Career Tips Thursday:

Upskilling: Grow Your Skills, Expand Your Opportunities

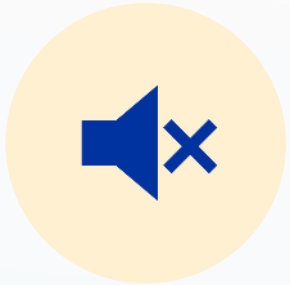


29 October 2026
14:30 – 15:30 CET

- UNWOMEN, IOM, UNHCR

CAREER TIPS THURSDAY

Zoom - Housekeeping rules



You are muted by default. The chat function is disabled.



Ask questions
Submit questions through Zoom Q&A. We will address them during the final Q&A.



The session will be recorded. The recording and presentation will be available on: Career Tips Thursday webpage.

Today is about practical progress, not a perfect plan!

Agenda

1. Welcome, icebreaker and poll
2. Identify the skills you need for the future
3. Create your personal upskilling plan
4. Turn learning into career growth
5. Q&A and close

CAREER TIPS THURSDAY

Icebreaker: Your learning win

Think of something you learned recently, formally or informally.

In one word or short phrase, what helped you learn?

CAREER TIPS THURSDAY

Poll: Where is your biggest upskilling challenge?

- **A** Knowing which skills to prioritize
- **B** Finding relevant learning resources
- **C** Making time to learn
- **D** Applying learning in my work
- **E** Showing evidence of new skills

CAREER TIPS THURSDAY

Identify the Skills You Need for the Future

Focus on skills that strengthen your current contribution and expand your future options.

CAREER TIPS THURSDAY

Use three signals to identify priority skills

1. Your work

What is changing in your current role?

Which tasks, tools, stakeholder needs, or standards are becoming more important?

2. Your direction

What roles, projects, assignments, initiatives or problems interest you next?

What skills appear repeatedly in those opportunities?

3. The wider context

What trends are affecting your function or sector?

Consider digital and AI fluency, human skills, leadership, risk, data, and sustainability.

CAREER TIPS THURSDAY

Build a skill stack, not a single skill

Domain expertise | Knowledge of your mission, function, context and stakeholders

Human judgement | Ethics, empathy, creative thinking, problem solving, and decision making

Digital and AI fluency | Using tools effectively, prompting, data analytics & interpretation

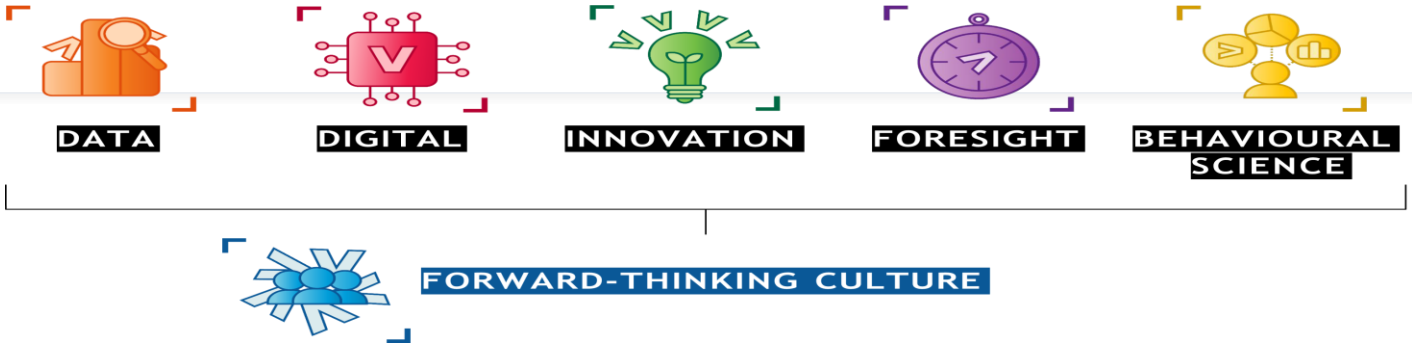
Communication and influence | Writing, storytelling, human-centred design, deep listening, facilitation, negotiation and stakeholder engagement

Relationship capital | Trust, collaboration, co-creation, mentoring, coaching, networks and cross-cultural effectiveness

Leadership | Self awareness, authenticity, intention, presence, deep listening, adaptability, resilience, growth mindset, systems thinking, strategic thinking

CAREER TIPS THURSDAY

UN 2.0 Quintet of Change



- **Data** – Skills in **data literacy** and **data analytics**
- **Digital** – Skills in **digital transformation** and **tech fluency**
- **Innovation** – Skills in **creative thinking** and **strategic thinking**
- **Foresight** – Skills in **strategic planning** and **future thinking**
- **Behavioural science** – Skills in **psychology** and **influence**

+ Transforming culture - Skills in facilitating and creating conditions for change using systems thinking approaches & participatory, inclusive & cocreation practices

CAREER TIPS THURSDAY

How are UN skills shifting?

Traditional Skills (still needed but changing)	Emerging/Future Skills (growing rapidly)
Project and Program Management	Digital Project Management (agile, hybrid methodologies)
Grant Writing and Donor Relations	Data-Driven Resource Mobilization
Administrative Support (Finance, HR)	Tech-enabled Administration (ERP, digital workflows)
Field Operations Management (logistics, humanitarian)	Remote Operations Management, Digital Logistics
Public Information and Advocacy (media relations)	Digital Communications, Social Media Analytics
Policy Analysis (general)	Policy Innovation (AI Governance, Climate Policy, Digital Rights)
Humanitarian Coordination	Crisis Data Analytics, Humanitarian Technology Solutions
Monitoring & Evaluation	Real-Time Data Monitoring, Predictive Analytics, Geospatial Analysis

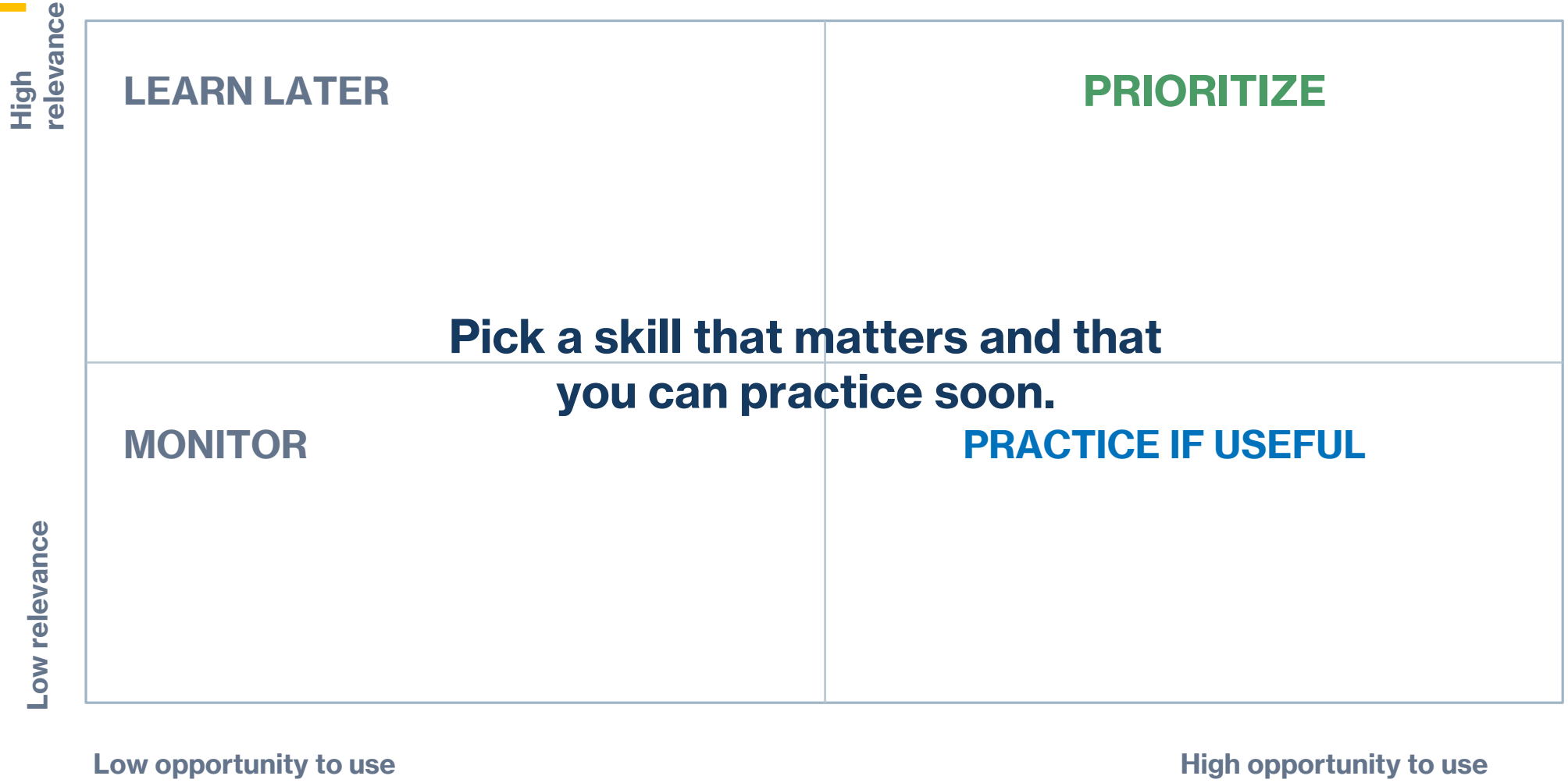
CAREER TIPS THURSDAY

Examples of Learning Opportunities

- UN 2.0 Communities of Practice
- Future Ready Manager series
- UNSSC Blue Line eLearning Platform & UNITAR
- Agora by UNICEF
- UN Women Training Centre eLearning Campus
- SparkBlue
- UNDP Accelerator Labs
- Together Mentor & Networking Program **(re-launch coming)**
- UN system learning resources (free and fee based) – **see link**
- Kaya by Humanitarian Leadership Academy, other open-source learning platforms (eg Linked-In, Coursera)

CAREER TIPS THURSDAY

Choose one skill to prioritize



CAREER TIPS THURSDAY

Create Your Personal Upskilling Learning Plan with Purpose

Learning with purpose means connecting every activity to a skill, an application, and an outcome.

CAREER TIPS THURSDAY

What about motivation?

Learn more about your motivation and motivational mapping from previous CTT sessions

Motivation is **energy**

Our motivations are our inner drivers that determine **how** we feel and **why** we act

Resource: Career Tips Thursday

- Mapping skills, competencies and strengths, understanding my values and motivators

Start with a clear learning goal

By [date], I will strengthen [specific skill] so that I can [work or career outcome]. I will demonstrate it by [evidence].

Specific skill

What exactly will you be able to do better?

Purpose

Why does this matter to your work or direction?

Evidence

What will show that the skill is improving?

CAREER TIPS THURSDAY

Create opportunities to use and demonstrate skills

- Volunteer for a project or task that requires the skill
- Ask to shadow a colleague or observe a process
- Offer to share a short demonstration or lesson with your team
- Join a community of practice or peer learning group
- Use the skill to improve a real process, product or service
- Update your skills inventory, CV or professional profile with accurate evidence

Ask yourself

Where can I use this skill in the next 30 days?

Who can give me useful feedback?

What evidence can I capture?

CAREER TIPS THURSDAY

Turn Learning into Career Growth



LEARN

Build understanding

APPLY

Use the skill in real work

REFLECT

Review results and feedback

EVIDENCE

Capture an example or work product

COMMUNICATE

Communicate the skill appropriately

Learning creates opportunity when other people can see how you use it to create value.

CAREER TIPS THURSDAY

Two-minute planning sprint

My priority skill

One learning resource

One way I will practice

One person who can support me

My first action and date

CAREER TIPS THURSDAY

Leveraging AI

Method	Example prompts for AI-assisted learning scenarios
Personalized learning paths: Use AI powered platforms to create customized curricula	"Based on my goal of [specific career objective], create a 12-week learning plan that covers essential skills and knowledge areas. Include recommended resources for each topic."
Intelligent tutoring systems: Engage with AI tutors for personalized feedback and assistance	"I'm studying [subject]. Can you explain [specific concept] and then ask me questions to test my understanding? Provide feedback on my answers and suggest areas for improvement."
Skill gap analysis: Employ AI tools to identify areas for improvement in your professional skill set	"Compare the key skills required for a [specific job role] with my current skill set: [list your skills]. Identify gaps and suggest specific learning resources to address them."


Questions
CAREER TIPS THURSDAY

Let us know your thoughts about the session!

👉 *Click **here** or scan the QR code.*



Evaluation Form

Upcoming Career Tips Thursday sessions

Please enter Course Name and Date here



Thanks for Your participation!