

Eligibility

This includes those eligible for McMaster benefits through the terms and conditions of their appointment:

- Staff (UNIFOR Local 5555, Unit 1, 3, and 4)
- Operations & Maintenance (BUC)
- Postdoctoral Researchers (CUPE Local 3906, Unit 3)
- Hospitality Services (SEIU Local 2)
- Librarians (MUALA)
- Operating Engineers (IUOE)
- The Management Group (TMG)

For further details, please visit:
employeecareer.mcmaster.ca/about-career-services

Get In Touch

Campus Services Building, Room 113
1280 Main Street West
Hamilton, ON, Canada
L8S 4M3

Phone: (905)-525-9140 Ext 26545 or 24247
Email: success@mcmaster.ca
Office Hours: Weekdays, 8:30AM - 4:30PM
Website: employeecareer.mcmaster.ca



Employee
Career
Services

Did you know?

“80% of employees have a strong curiosity to find out more about career opportunities.”

“Fewer than 20% of career paths are linear.”

“Life and careers are subject to non-linear and continual change, which inevitably results in unpredictability - practicing mindfulness can provide us with the tools necessary to live a more clear-minded and balanced life.”

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Career Development is a shared accountability at McMaster University. It is driven by the employee, enabled by managers and supported by the organization.

Career Services

- Career coaching to support individuals at all levels throughout all career stages
- Leadership coaching for members of The Management Group (TMG)
- Job competition coaching: professional materials, interviewing, self-marketing, and networking
- Education and professional development planning
- Preparing for retirement and encore career planning
- Managing career development for young professionals
- Department staff career presentations, team sessions and workshops

For individual career coaching sessions and other services, call or email Employee Career Services at (905) 525-9140 Ext. 26545 or 24247 or success@mcmaster.ca

Careers are no longer linear paths.
Have you thought about:

- **Growing Across** - Lateral positions provide opportunities for new learning and deeper understanding of the organization
- **Growing in Role** - This is a great enrichment opportunity for those who have a keen interest in expanding their knowledge and capabilities in their current role
- **Growing in Leadership** - Learn how you might best prepare yourself, how to be open and authentic, and how to work towards our common university goals to better position yourself for management roles
- **Growing to Advance** - Moving up in your career and deepening your expertise means seeking new challenges and always striving to learn and improve

“The future is not some place we are going, but one we are creating. The choices we make, not the chances we take, determine our destiny.”
- John Schaar, Political Theorist

Online Resources

On our website, employee Careers.mcmaster.ca, you can find resources to help you with:

- Personal Assets
- Finding Work
- Career Management
- Leadership Development
- Coaching Resources

Also visit our blog, which explores topics to help you advance your career at McMaster in ways that are meaningful to you.

Additional Resources

EMPLOYEE VOLUNTEERING
workingatmcmaster.ca/volunteering
Ways to engage with your community

CENTRE FOR CONTINUING EDUCATION
mcmastercce.ca
Quality professional education

OFFICE OF THE REGISTRAR
registrar.mcmaster.ca
Graduate and Undergraduate Studies

HUMAN RESOURCE SERVICES
workingatmcmaster.ca
An enormous range of resources