

NATIONAL STUTTERING ASSOCIATION

IF YOU *stutter*, YOU ARE NOT *alone*.



Wednesday, September 27, 2023

We Stutter @ Work Webinar - How Do We Choose A Career?

Choosing a career can be one of the most difficult decisions of adulthood. It can be the most complicated question to answer, and for many individuals it can be nerve wracking and really makes you question your skills and strengths. Many people know what they want to be from childhood and find ways to go about accomplishing it.

For people who stutter, it can be significantly harder. We're often conditioned by myths and stereotypes that we cannot do certain things. Even knowing our skill set, there's always that fear that we won't succeed. Today, we will talk with several individuals who bust those myths and show us that people who stutter can achieve any level of success in the careers they are most passionate about.

Join host Anabel Augustin and panelists Ashleigh Givens and Ben North for an interactive conversation on choosing the work we love to do.

Webinar Summary

How do people choose a career?

- Know your passion and skills
- What are your short and long term goals?
- Talk to family and friends in the careers you'd love to explore
- Take advantage of self assessment tools for career aptitude - many are free

How do you explore a career?

- Attend community or school career fairs
- Consider paid or unpaid internships - experience is a game changer
- Understand your transferable skills
- Conduct informational interviews - people love to talk about their career and themselves

How does stuttering impact career choice (if at all?)

- Holding back
- Fear of failure or negative judgment
- Avoidance
- Fear of not getting promoted
- Can impact confidence and perpetuate self limiting beliefs

Examples of PWS in amazing careers:

- Lawyer
- Professional photographer
- Social worker/case manager

Some comments from participants:

- "I've heard that some people purposely choose careers that will require less talking than others."
- "I try to not have self-limiting thoughts, but I worry about becoming a manager. I worry I won't be taken seriously."
- "I tend to be my biggest self critic - I really need to stop doing that and change my thinking patterns. I can do anything if I put my mind to it."
- "PWS spend a lot of time thinking about what others think of us, where most of the time, people just don't care. Everyone has their own thing."