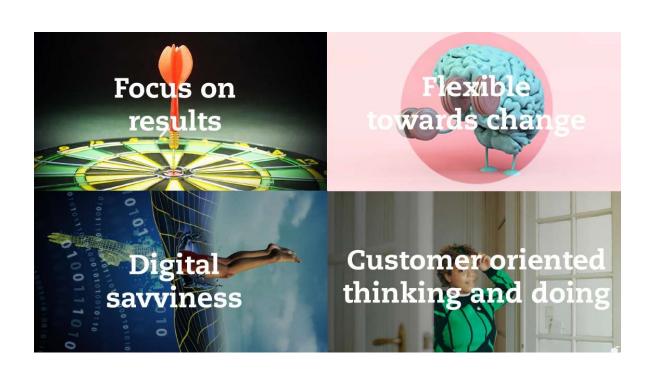


**†** Healthiest Careers





## Argenta Passport: Enhancing career security through employability







#### From impact *on* to impact *of* careers





"One of the most fulfilling aspects of this journey has been realizing how finance can serve as a catalyst for social change. Through my coursework and projects, I have learned how to evaluate the viability of social projects, assess risk, and structure financial models that attract investors while ensuring that the projects remain true to their social objectives. This ability to bridge the gap between social needs and financial resources has opened up a world of possibilities for creating meaningful, lasting impact."

"... Biotechnology can not only be used to cure diseases, it is also necessary to fight global warming and reduce the impact it has on our food production by creating climate resilient crops and lab grown meat. These things are all possible - they only need to be scaled, financed and brought to the market so that people can keep on enjoying the wonders of our planet far off in the future. If I will be able to say that I contributed only a small piece of this vision at the end of my life, then my career will have been successful and impactful not only for me but for everyone."



#### A key role for career educators and counselors

- For stimulating a broader, more inclusive perspective upon career outcomes
- For considering the impact of a career upon other career stakeholders (at work / at home)
- For creating awareness about how career choices impact the broader context, and how it's through careers choices that critical,urgent societal issues can be addressed
- For helping people to understand and find the courage to act upon it





















Check for updates

#### Opening Minds for a Career with Impact

Article reuse guidelines DOI: 10 1177/10525629231221494

S Sage

Ans De Vos1,20, Sofie Jacobs1,2, Kathleen Vangronsvelt<sup>1</sup>, Karen Wouters<sup>1,2</sup>, and Jan Beyne<sup>1,2</sup>

This article provides an overview of the Global Leadership course, a 6-credit course integrated within the curriculum of all advanced master programs of Antwerp Management School and designed to align with the school's overarching mission. The course challenges and facilitates students in developing their leadership as a basis for making career choices, explicitly framing it within a global perspective and focusing on sustainability. The course is built on the belief that career development should not occur in isolation. Rather, it should be interwoven within the societal context in which careers unfold, bringing opportunities and challenges. Concretely, students work in diverse cross-program groups on an Action Learning Project addressing one of the UN Sustainable Development Goals. Further, students follow a track within their program focused on personal development, culminating in the submission of a Personal Development Paper in which they integrate all course experiences as a basis for developing a vision of their career. Through this holistic approach, students develop career competencies beyond considering the "why, what, and how" of work but are stimulated to consider the broader societal context.

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This article is part of the Special Issue, "Teaching About Contemporary Careers."

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#### Thank you!

