



Career Tips Thursday: Session 26

Resilience from a Career Perspective (Session II)

UNOG/HRMS/CLM

IAEA/MTHR/L&D

UNV/HRS/CDT



Why Resilience?

Two sessions on Resilience from a career perspective:

- 1) Move from fixed to **growth mindset** (26 October 2023)
- 2) **Rebuild** with what you **already have** (30 November 2023)

Agenda

- Navigate moments of feeling stuck by **reconnecting to your potential**
- Look at your experience from a different angle to **rebuild on what you already have**
- Learn some tips for an effective **job search strategy**.

**Before we
start...**



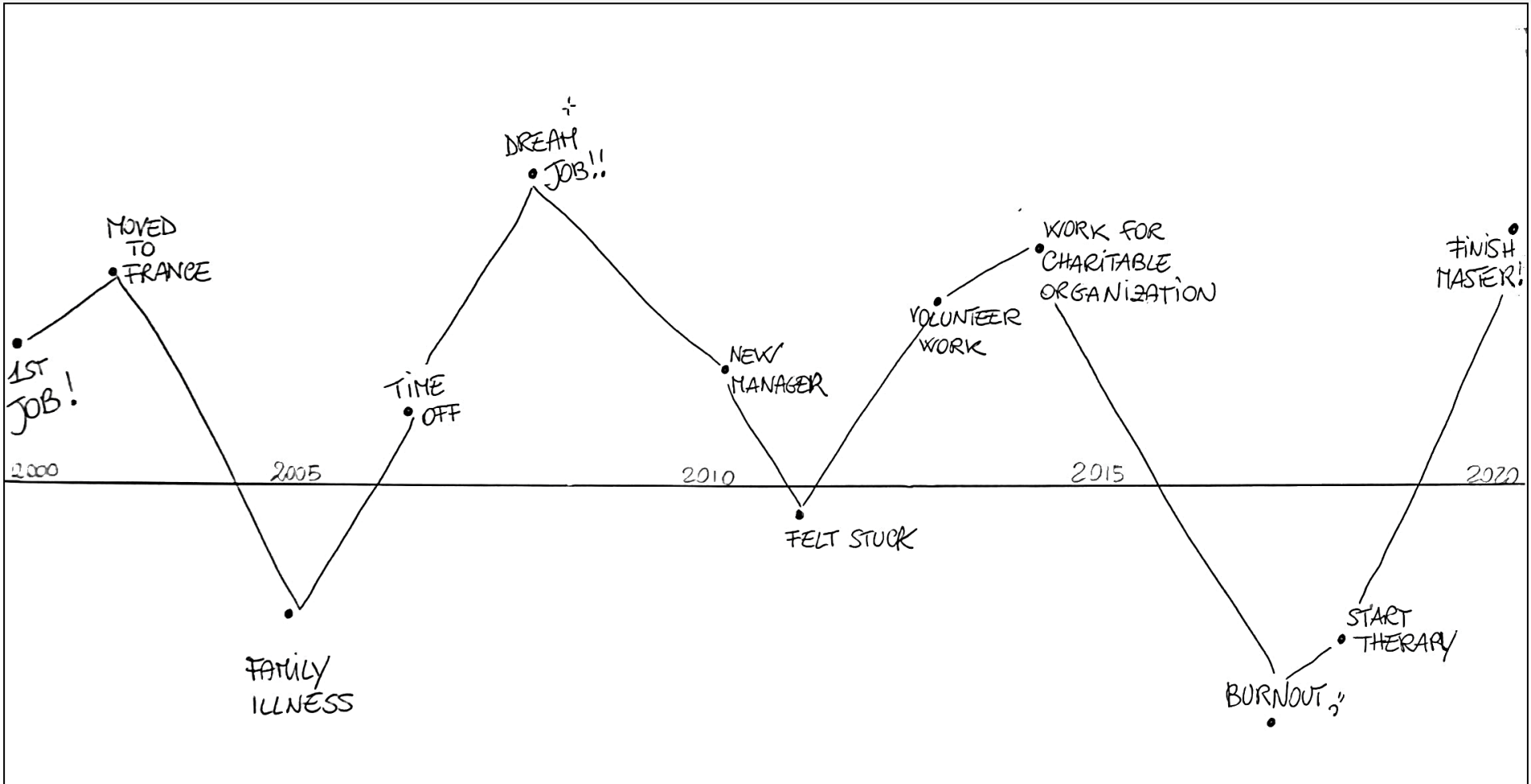
What is Resilience?



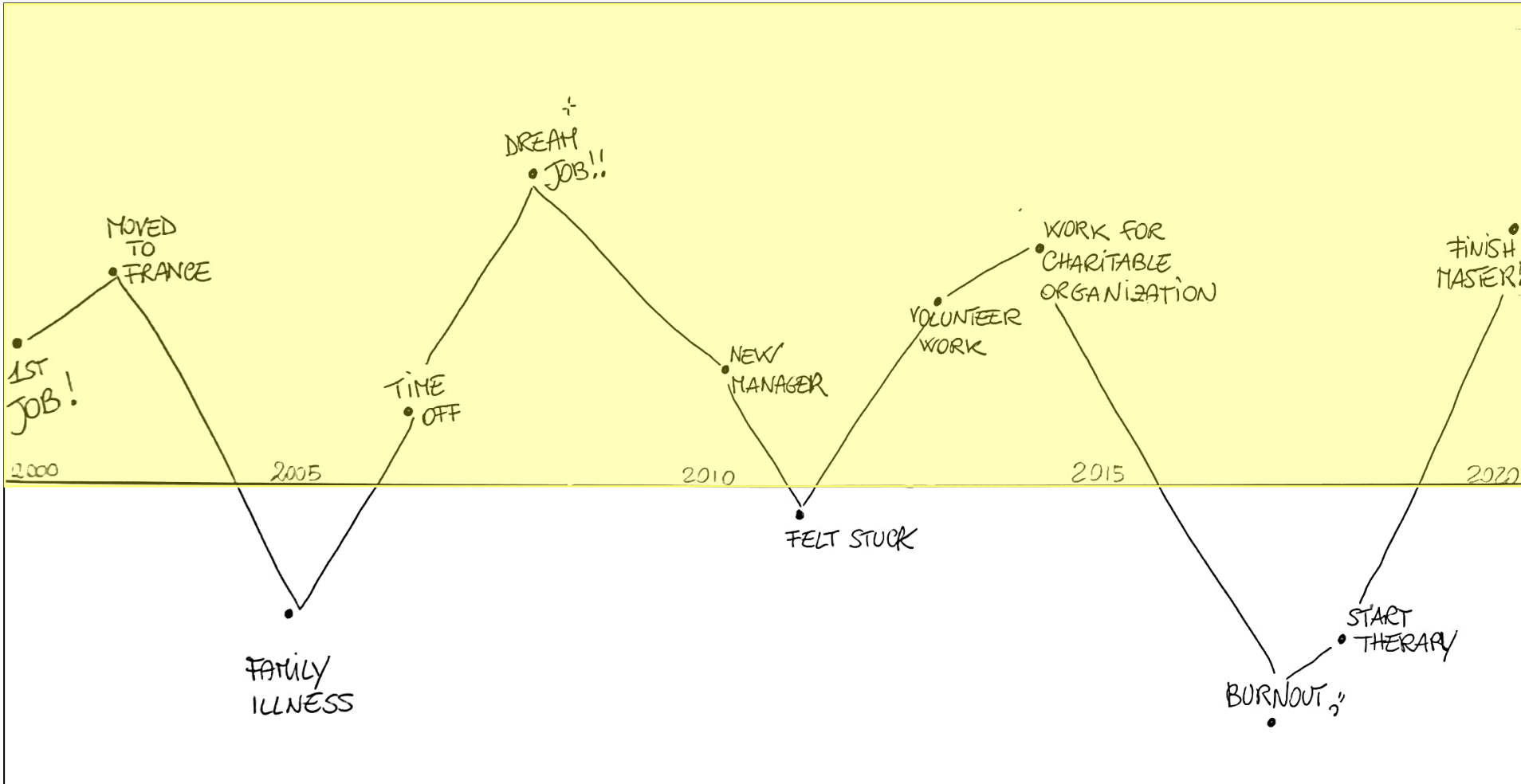
An aerial photograph of a winding road through a hilly landscape. The road is lined with tall, thin cypress trees and leads to a small village with red-roofed buildings on a hilltop. The terrain is brown and hilly, with a valley in the foreground.

Your career lifeline

Draw your career lifeline



The high points

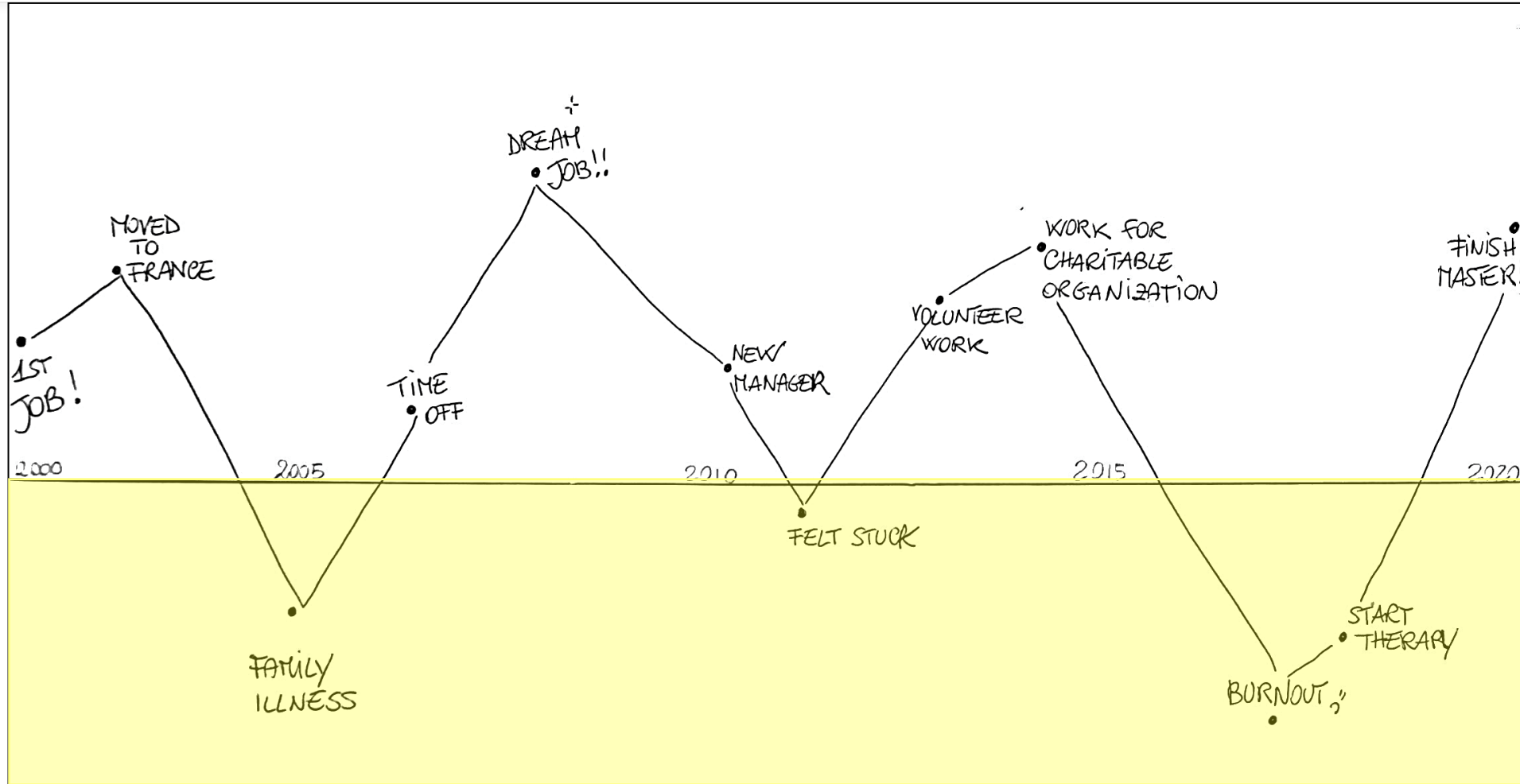


Reflect on your high-points

- What made it a high point?
- Which strengths did you use?
- What values did you manifest in this high point?
- Who was part of your support network?
- How did this high point impact your growth?



The low points



Reflect on your low points

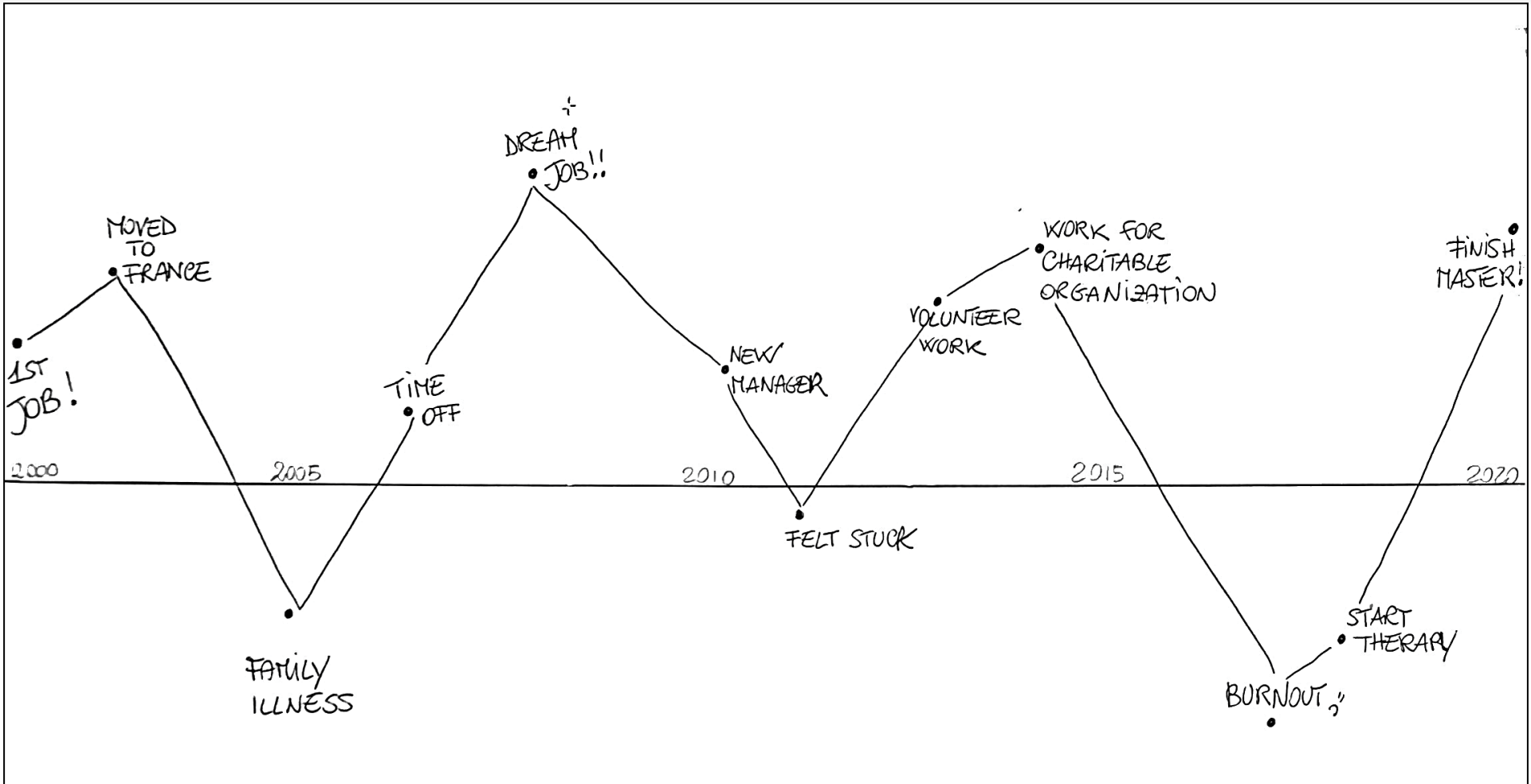
- What were the challenges during this low point?
- How did you feel emotionally and professionally?
- What strategies did you use to overcome challenges?
- Who offered support during the low point?
- What did you learn from this low point?
- How did you bounce back?



A long wooden pier extends from the foreground into a calm body of water towards a bright sunset. The sky is filled with soft, orange and yellow light, with scattered clouds. The sun is low on the horizon, creating a strong glow. The water reflects the light from the sky. The pier is made of wooden planks and has a railing on one side. The overall mood is peaceful and contemplative.

A new perspective

A new perspective



Reflect on your next steps

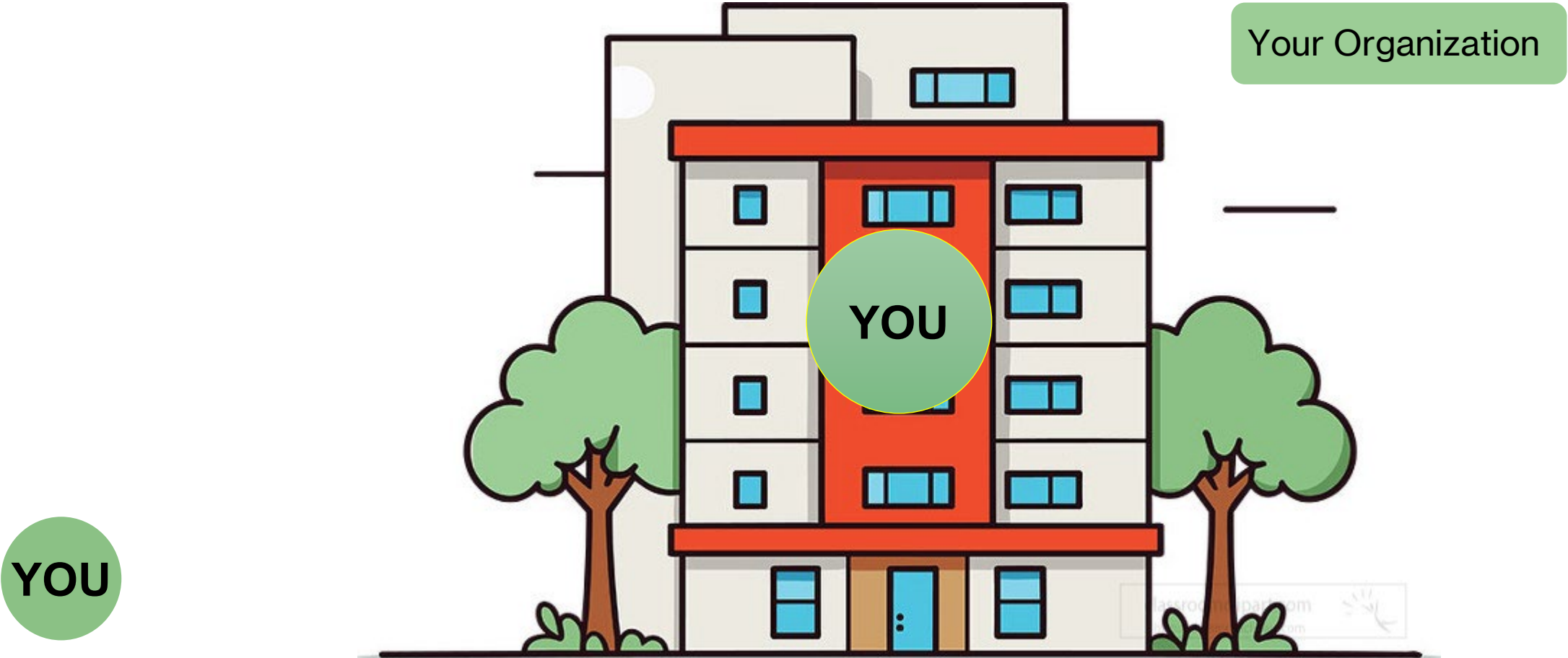
- What patterns do you notice?
- What strengths emerged consistently?
- What support networks were effective?
- Do you see patterns in overcoming challenges?
- Based on the patterns you've identified, what **concrete steps can you take** to navigate your current career situation?



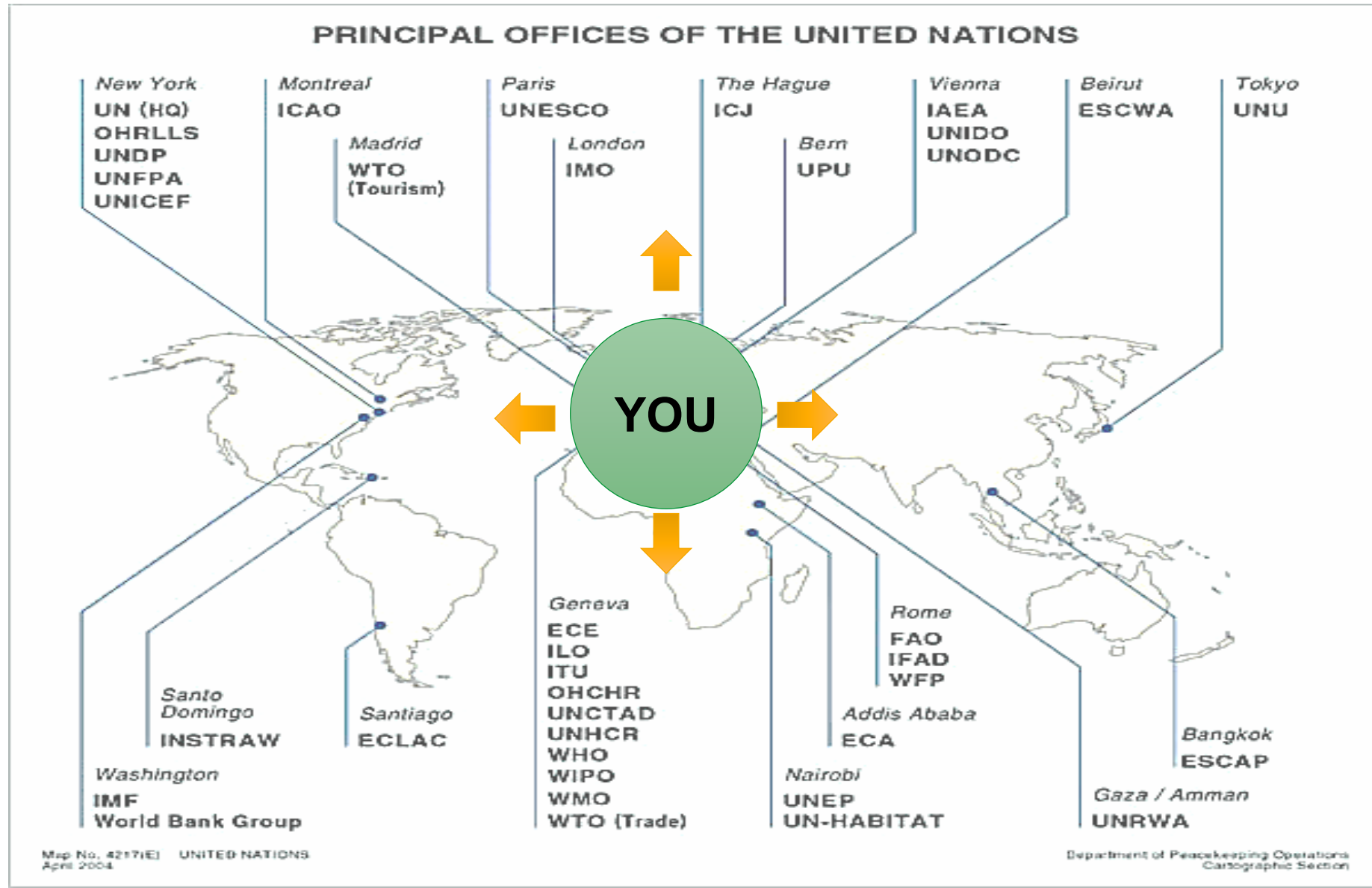
A top-down view of a workspace on a dark, textured surface. In the upper left, a white smartphone lies vertically. To its right is a thin pencil. Further right is an open notebook with a pair of black-rimmed glasses resting on its pages. In the lower right, the keyboard of a silver laptop is visible. The bottom of the image features a solid yellow horizontal bar.

Tips for Job Search

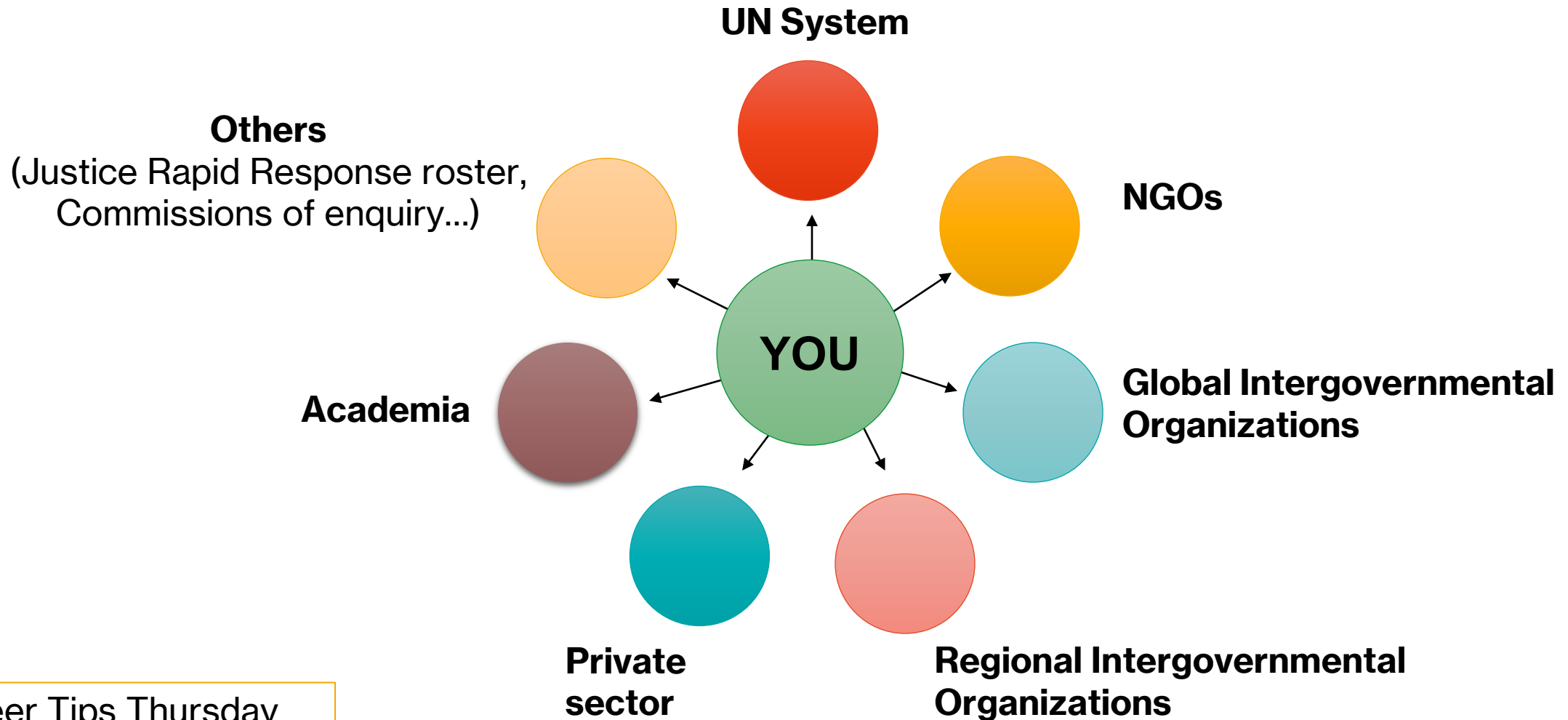
Where are you now?



Where are you now?



What is out there?



Thinking out of the box?

- Remote Work/Home-based
- Hybrid Work
- Freelancer
- UN Volunteer
- Consultant
- Temporary assignment
- Part-time /Job sharing



— Where to look?

Websites about UN/NGO jobs:

<https://jobs.unicsc.org>

<https://unjobfinder.org>

<http://unjobs.org/>

<http://unjoblist.org>

<http://reliefweb.int/jobs>

<http://careers.un.org>

<https://www.impactpool.org/>

<https://jobs.unops.org/pages/viewvacancy/valisting.aspx>



Contact details for Staff Counselling and Coaching

- UNOG Staff Counselling Office
staffcounsellor@un.org
- IAEA Johanna Schubert
j.schubert@iaea.org
- [Coaching | Centre for Learning and Multilingualism \(unog.ch\)](http://unog.ch)
- UN Volunteers: contact your Host Entity or Mission, or a Counsellor through CIGNA.

*Coaching helps us to define and take action toward the realization of our visions, goals or desires.
It uses a process of inquiry and personal discovery to build our level of awareness and responsibility and provides us with structure, support and feedback.*



Do you have any questions?

Upcoming CTT sessions

Christmas Break

25 January 2024

Finding your «Ikigai» - Aligning motivators for your career

22 February 2024

Special Session for General Service staff - Getting into the international professional category – Moving to a different Agency