



Thriving globally: The human side of relocation

A Panel discussion



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Today's presenters



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House Keeping Rules

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

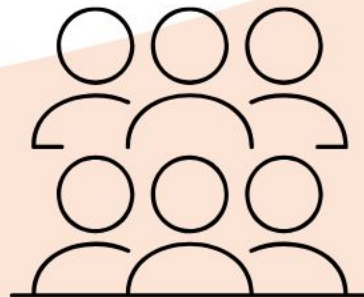
If you have any questions, please submit them through **Zoom Q&A button**.

The session will be **recorded**. The recording and presentation will be available on: [Inter-Agency Career Week 2026 webpage](#)



Due to the large number of participants in this session, we might not be able to respond to all of your questions.

Thank you for your understanding.



Let's hear from our colleagues!



[Video: Thriving Globally - The human side of relocation](#)

Please welcome our panel!



- Annabelle Borg Kandeh, Chief Staff Counselors Office, UNOG
- Gabriel Tuan, Learning Manager, UN Women
- Dr. Asia Cito, Clinical Psychologist

Questions and Answers



Inter- Agency Career Week 2026 Agenda

04 - 08 May

| | Monday, 04 May | Tuesday, 05 May | Wednesday, 06 May | Thursday, 07 May | Friday, 08 May |
|---|---|--|--|---|---|
| 03:00-04:00 (New York) 09:00-10:00 (Europe) 10:00-11:00 (Nairobi) 14:00-15:00 (Bangkok) | Pres (E) - From the UN to the Private Sector: Skills that enable Career Transition | Pres (E) Thriving in Uncertainty | Pres (E) - Career Trend Coaching: Preparing for What's Next | Pres (E) - Habits under Pressure: working more intentionally | Pres (E) Behavioural Science for Career Development: Evidence-Based Steps for Action |
| 04:30-05:30 (New York) 10:30-11:30 (Europe) 11:30-12:30 (Nairobi) 15:30-16:30 (Bangkok) | PD (E) - Inside the Recruiter's Mind: How Hiring Really Works in the UN and Beyond | Pres (E) - From Sat Nav to Compass: Navigating Your Career in a Changing UN System | Pres (E) - Upskilling for the Future: How to Stay Marketable Inside and Beyond the UN | Pres (E) - Becoming a UN Volunteer; What is in it for you? The Hidden Benefits of Volunteering. | PD (E) - Beyond the UN Blue: Navigating Your Career Transition to Other IGOs |
| 06:00-07:00 (New York) 12:00-13:00 (Europe) 13:00-14:00 (Nairobi) 17:00-18:00 (Bangkok) | PD (E) - Talent on the Move: Growing your career through mobility | Clinic (F) - Recherche d'emploi optimisée par l'IA : éthique, sécurisée et tournée vers l'avenir | Clinic (E) - AI for Your Career: Practical Tools and Prompts for Career Management | Pres (E) - Leading from Within | Pres (F) - Réussir les entretiens basés sur les compétences : un guide avec des conseils pratiques pour se préparer |
| 07:30-08:30 (New York) 13:30-14:30 (Europe) 14:30-15:30 (Nairobi) 18:30-19:30 (Bangkok) | Clinic (E) - Mapping Your Motivators for Career Choices | Pres (E) - Mapping Professional Achievements to Job Application and Interview | Pres (E) - Breaking Down Job Descriptions | Pres (E) - What remains when everything changes: A Counselling Framework for global nomad staff facing adversity and transition | Pres (E) - The skills shift: What skills-based hiring and AI agents might mean for a UN career |
| 09:00-10:00 (New York) 15:00-16:00 (Europe) 16:00-17:00 (Nairobi) 20:00-21:00 (Bangkok) | Pres (E) - Your Career, Your Conversation | Pres (E) - Strengthening Your Adaptability Muscles - AQ: The Adaptability Quotient | Pres (E) - Managing Your Saboteurs: Removing Barriers to Your Career Growth | Pres (E) - Use Your Strengths to Boost Your Career | Pres (E) - Activating Inner Resources in Uncertain Times |
| 10:30-11:30 (New York) 16:30-17:30 (Europe) 17:30-18:30 (Nairobi) 21:30-22:30 (Bangkok) | Pres (E) - A Mind-Blowing Tour of AI Tools to Accelerate Your Career | Pres (E) - From Sat Nav to Compass: Navigating Your Career in a Changing UN System | Pres (S) - Construye tu Asistente de Carrera con IA | Pres (E) - Building a winning profile from application to interview | Pres (E) - Mentoring 2.0: From Top-Down to All-Around |
| 13:00-14:00 (New York) 19:00-20:00 (Europe) 20:00-21:00 (Nairobi) 00:00-01:00 ⁻¹ (Bangkok) | Pres (F) - Opportunités de carrière aux Nations Unies pour les jeunes professionnels et conseils pour réussir sa candidature. | PD (E) - Thriving Globally - The human side of relocation | Pres (E) - Career Development: How you can turn a Psychosocial Hazard into a Thriving Strategy | Pres (E) - Youth Engagement: Put in Practice! (Young Talents in the UN System) | Pres (E) - Working for Justice |
| 14:30-15:30 (New York) 20:30-21:30 (Europe) 21:30-22:30 (Nairobi) 01:30 ⁻¹ -02:30 ⁻¹ (Bangkok) | Pres (E) - Navigating Competency-Based Interviews: A Practical Preparation Guide | Pres (S) - Entrevistas basadas en competencias: guía práctica de preparación | Clinic (S) - Desarrollo de habilidades y redes profesionales a través de la mentoría | | |

