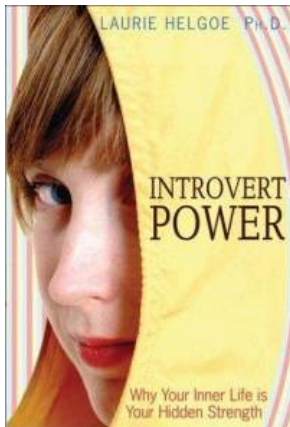


The Career Resource Centre's “Best Picks”

An introvert in the workforce?

Here are some of our favourites:



Introvert Power

By: Laurie Helgoe

A great resource for those who would define themselves as shy and quiet rather than loud and outgoing and find it a challenge to fit into the common extraverted workplace. This book gives helpful tips on how to use your inner life as a strength rather than a hindrance. Learn how to harness your inner power and get important advice on knowing yourself so the workplace fits into your personality, rather than you fitting into the workplace.

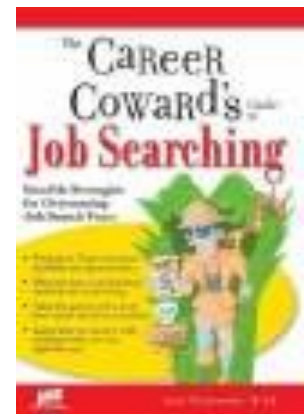
Section: Occupational Information

The Career Coward's Guide to Job Searching, Sensible Strategies for Overcoming Job Search Fears

By: Katy Piotrowski

A well-organized book that takes you step by step through the challenges faced when job searching. The Career Coward's Guide contains everything from analyzing yourself, finding your fit, challenging the traditional job search, tapping into the hidden market and working on your interview skills. You'll come away from this book feeling confident in your own abilities and ready to tackle the challenges of a competitive job market.

Section: Occupational Information

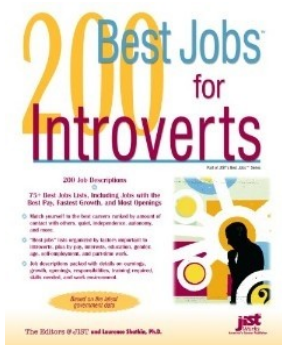


200 Best Jobs for Introverts

By: Laurence Shatkin

This book gives a thorough account of potential career paths for introverts. Its three parts examine the strengths and challenges of an introvert, the best jobs for introverts and descriptions of these jobs. For those looking for a detailed amount of information on potential jobs to choose from, or if you just want to know more about what introverts can bring to various career fields, this resource will provide you with a plethora of valuable career planning information.

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