Career Tips Thursday: Session 36

Exploring your Personal Journey

Setting intentions and actions to help achieve your aspirations

UNWOMEN





Agenda

Reflect on our own personal life journey, sense of purpose and identify initial concrete actions in support of our aspirations

Experience and apply mindfulness and reflective practices to enhance your self-awareness and well-being as part of your journey



WHY ARE WE HERE? uncertaintv **UN 2.0 OUR BUSINESS =**Transformational Change **Individuals**

OUTCOMES = Well-

society, organisations

being of planet,

& individuals

"Call for all to Lead" **UN System leadership** framework

- **Impact**
- **Transformational Change**
- Systems thinking
- Co-creation through inclusion

Collective leadership

Organisations

Systems, Structures, Laws, Policies **Practices, Power structures & Relations** (external / Internal)

Change in our relationship with the Planet (from extractive to regenerative)



Your Personal Journey Three Dimensions

Connect to yourself

Purpose & inspiration Mindsets for growth

Self-Awareness

Presence & intention

Connect to systems

Quality of relationships

Systems thinking – how people, processes and mindsets connect & influence

Try new ideas & small actions

Connect to others

Listen deeply, engage, learn & co-create through inclusion



Space for connection, relationships & engagement

Overview

Bring presence and intention (5m)

> 3-minute mindful pause

Explore your personal journey (25m)

- ➤ Guided questions to develop self awareness, connect to our deeper sense of purpose & identify concrete actions in support of our aspirations
- Questions (10m)
- > Conclusions & Evaluation (10m)



Leading with Presence& Intention

Mindfulness



To be fully present and engaged in the moment, aware of your thoughts, feelings, body and environment without distraction or judgment.



TAKE A 3 MINUTE MINDFUL PAUSE

To help us be fully present, self-aware and bring intention to our situation / challenge. We respond not react.

- 1. PAUSE, MOVE and STRETCH
- 2. TAKE 3 DEEP BREATHS
- **3. OBSERVE** body, thoughts, feelings without judgement
- **4. CHECK & SUSPEND** any judgements, assumptions, beliefs or biases you may have
- **5. CREATE A POSITIVE INTENTION** of what you wish to learn & create (one action you will apply daily)
- **6. REFLECT ON WHAT YOU APPRECIATE** about the people involved in the situation (think of them as a close friend); being part of this planet; and about yourself
- **7. VISUALISE WHAT YOU WILL BRING** (eg, empathy, curiosity, openness, humility) to create a safe, inclusive space to connect, dialogue, co-create & transform
- 8. WRITE YOUR DOWN YOUR INTENTION

Your Personal Journey Individual guided journaling activity



- Use a blank piece of paper or the worksheet & a pen.
- This activity is a set of guided questions to develop self awareness, reflect on our sense of purpose & identify concrete actions in support of our aspirations
- Questions will be read out one by one and put in the chat
- As you hear each question, write your answer down. Don't think too much about your answer. Just write what comes to you (let it come –with all your senses). This is not a test. No right or wrong answers. Stay with the process. Don't evaluate. 2m per question



Exercise

Write down your answers to the questions on your worksheet as they are read out.

Worksheet - ExploringYourPersonalJourney



Turning intention to reality

- Make additional time in a quiet space to intentionally reflect on your exploration today and develop it further as needed.
- Take immediate steps right away to turn your intentions into reality.
- Create a map, visual or picture of your story that encapsulates your intentions and aspirations and place somewhere where you can see it every day.
- Reflect daily for 3-15 minutes upon your personal journey map & progress.
- Take 3-minute mindful pauses during your day to help be self-aware, be present and create intention for the challenge, goal or situation you are facing.
- Find a peer, colleague, friend, mentor or coach who you can share with





Evaluation form



Let us know your thoughts about the session!

https://forms.office.com/e/44zYk1gKwA



Upcoming CTT sessions

Christmas Break

30 January 2025 UN learning opportunities: How they can support your

career journey

27 February 2025 Managing your time: How to invest in your career by

improving your time management skills



















