

Today's hosts



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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.



When everything around us is shifting...

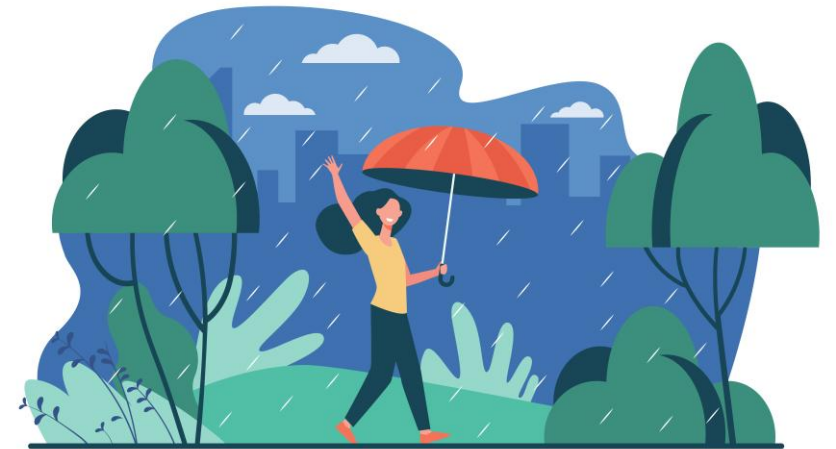
How do we stay grounded, keep learning, and move forward with confidence?





If your current level of resilience were a weather forecast, what would it be?

1. 🌞 Sunny and strong
2. 🌤️ Partly cloudy but managing
3. 🌧️ Rainy with a chance of overwhelm
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5. 🌈 Just cleared up—feeling hopeful



Session Outline & Practical Outcomes



INTRODUCTION AND DEFINITIONS

What is Resilience?



What is Adaptability?



It is not the strongest species that survive, nor the most intelligent, but the most adaptable to change." -Charles Darwin



THE REBIRTH

EAGLE STORY



Reflections! What does Eagle story teach us?



The Role of Resilience in Career Success



A resilient mindset naturally encourages us to stay aligned with our personal values and long-term goals, even amidst uncertainty and change.

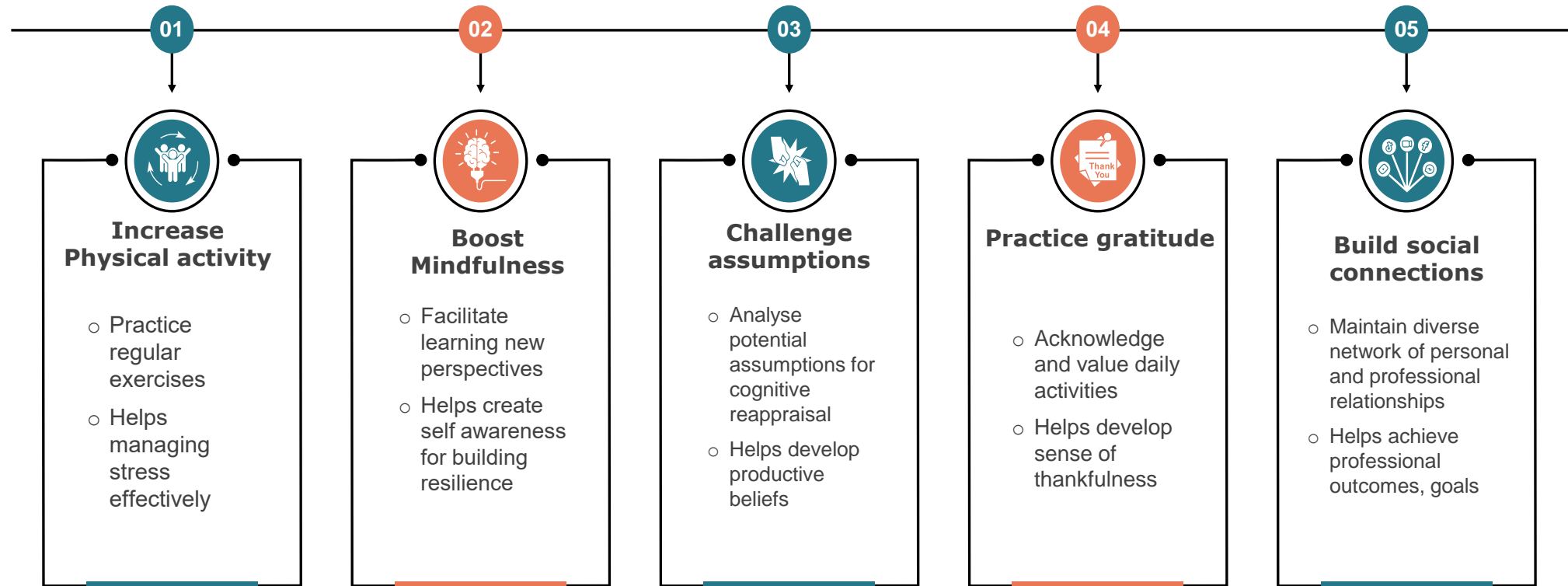


How to build a resilience mindset in career Growth

- 1 Embracing continuous learning
- 2 Developing coping mechanisms
- 3 Taking calculated risks
- 4 Seeking support and mentorship
- 5 Seeking feedback/forward and learning from experiences
- 6 Maintaining a positive outlook

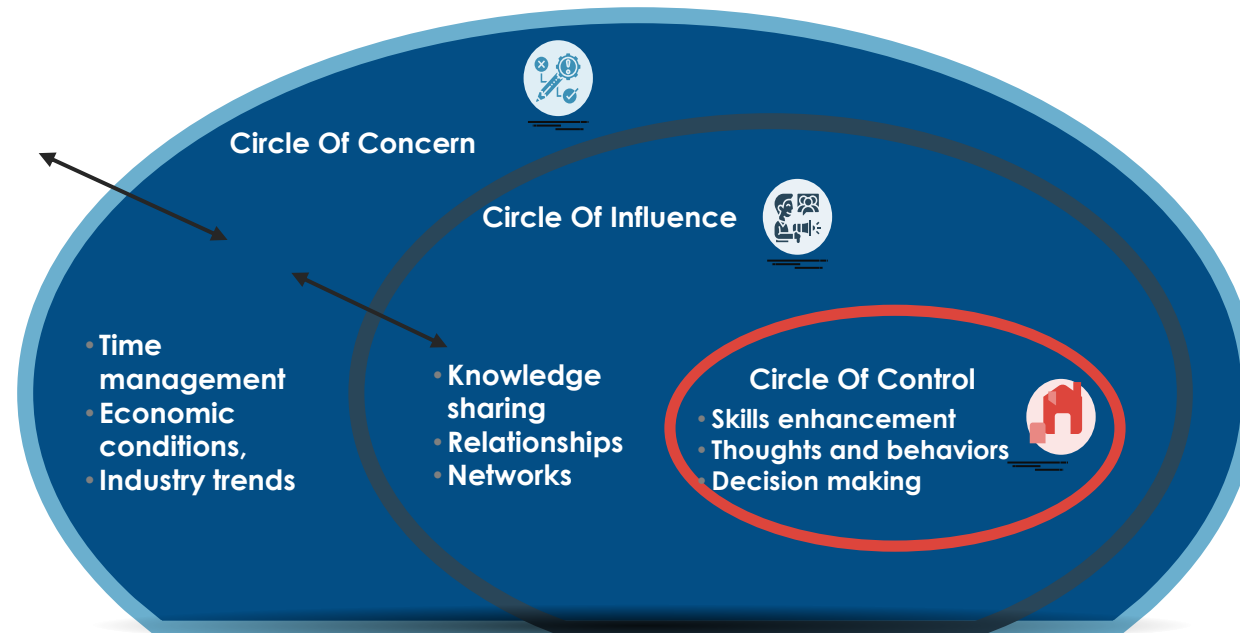


Key strategic practices for resilient leadership



Change is the law of life. And those who look only to the past or present are certain to miss the future.” – John F. Kennedy

Circles Framework Navigate career challenges



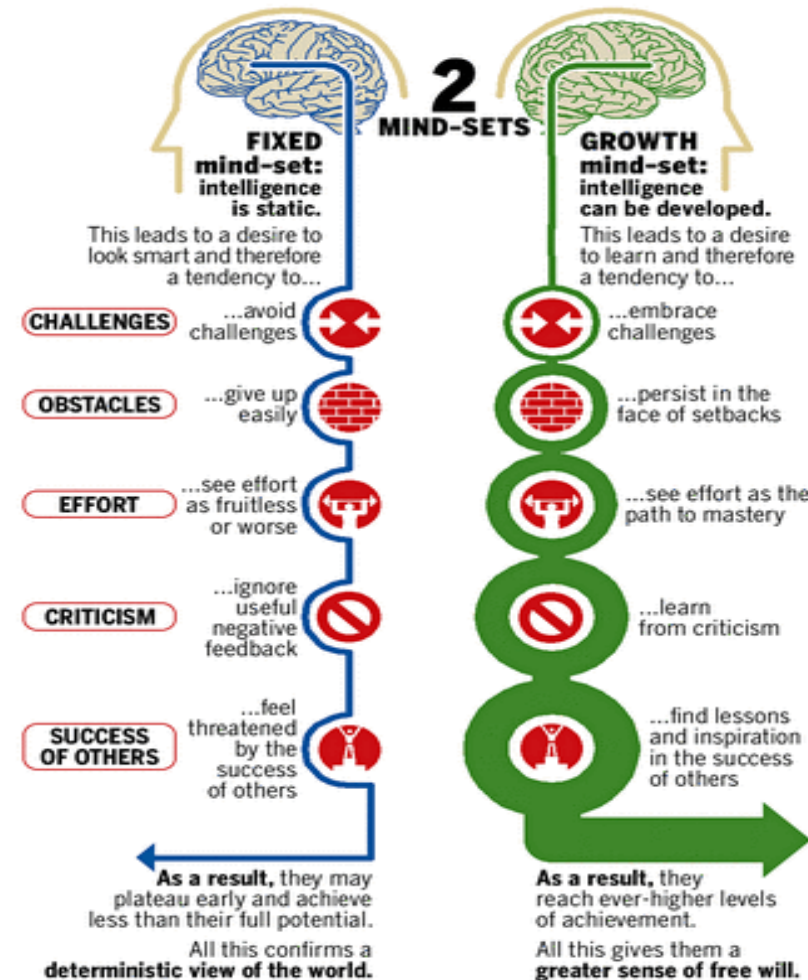
Through leveraging the Circles Framework:

Staff can proactively navigate external challenges, capitalize on internal strengths, and chart a course for meaningful professional growth

Paradigm and Paradigm Shift

Fixed vs. Growth Mindset Model

This model illustrates how cognitive, emotional, and behavioral traits are shaped by an individual's beliefs about the flexibility of their intelligence.



Practical Steps to Exercise Growth Mindset



Reframe Challenges as Opportunities

- **Fixed Mindset:** “This is too hard; I’ll fail.”
- **Growth Mindset Shift:** View challenges as chances to learn and grow.

Action: Start small with tasks that push your limits. Reflect on what you learn from each attempt, even if you don’t succeed right away.



Replace “Failure” with “Learning”

- **Fixed Mindset:** “I’m not good at this; I failed.”
- **Growth Mindset Shift:** See failure as valuable feedback.

Action: After a setback, ask: *What worked? What didn’t? What can I do differently next time?*

Practical Steps to Exercise Growth Mindset



STEP 3

Focus on Effort, Not Just Outcomes

- **Fixed Mindset:** “If I can’t do it perfectly, I won’t do it at all.”
- **Growth Mindset Shift:** Effort and persistence lead to improvement.

Action: Set process-oriented goals (e.g., *practice for 30 minutes daily*) rather than only outcome-oriented goals (*master this skill immediately*).



STEP 4

Embrace “Yet”

- **Fixed Mindset:** “I can’t do this.”
- **Growth Mindset Shift:** Add “yet” to remind yourself that growth takes time.

Action: Change your self-talk to: “*I can’t do this yet, but I’m working on it.*”

Practical Steps to Exercise Growth Mindset



STEP 5

Seek Feedback and Use It Constructively

- **Fixed Mindset:** “Feedback means I’m not good enough.”
- **Growth Mindset Shift:** Feedback is a tool for improvement.

Action: Actively ask for feedback and focus on how you can apply it to grow



STEP 6

Celebrate Progress and Effort

- **Fixed Mindset:** “I’m not improving fast enough.”
- **Growth Mindset Shift:** Recognize small wins and celebrate effort.

Action: Keep a journal to track your progress and reflect on how far you’ve come

Practical Steps to Exercise Growth Mindset



Surround Yourself with Growth-Oriented People

- **Fixed Mindset:** “I’ll never be as good as them.”
- **Growth Mindset Shift:** Use their achievements as inspiration.

Action: Network with mentors or peers who prioritize learning & growth and Build you.



Learn New Skills Regularly

- **Fixed Mindset:** “I can’t do new things.”
- **Growth Mindset Shift:** The brain can grow and adapt with effort.

Action: Take up hobbies, online courses, or projects outside your comfort zone to develop a habit of continuous learning.

Practical Steps to Exercise Growth Mindset



Monitor and Reframe Negative Thoughts

- **Fixed Mindset:** “I’ll never get better at this.”
- **Growth Mindset Shift:** Challenge limiting beliefs and replace them with empowering ones.

Action: Practice mindfulness to catch and reframe negative thoughts in real-time



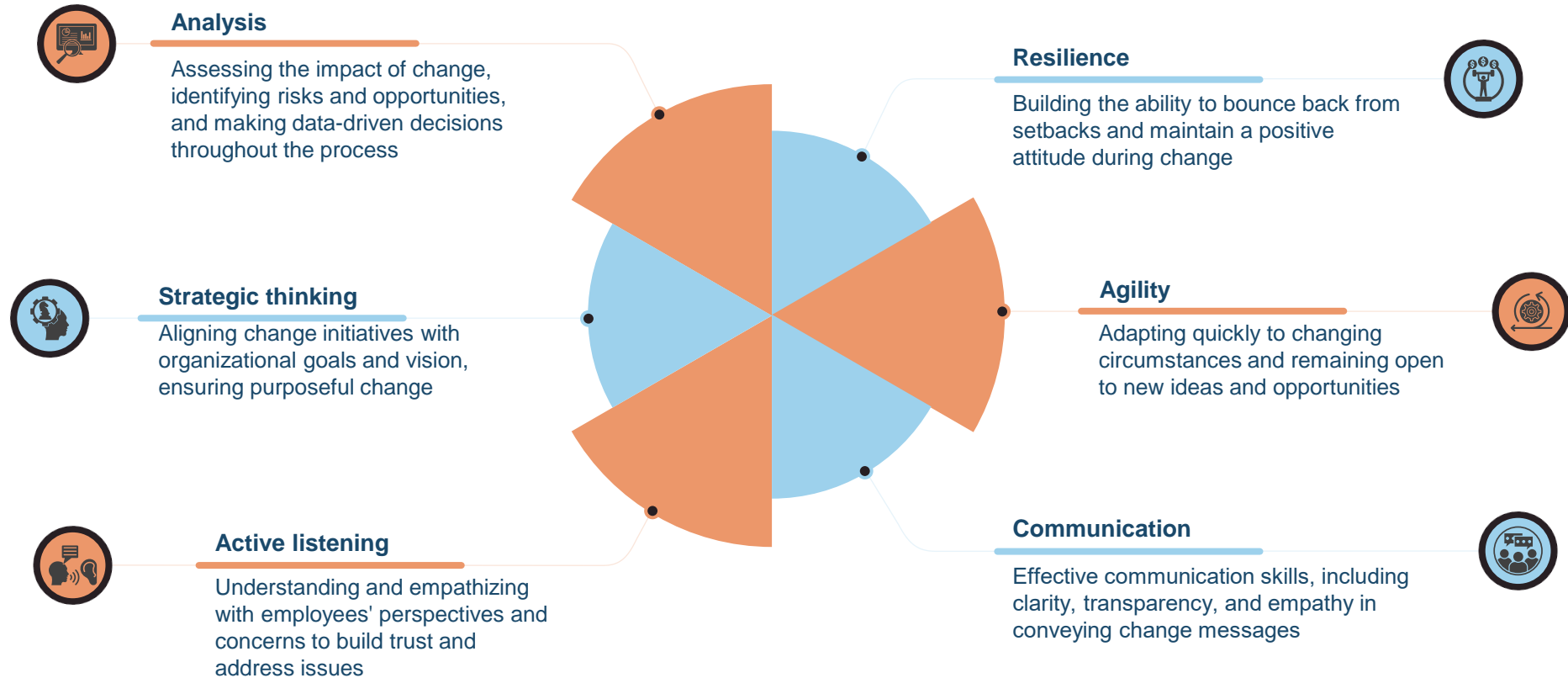
Use Affirmations and Visualization

- **Fixed Mindset:** “I’m stuck where I am.”
- **Growth Mindset Shift:** Visualize yourself succeeding through effort and perseverance.

Action: Repeat affirmations like “*I am capable of growth and improvement.*”

➤ ***Create a vision Board***

Top soft skills for change management



Developing adaptability skills for career success

OVERALL KEY TAKE AWAYS

Need to Cultivate
a Growth Mindset
in navigating
change

Remaining
adaptable amidst
uncertainty

Build Resilience
in career
challenges for
personal and
professional

Adapting to
industry shifts
and future trends
for career success

Embracing change
as a catalyst for
growth

‘Bending without Breaking’

“In times of change, learners inherit the earth, while the learned find themselves beautifully equipped to deal with a world that no longer exists.”– Eric Hoffer

Way Forward



The Power to;

- *START*

CONTINUE

- *CHANGE*

“There are three types of people in this world: those who make things happen, those who watch things happen, and those who wonder what happened.”— Mary Kay Ash



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) 11:00-12:00 (Nairobi) 15:00-16:00 (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) 12:30-13:30 (Nairobi) 16:30-17:30 (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) 14:00-15:00 (Nairobi) 18:00-19:00 (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 Non-Governmental Organizations
07:30-08:30 (New York) 13:30-14:30 (Europe) 15:30-16:30 (Nairobi) 19:30-20:30 (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) 17:00-18:00 (Nairobi) 21:00-22:00 (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) 18:30-19:30 (Nairobi) 22:30-23:30 (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) 20:00-21:00 (Nairobi) 00:00-01:00 (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) 21:30-22:30 (Nairobi) 01:30-02:30 (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) 22:00-22:00 (Nairobi) 02:00-03:00 (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 gootim@unicef.org & edolu@unicef.org .

Poll Questions for Resilience and adaptability in times of change.

PART 1- Slide 4 (only one question, as an ice-breaker)

If your current level of resilience were a weather forecast, what would it be—and why?“

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-

PART 2- Slide 9 (three questions) CANCELLED

Question 1

Which of the following key lessons from the Eagle’s story resonates with you the most?

- A.—Growth requires enduring discomfort and making sacrifices
- B.—Adaptability is crucial for long-term success
- C.—To embrace new opportunities, one must let go of the old
- D.—Periodic self-reflection and renewal are vital for sustained success
- E.—True Transformation takes time, effort and resilience.

Question 2:

“Think back to a significant change you've experienced—personally or professionally. What was the change, and how did you respond or adapt to it?”

What helped you the most in adapting to that change?

- A) Support from friends, family, or colleagues
- B) Staying positive and focusing on what I could control
- C) Learning new skills or strategies to cope
- D) Taking time to reflect and adjust gradually
- E) Seeking professional or external guidance
- F) A mix of several things—or something else entirely

Question 3:

"How do you typically respond to unexpected change?"

(Please choose the option that best describes your usual mindset.)

- A) "I see it as an opportunity to learn and grow."
- B) "I feel overwhelmed and believe I can't adapt."
- C) "I try but often doubt if I can handle it."
- D) "I embrace the challenge, even if it's uncomfortable."