

A photograph of a wooden desk with a spiral notebook and a teal pencil. The notebook is open, showing lined pages. The pencil is lying on the desk next to the notebook. The background is a gradient of purple and pink.

# Learner Exercise

Time to reflect...

What are some **specific challenges** that you have faced in advancing your career in the THL sectors?

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Can you propose **potential solutions** or strategies to address these challenges?

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