



Step into your Power and Purpose

How to set big goals and unlock your potential as a leader

Today's host



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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 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.





My hopes
My wish
My commitment



Objectives

- 1. Understand the transformative power of big, inspiring goals**
Learn why setting bold goals is essential for personal growth, motivation, and leadership development.
- 2. Explore the inner and outer barriers to achieving what you truly want**
Gain insight into the mindset, habits, and systemic challenges that often stand between you and your aspirations.
- 3. Discover practical tools to unlock your leadership potential**
Learn actionable strategies to align your purpose, shift your mindset, and take courageous steps toward your vision.



Introduction







Agenda

Part I: Dare to think big and set bold, inspiring goals

Uncover what you truly want and how to aim beyond your comfort zone.

Part II: Master your mind to achieve what you want

Discover how your mindset and beliefs shape your reality — and how to shift them.

Part III: Lead with intention towards big goals

Learn practical steps to bridge the gap between vision and results.

Q&A: Your Journey, Your Questions

Engage, reflect, and connect through shared insights.



What is my next step?





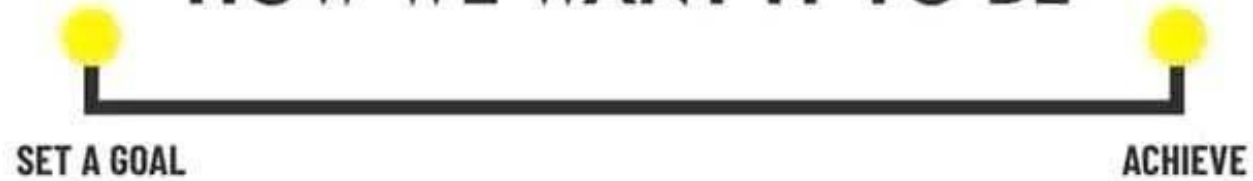
I know what I want.

Part I:

**Dare to think big and set bold,
inspiring goals**



HOW WE WANT IT TO BE



HOW IT WILL LIKELY BE



What is a real goal?

1. Something you have **never done before**.
2. Designed to help you **grow**.
3. You must **be inspired** by going after it.





Set a goal to achieve something that
is so big, so exhilarating that it excites
you and scares you at the same time.

Bob Proctor

“ quote fancy

Goal Types

A Type Goals

What you already know how to do.

B Type Goals

What you think you can do.

C Type Goals

What you really want!



1

~~Fantasy~~ "C" ~~What I Want~~

Plan

"B"

What I think
I Can Do

Know

"A"

Present Results



2

Fantasy

“C”

What I Want

Plan

“B”

*What I think
I Can Do*

Know

“A”

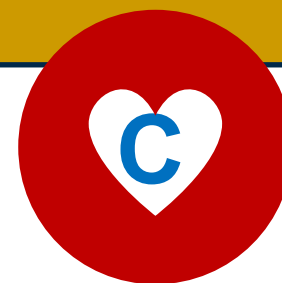
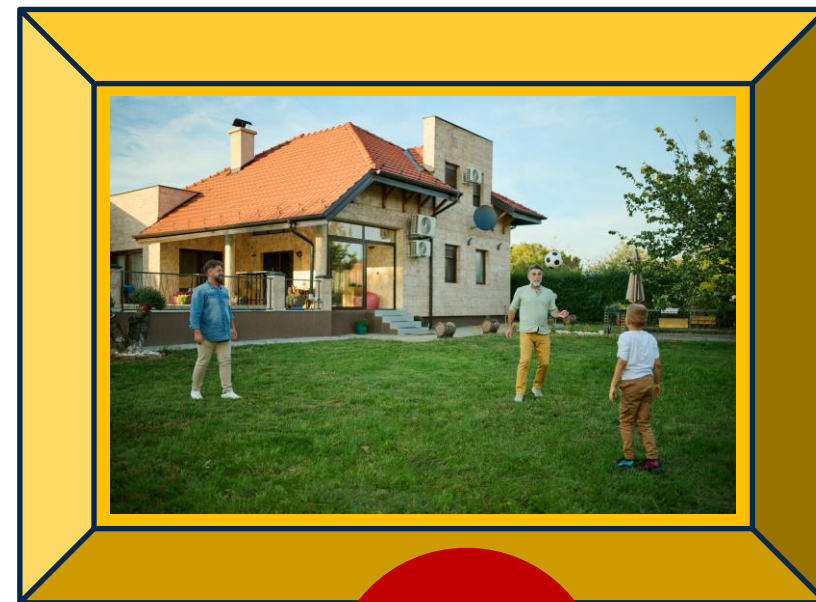
Present Results



A



B

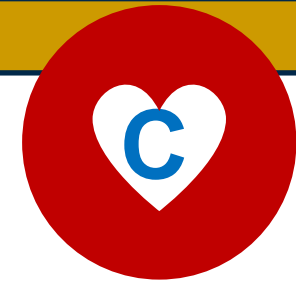




A



B



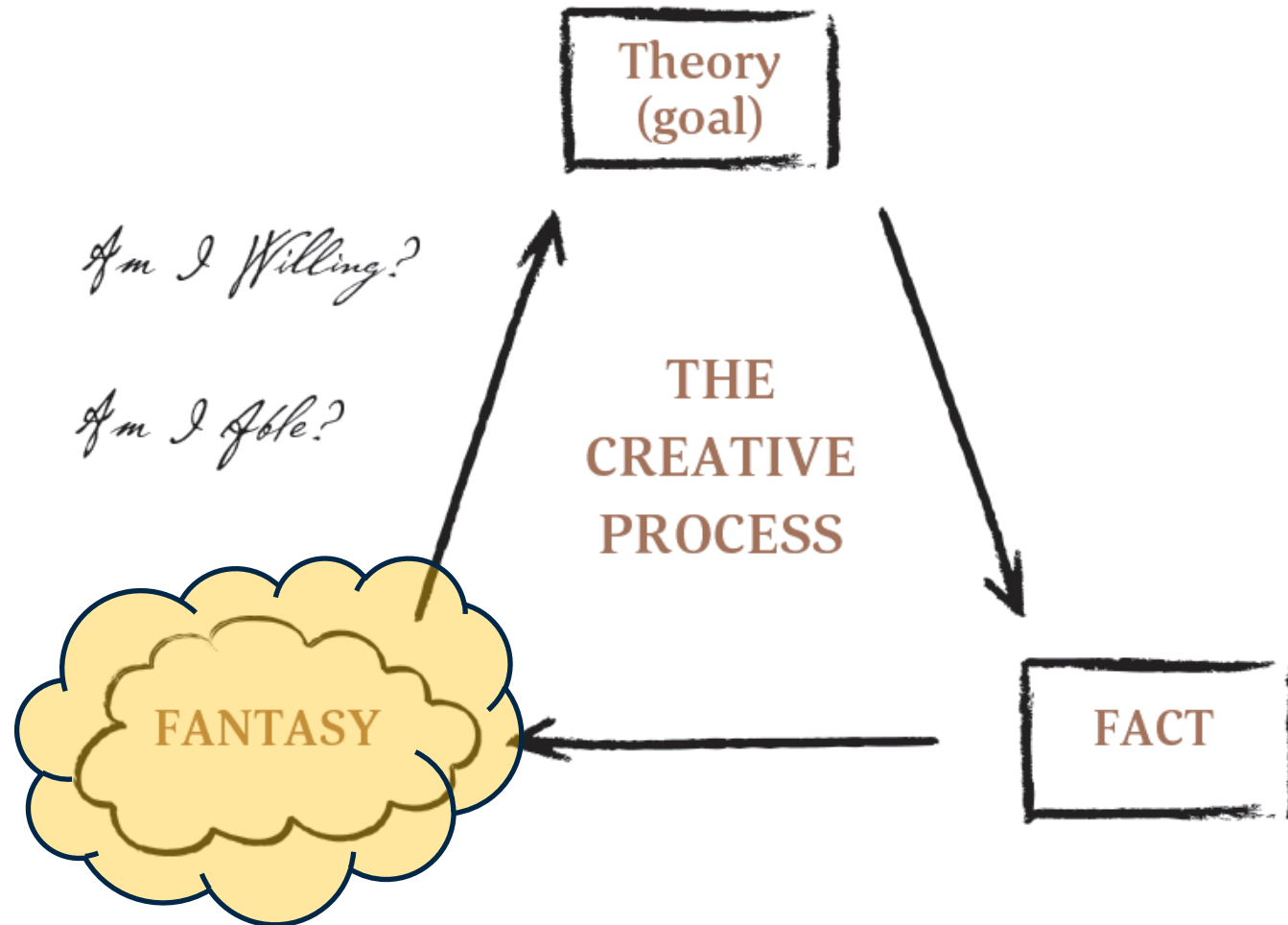


Think about a goal you would like to achieve.

1. Is this goal making me excited and energized?
2. In what category does my goal fall? A-B-C?
3. Does this goal belong to me or somebody else?



3





Ask yourself these questions to define your big goal.

- What excites and scares me at the same time?
- If no one could judge me, what would I truly go for?
- What do I want so badly I would do it even if you might fail?
- What feels aligned with my purpose, not just my skills?
- What dream have I been postponing for 'someday'?



Part II:

**Master your mind to achieve
what you want**



A

B



BRIDGE THE GAP BETWEEN KNOWING & DOING

KNOWING

?

DOING



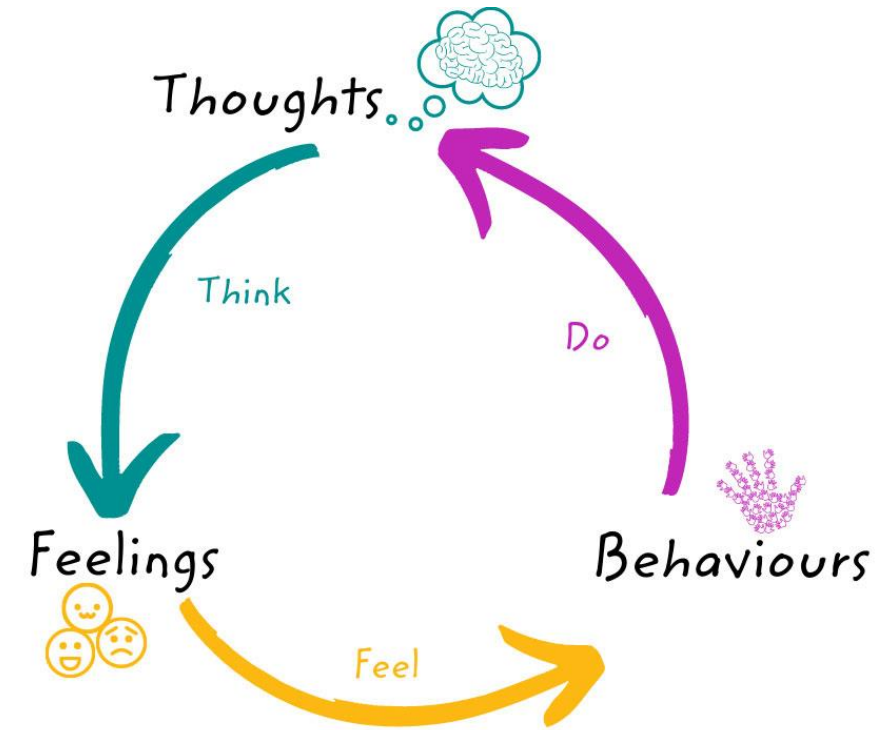


We are creatures of habit. We think somewhere between 60,000 to 70,000 thoughts in one day,¹ and 90 percent of those thoughts are exactly the same ones we had the day before.

Joe Dispenza

There is a challenge....

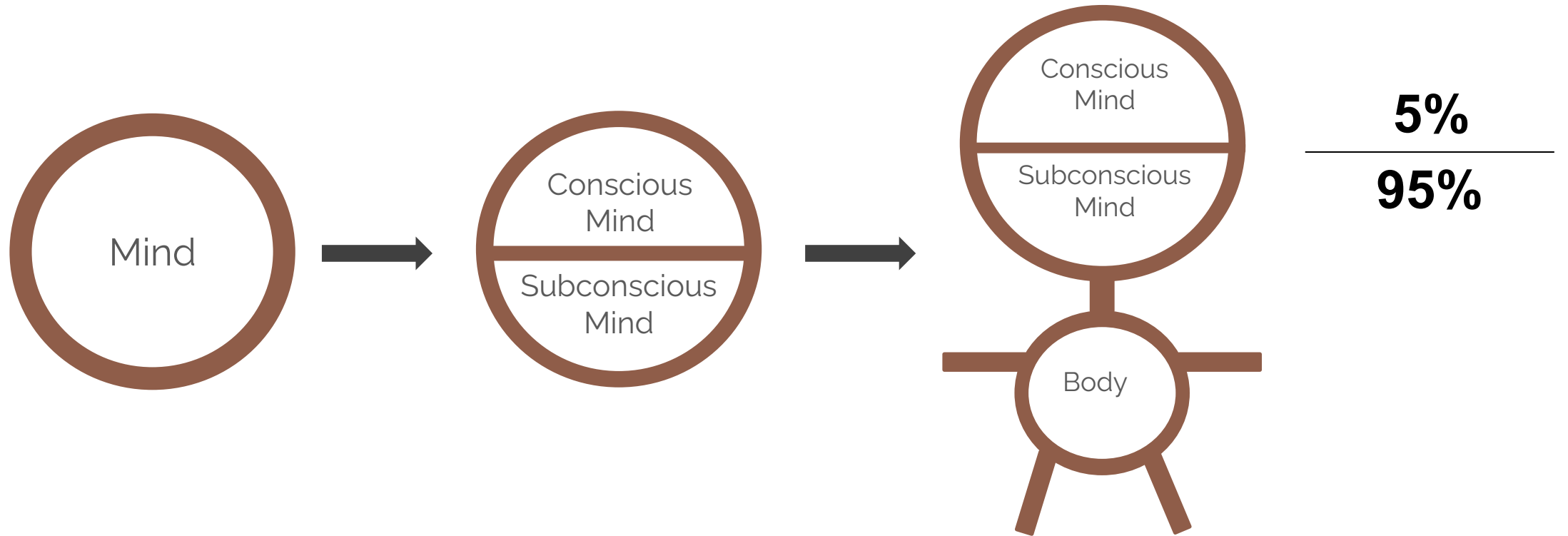
- If you want to achieve something new — a **C-Type Goal** — you must think in **new, bold ways**.
- But old thought patterns keep you in your **comfort zone**.
- And if your thinking doesn't change... **nothing else will**.



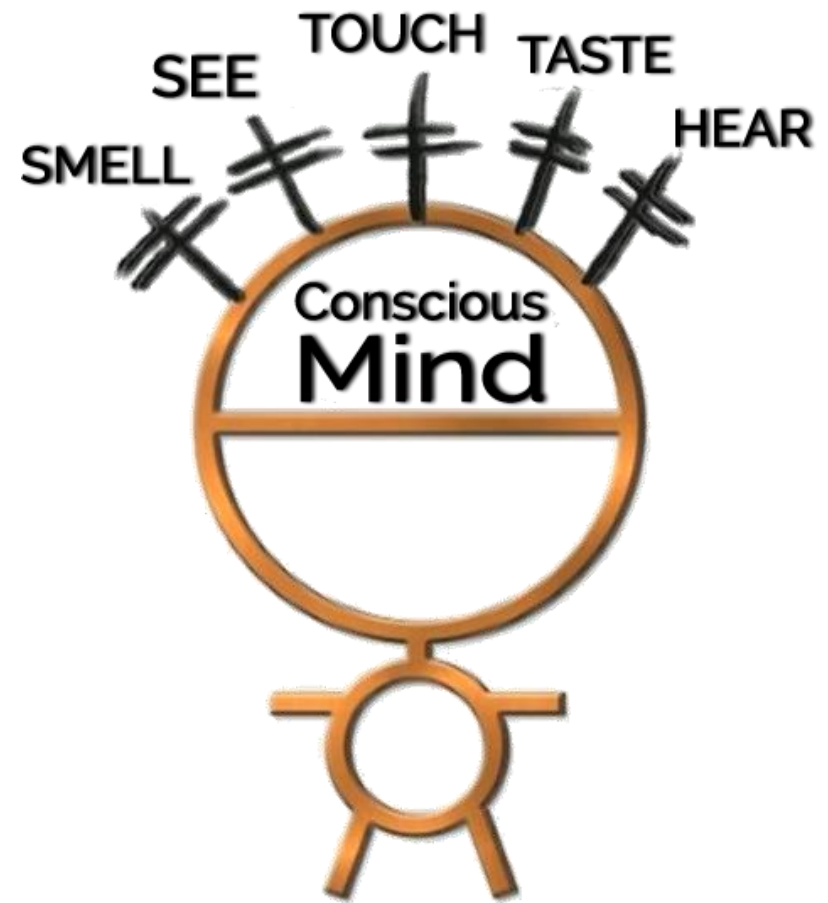
What creates the way you think, feel,
and act — and can you change it?



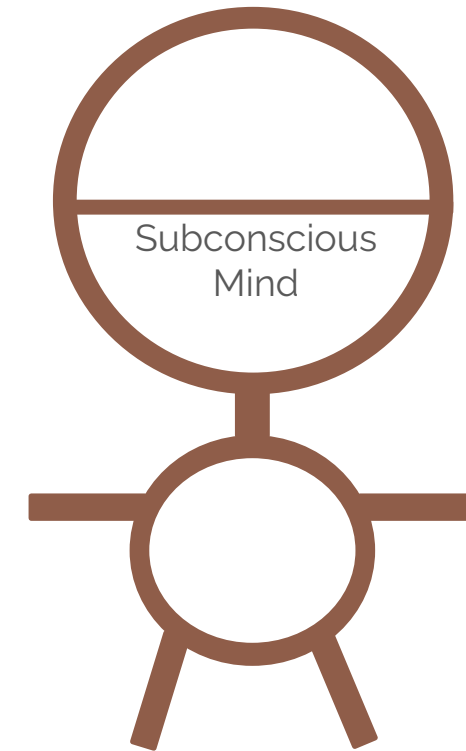
What is the mind?



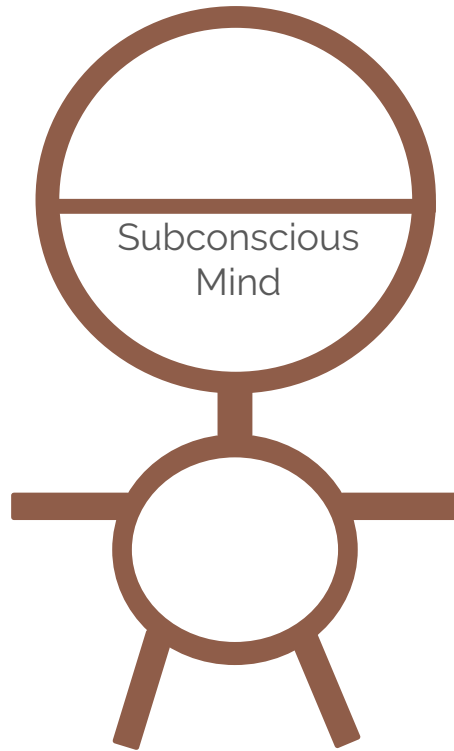
The outside world: Our senses



The inside world: Our higher mental faculties



The inside world: Our higher mental faculties



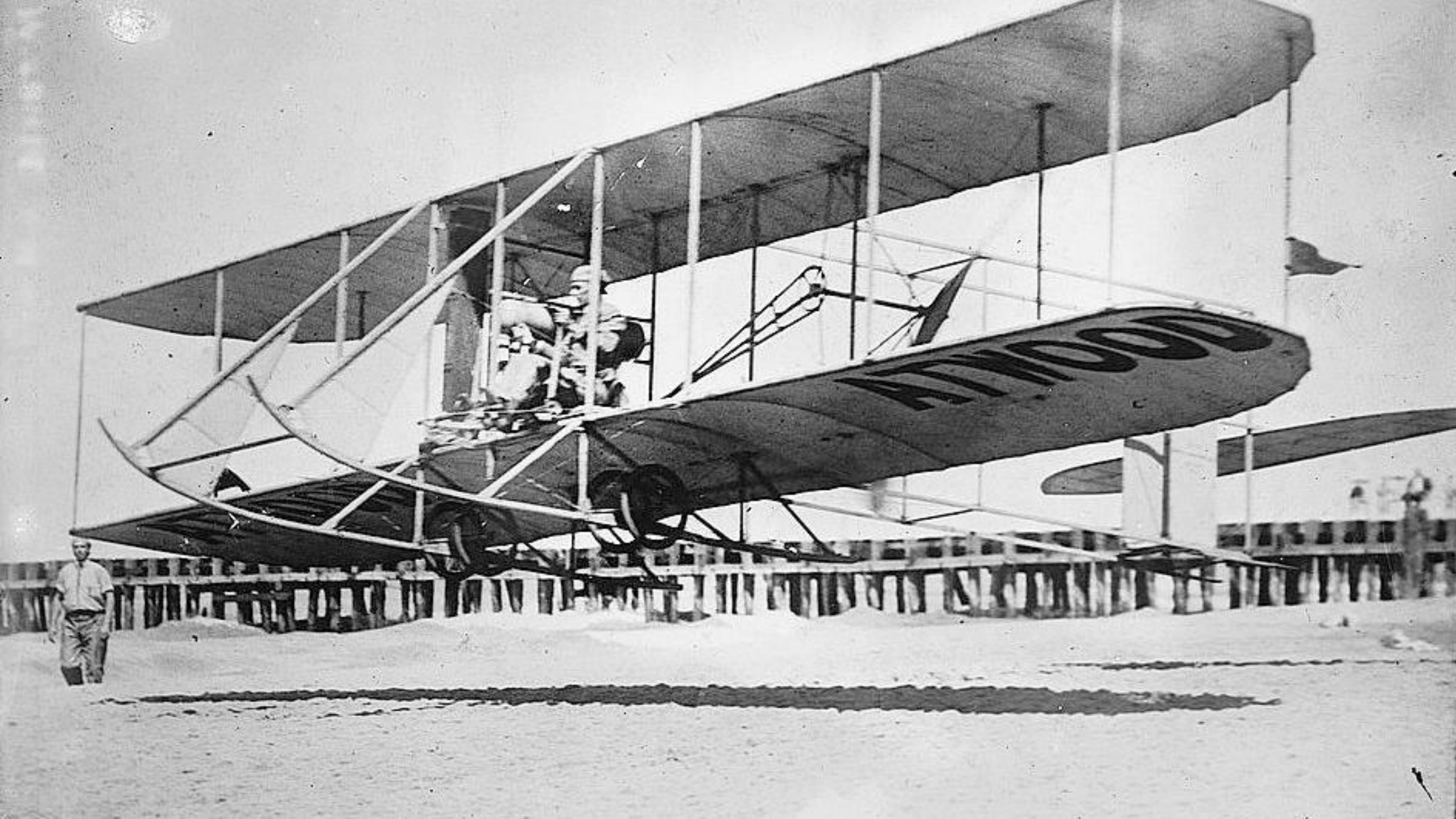
1. **Perception** is how you see the world — your personal point of view.
2. **Imagination** lets you create ideas, visions, and possibilities in your mind.
3. **Intuition** senses energy and unspoken messages — it helps you read between the lines.
4. **Will** is your mental focus — the power to hold one thought despite distractions.
5. **Memory** stores and recalls information — and *everyone* can improve it.
6. **Reason** is your ability to think critically and make sense of things.



Imagination















How can you tap into your imagination?

When you **daydream** or visualize the future

When you **journal or sketch freely**

When you create a **vision board**

When **music, art, or books** spark new ideas

When you are **relaxed** — just before sleep or after waking

When you allow yourself to **play, create, or wonder**

These moments offer valuable insights — they help you define your **personal C-type goal** with clarity and alignment.



Intuition



Intuition is a deeper form of intelligence — beyond the rational mind. It is the quiet voice within that speaks your truth and helps you sense others' thoughts and energy.





Where do you meet your intuition?

When you listen to your **gut feeling**

When you tune in to your **thoughts and inner voice**

When you **listen to your body**

When you **meditate**

When you spend quiet time in **nature**

When you move through **sports or rhythm**

These moments offer valuable insights — they help you define your **personal C-type goal** with clarity and alignment.



Part III:

Lead with intention towards big goals



What happens when your conscious and subconscious minds align with your goal?



You clarify your leadership vision and direction!

- ✓ **You activate your full potential** and pushes you to grow beyond limits
- ✓ **You ignite passion and purpose** and fuel daily motivation
- ✓ **You build resilience** and confidence through challenges
- ✓ **You add meaning to your work** and connect your goals to your purpose



What can I concretely do to become a
conscious leader thinking in big C-Goals?





Imprint your C-Goal in your subconscious mind.

1. List your wants
2. Select the top 2 goals and write a short description on a goal card.
3. Write out the written description of the person you want to become
4. Capture your goals on your goal card
5. Follow auto-suggestion





Mindset Tools

1. Self-Awareness
2. Self-Talk
3. Self-Image
4. Self-Discipline

Journaling
Meditation
Affirmations
Routine



Summary



What you have learned today:

- ✓ **Set bold, heart-driven goals** because these goals light a fire in you and reflect what truly matters.
- ✓ **Align your conscious and subconscious mind** because alignment turns inner conflict into momentum.
- ✓ **Use your mental faculties as leadership tools** because imagination and intuition are real leadership assets.
- ✓ **Apply mindset strategies to act with intention** because thinking better leads to leading better.
- ✓ **Lead with clarity, courage, and growth** because inspired leadership creates trust and lasting impact.



Key takeaways for your leadership journey:

You choose your thoughts – consciously or unconsciously.

What you think, you feel.

What you feel, you act on.

What you act on — becomes your life.

Your next-level leadership starts in your mind.



"To change is to think greater than your environment, to think greater than the circumstances in your life, to think greater than the conditions in the world."

Dr. Joe Dispenza



Questions?



Let's connect on
LinkedIn!





UN Inter- Agency Career Week 2025 Agenda

16 - 20 June



	Monday, 16 June	Tuesday, 17 June	Wednesday 18 June	Thursday 19 June	Friday, 20 June
03:00-04:00 (New York) 09:00-10:00 (Europe) 10:00-11:00 (Nairobi) 14:00-15:00 (Bangkok)	Pres (E) - Embracing Your Career Journey in a VUCA World - Unlocking the Power of Learning Agility	Pres (E) - Your career is more than your next job	PD (E) - Career Conversations with colleagues on Inter-Agency mobility	Pres (E) - Skills for the Future of Work	Pres (E) - NextGEN Talent Acquisition: Insights from Recruiters
04:30-05:30 (New York) 10:30-11:30 (Europe) 11:30-12:30 (Nairobi) 15:30-16:30 (Bangkok)	Pres (E) - Charting your Blue Ocean: Identifying Emerging Opportunities and In-Demand Roles	PD (F) - Conversation de Carrière (Parcours Leadership)	Pres (E) - Navigating Inter-agency moves: key questions to consider	PD (F) - Conversations de carrière avec des collègues sur la mobilité inter-agences	Pres (E) - Demystifying Job Searching in the UN System
06:00-07:00 (New York) 12:00-13:00 (Europe) 13:00-14:00 (Nairobi) 17:00-18:00 (Bangkok)	Clinic (F) - Optimisez votre PHP : Clés pour une Candidature Réussie	Clinic (F) - Entretien basé sur les compétences pour les candidats	Clinic (F) - Réseautage Stratégique : Créer des liens, créer des chances	Pres (E) - Your application and the process	PD (E) - Recruitment for Global Impact: Insights from Purpose-Driven Organizations
07:30-08:30 (New York) 13:30-14:30 (Europe) 14:30-15:30 (Nairobi) 18:30-19:30 (Bangkok)	Clinic (E) - Successfully crafting your Personal History Profile / P11	Clinic (E) - CBI for applicants	Clinic (E) - Demystifying Networking for Career growth	Clinic (E) - Career Pivot into the Private Sector	PD (E) - How Volunteering Shapes Future Careers
09:00-10:00 (New York) 15:00-16:00 (Europe) 16:00-17:00 (Nairobi) 20:00-21:00 (Bangkok)	Keynote Speakers (E) - Pursuing your Success : Skills for Career Development	Keynote Speakers (E) - Unlocking Career Potential: The Power of Continuous Learning and Training	Keynote Speakers (E) - A holistic approach to career development	Keynote Speakers (E) - Onto the Balcony: Leadership Insights from a Personal Journey	Keynote Speakers (E) - Keynote Address by David Bearfield (UNDP)
10:30-11:30 (New York) 16:30-17:30 (Europe) 17:30-18:30 (Nairobi) 21:30-22:30 (Bangkok)	Pres (E) - Your Personal Journey	PD (E) - The Leadership Equation: Integrity, Innovation, and Impact	PD (E) - Getting into the international professional category - Moving to a different UN Organization	PD (E) - Career Conversations with colleagues on Interns and Fellows	Pres (E) - Creating Your Personal Learning Strategy
12:00-13:00 (New York) 18:00-19:00 (Europe) 19:00-20:00 (Nairobi) 23:00-00:00 (Bangkok)	Pres (S) - El CV como herramienta de impacto	Pres (E) - Branding from the Inside Out: Authenticity and EQ in Action	Clinic (S) - Desmitificando el Networking para el Crecimiento Profesional	Pres (E) - From Federal to Civilian: Resumes & Job Search Strategies	Clinic (S) - CBI para solicitantes
13:30-14:30 (New York) 19:30-20:30 (Europe) 20:30-21:30 (Nairobi) 00:30 ⁻¹ -01:30 ⁻¹ (Bangkok)	Pres (E) - A Mind-Blowing Tour of AI Tools to Accelerate Your Career	PD (S) - Voces de Impacto: Liderazgo que Transforma	Pres (E) - Resilience and Adaptability in times of change: "Bending without breaking"	PD (E) - Navigating and supporting the careers of women in the UN system	Pres (E) - CV writing - transforming tasks into achievements
15:00-16:00 (New York) 21:00-22:00 (Europe) 22:00-23:00 (Nairobi) 01:00 ⁻¹ -02:00 ⁻¹ (Bangkok)	Pres (S) - Entrevistas de trabajo eficaces en el sistema de las Naciones Unidas	Pres (E) - Effective Interviewing Skills in the UN	Pres (S) - Cómo completar un perfil para solicitar un puesto de manera efectiva	Pres (E) - Step Into your Future: How to set big goals and unlock your potential as a leader	Pres (E) - Reset and Recharge: Reconnecting with what grounds us



THANK YOU! MERCI ! ¡GRACIAS!

The presentation, recording and other resources will be shared on our dedicated Inter-Agency Career Week Page.

Please fill out the Evaluation Survey. Your feedback matters to us!



If you have any questions, please reach out to ohchr-staffdevelopment@un.org.