

Your Personal Journey

Creating intentions and actions to help achieve your aspirations

Monday 16 June 2025
1030-1130 New York



Today's hosts



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UN Women



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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.





Objectives

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

Our exploration today



**Lead with presence,
awareness and intention**

- **3-minute mindful pause**



Explore your personal journey

- **Guided journalling questions**



**Identify concrete actions in
support of our aspirations**

- **Action steps**
- **Questions**
- **Summary & Evaluation**

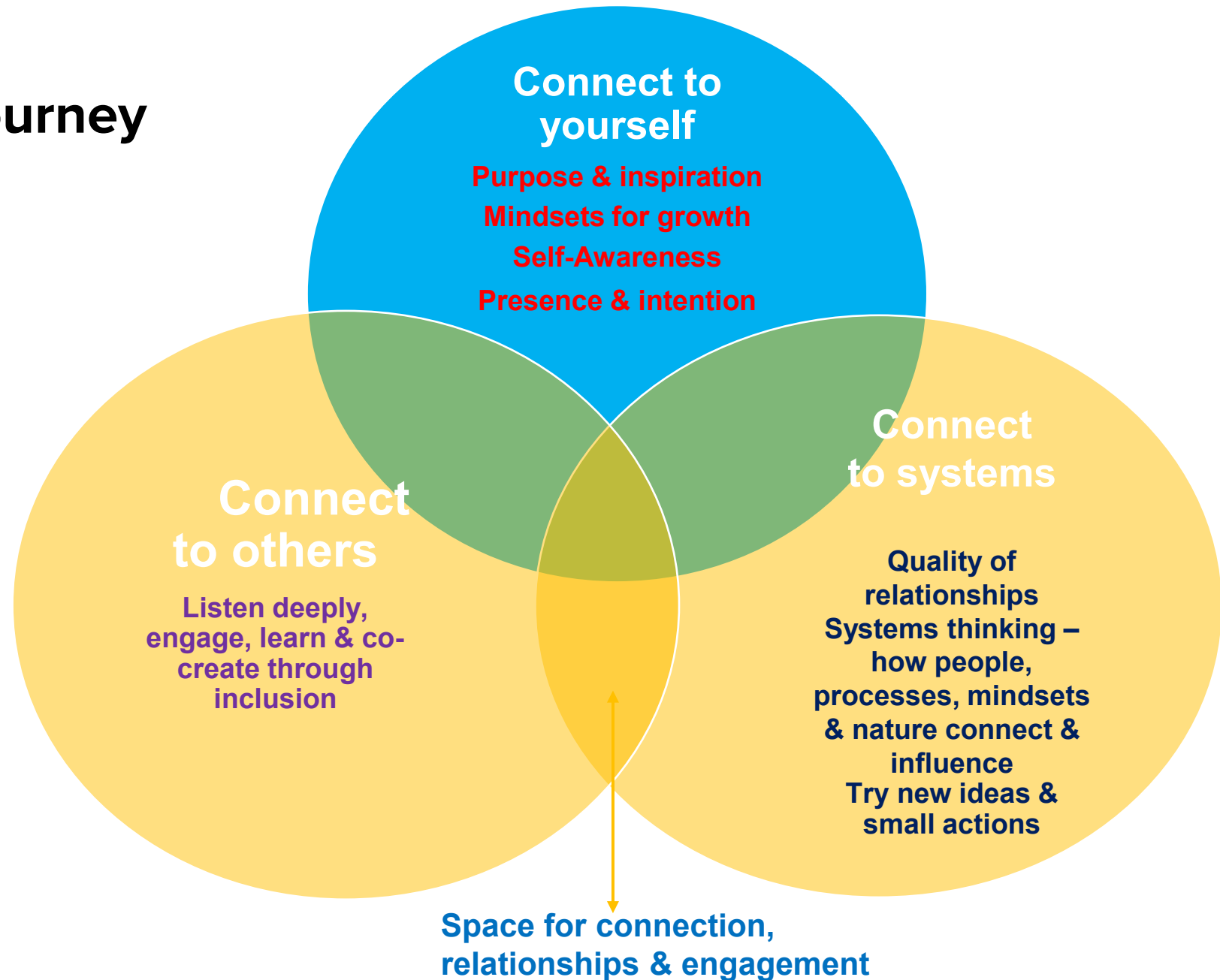


What brings us here?



Your Personal Journey

Three Dimensions



Leading with Awareness, 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 choose to 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, fears or biases you may have

5. **CREATE A POSITIVE INTENTION** of what you wish to learn & create (see, do, hear and feel)

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 QUALITY YOU WILL BRING** (eg, empathy, curiosity, openness, humility, courage) to create a safe, inclusive space to connect, dialogue, co-create & transform

8. **WRITE YOUR DOWN YOUR INTENTION & QUALITY**



Your Personal Journey

Individual guided journaling activity (source: Presencing Institute)

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 shown on screen.

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

1. Challenges: Look at yourself from outside as if you were another person: What are the 2 or 3 most important challenges or tasks that your life (work and non-work) currently presents?

Questions - Guided journaling process (adapted from the Presencing Institute)

2. Self: Write down 2 or 3 important accomplishments you have achieved or skills / qualities you have developed in your life

(examples: from work, raising children; finishing your education; being an effective listener, leading change, community engagement)

Questions - Guided journaling process (adapted from the Presencing Institute)

3. Emerging Self: What 2 or 3 important aspirations, areas of interest, or undeveloped talents would you like to place more focus on in your future journey

(examples: writing a book; learning a new skill, starting a social movement; taking your current work to a new level, finding a new niche, starting your own business)?

Questions - Guided journaling process (adapted from the Presencing Institute)

4. Frustration and Inspiration: What is it about your current work and/or personal life that frustrates you the most? What inspires and energizes you the most?

Questions - Guided journaling process (adapted from the Presencing Institute)

5. Inner resistance: What is holding you back? Describe a couple of recent situations (in your work or personal life) when you noticed one of the following three voices or mindsets (judgement, cynicism, fear) kicking in and preventing you from exploring the situation you were in more deeply.

Questions - Guided journaling process (adapted from the Presencing Institute)

6. Watch yourself from above (as if in a helicopter or on a mountain top). What are you doing? What are you trying to do in this stage of your professional and personal journey?

Questions - Guided journaling process (adapted from the Presencing Institute)

7. Your younger self: Look at your current situation from the viewpoint of you as a younger person, at the beginning of your journey: What does that younger person / self, have to say to you?

8. Imprint or Legacy: Imagine you could fast-forward to the very last moments of your life, when it is time for you to pass on. Now look back on your life's journey as a whole. What legacy do you want to leave behind on the planet?

Questions - Guided journaling process (adapted from the Presencing Institute)

9. From that future point of view: What advice would you give to your current self?

Questions - Guided journaling process (adapted from the Presencing Institute)

10. Now return to the present & crystallize what it is that you want to create: your vision & intention (for yourself, work, for the next 3 years. What are some essential core elements of the future that you want to create in your personal, professional & social life?

Describe / draw concretely as possible the images, metaphors & elements that occur to you.

Questions - Guided journaling process (adapted from the Presencing Institute)

11. Letting-go What would you have to let go of (e.g., behaviors, assumptions, beliefs, mindsets) to bring your vision into reality?

Questions - Guided journaling process (adapted from the Presencing Institute)

12. Prototyping & support: Over the next 3 months, what are the 2 or 3 opportunities or ideas you see now that you could test / try as a microcosm (small part) of your vision and who could help you with these? (3-5 core people)?

Questions - Guided journaling process (adapted from the Presencing Institute)

13. Action: To bring your intention into reality, what practical first steps would you take over the next 3 days?

Turning intention to reality

- **Make additional time in a quiet, creative space to intentionally reflect on your exploration today and develop it further as needed** (using other tools, guidance, tips from IA Career week)
- **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

Summary

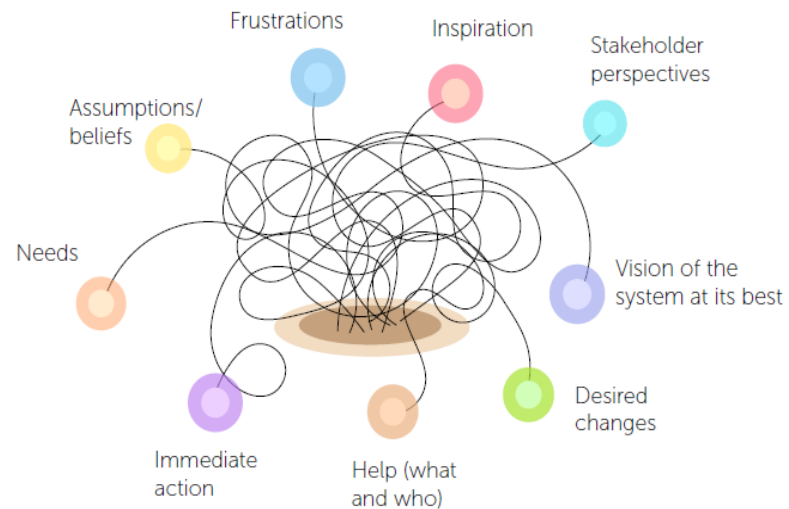
**Lead with Awareness,
Presence & Intention**
3-minute mindful pause



Guided Journaling

Self reflection guided by questions. Write down whatever comes — don't think about it.

Reflect on your challenge, project, initiative, or aspiration



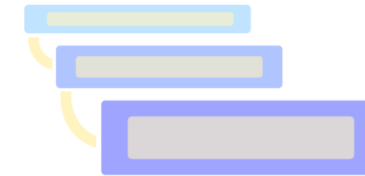
Journey Map



Reflect on progress

Action Plan

What? Who? When? Immediate steps? Indicators (impacts)?





UN Inter- Agency Career Week 2025 Agenda

16 - 20 June



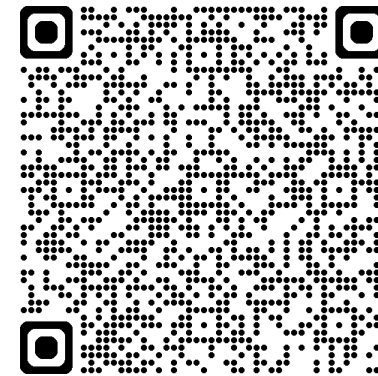
	Monday, 16 June	Tuesday, 17 June	Wednesday 18 June	Thursday 19 June	Friday, 20 June
03:00-04:00 (New York) 09:00-10:00 (Europe) 10:00-11:00 (Nairobi) 14:00-15:00 (Bangkok)	Pres (E) - Embracing Your Career Journey in a VUCA World - Unlocking the Power of Learning Agility	Pres (E) - Your career is more 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 hrlearning@unwomen.org,
Gabriel.tuan@unwomen.org & Pierre.noel@undp.org



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Description

This workshop is designed to provide a safe space for you to pause and reflect on your personal journey (work / non work), your sense of purpose and identify initial concrete actions in support of your aspirations. In the challenging contexts of change and transition that many of us are facing right now, it is important to pause and connect to ourselves in an intentional way that will help us make choices based on what deep down is really important to us. You will experience and apply mindfulness and reflective practices to enhance your self-awareness and well-being as part of this process and which you can continually apply wherever you may find yourself in your life journey.

Objectives

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

What will help you to maximise benefit and value from this session?

An open mind to explore and be curious.

Contacts

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Your Personal Journey

Guided Journaling Questions (adapted from the [Presencing Institute](#) 2021)¹

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¹ C. Otto Scharmer, (2009) Theory U: Learning from the Future as it emerges. Berrett- Koehler: San Francisco. Chapters 21.

7. Your younger self: Look at your current situation from the viewpoint of you as a younger person, at the beginning of your journey: What does that younger person / self, have to say to you?

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