

ADVOCATING FOR YOURSELF

Building a career through confidence, communication, and community.

Self-advocacy is not self-promotion - it is ensuring your voice, work, and well-being are recognized.

Young Architects Forum

 Member group

01 KNOW YOUR VALUE

Document your impact

Track contributions, accomplishments, praise, and measurable results.

Recognize strengths

Name technical and leadership skills; own your unique perspective.

Set career goals

Define short- and long-term objectives; revisit them as you grow.

Prepare with evidence

Know your accomplishments and support requests with examples.

Ask questions

Seek clarity on expectations and demonstrate curiosity and initiative.

Own your expertise

Speak confidently; do not wait to be invited into conversations.

Plan intentionally

Career growth happens through communication, relationships, and learning.

02 SPEAK UP AT WORK

Request regular feedback

Schedule check-ins and use feedback to guide growth.

Communicate capacity

Be honest about workload; set realistic expectations and boundaries.

Advocate for opportunities

Volunteer for aligned projects and express interest in leadership.

Practice difficult conversations

Confidence grows through preparation and a clear outcome in mind.

Negotiate professionally

Prepare to discuss compensation, flexibility, or responsibilities.

Celebrate wins

Share project successes, give credit, and recognize your contribution.

Ask for clarity

Understanding expectations reduces uncertainty and helps you act.

03 BUILD YOUR NETWORK

Find mentors

Learn from experienced professionals and ask for perspective.

Be a mentor

Support students and emerging architects.

Build your community

Participate in YAF, AIA, and local organizations.

Attend industry events

Expand meaningful professional connections.

Join committees

Develop leadership skills beyond your project team.

Stay connected

Relationships create future opportunities.

Support others

Advocacy becomes stronger when it is mutual.

04 LEAD WITH WELL-BEING

Set healthy boundaries

Protect personal time and raise capacity early.

Take time off

Rest improves creativity, resilience, and performance.

Address burnout early

Speak up before exhaustion becomes the norm.

Ask for support

Use available wellness resources and stay connected.

Keep learning

Pursue licensure, certifications, and leadership training.

Lead with purpose

Advocate for yourself, your team, and the profession.

Serve your community

Use design to improve where people live, work, and gather.