

## Career Tips Thursday: Session 36

# Exploring your Personal Journey

Setting intentions and actions to help achieve your aspirations

UNWOMEN



# Agenda

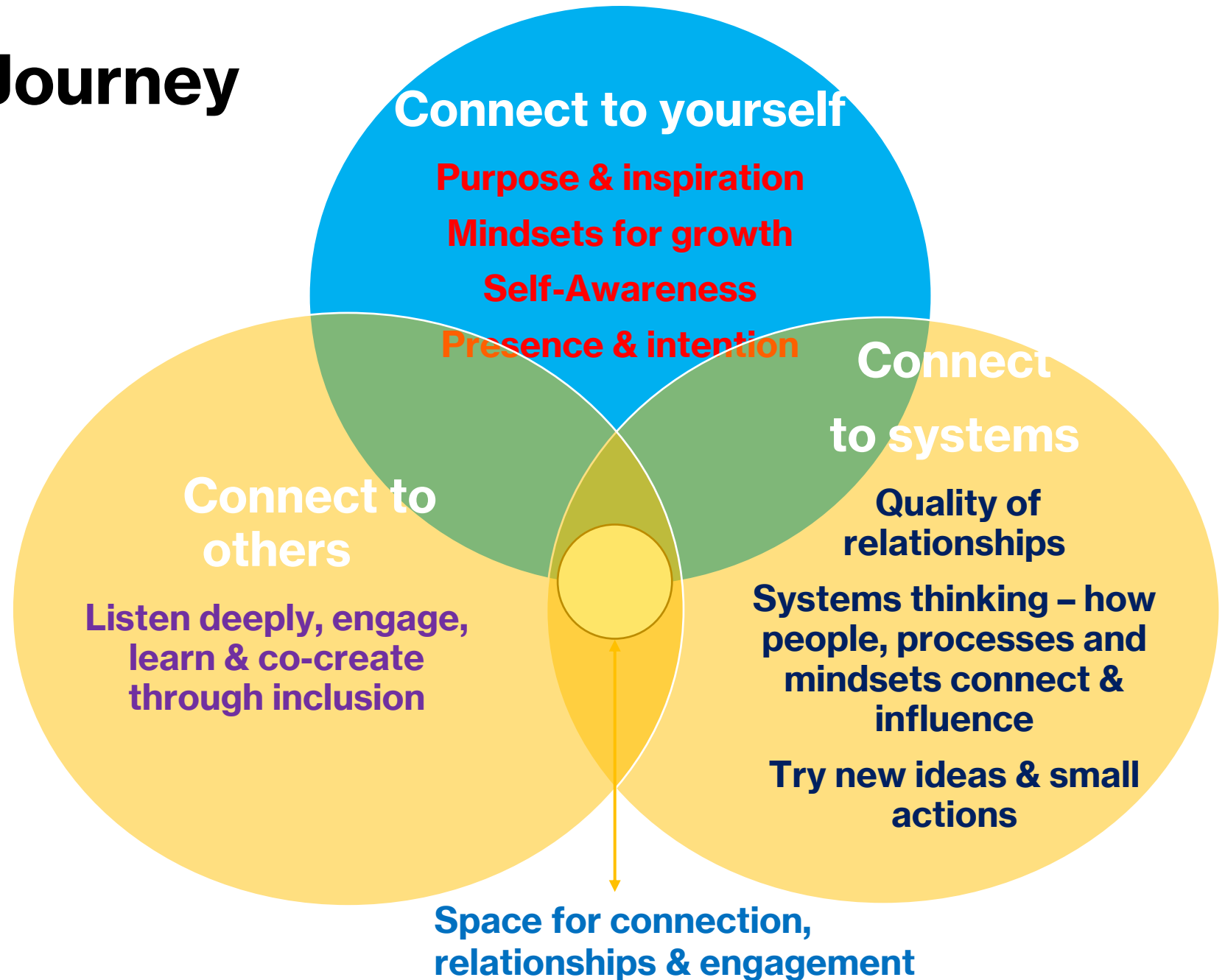
- **Reflect on our own personal life journey, sense of purpose and identify initial concrete actions in support of our aspirations**
- **Experience and apply mindfulness and reflective practices to enhance your self-awareness and well-being as part of your journey**

# WHY ARE WE HERE?



# Your Personal Journey

## Three Dimensions



# 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)

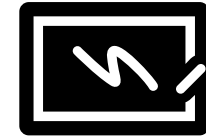
6. **REFLECT ON WHAT YOU APPRECIATE** about the people involved in the situation ( think of them as a close friend); being part of this planet; and about yourself

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 - Exploring Your Personal Journey](#)



# 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**



**Questions**

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# Evaluation form

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**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

# CAREER TIPS THURSDAY

