

Personal Resilience for Planning Practitioners

This session will present a perspective for thinking about one's career over the long haul with the goals of meaningful work and career-personal life balance. Presenter will discuss approaches to dealing with the challenges of the planning profession and how to develop personal resilience strategies using a tool box framework and keeping in mind that everyone is different. Often, we planners get very wrapped up in our jobs and forget the importance of mindfulness with respect to supporting ourselves and others. The more we're able to implement strategies for personal resilience (ex. mindfulness, objectivity, a broad view/context, and kindness), the more we can contribute to the profession and stay committed to it over time. After over 25 years working as a municipal planner, sharing ideas from a "view looking back" can hopefully help newer practitioners understand and navigate the ups and downs that their career will inevitably bring.

APA core competencies include:

9. Relevancy and Professional Commitment
 - a. Professional Development
 - d. Commitment
 - f. Mentoring

Presenter:

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