

The Bank of America Career Readiness Workshop on Emotional Wellness was held online and led by Shannon Vaughn and Jonathan Storch. The workshop aimed to equip participants with essential skills to enhance their emotional wellness for career success. It covered topics such as self-awareness, stress management, effective communication, conflict resolution, and emotional intelligence. By emphasizing emotional wellness, the workshop recognized the significant impact it has on job search, interviews, and workplace interactions. Through a PowerPoint presentation and the use of the online platform Webex, participants learned about resumes, interviews, and how to confidently answer questions, gaining valuable insights to prepare themselves for building a successful career path.

The workshop was all about understanding our emotions and how they affect our careers. We learned valuable skills like managing stress, communicating effectively, and solving problems. These abilities will enable us to make smarter choices in our careers and excel at our jobs. By becoming emotionally intelligent, we can handle tough situations, build better relationships with colleagues, and be more resilient in the face of challenges. Having emotional awareness will play a crucial role in shaping our future career success and personal growth. It empowers us to navigate the professional world with confidence and adaptability, setting us up for a fulfilling and rewarding journey ahead.

City Tech and BUF courses have prepared me for my fashion career by giving me a comprehensive understanding of the fashion business, global markets, and textiles. I learned about marketing, merchandising, and supply chain management, which are crucial for running a successful fashion enterprise. Understanding international fashion trends and consumer preferences enabled me to adapt my ideas to a global audience. Additionally, the textiles course

taught me to select quality fabrics for functional and durable products. This knowledge will help me make strategic decisions and create successful fashion collections.

I would want to focus on two critical areas for professional success: emotional intelligence and internet presence. Emotional awareness is important for professional development since it aids in successful communication, teamwork, and conflict resolution. It aids in the development of favorable connections with coworkers, supervisors, and clients. Furthermore, I would stress the need of developing a strong personal brand and keeping a professional internet presence.