

Today's presenter



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UNFCCC

House Keeping Rules

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

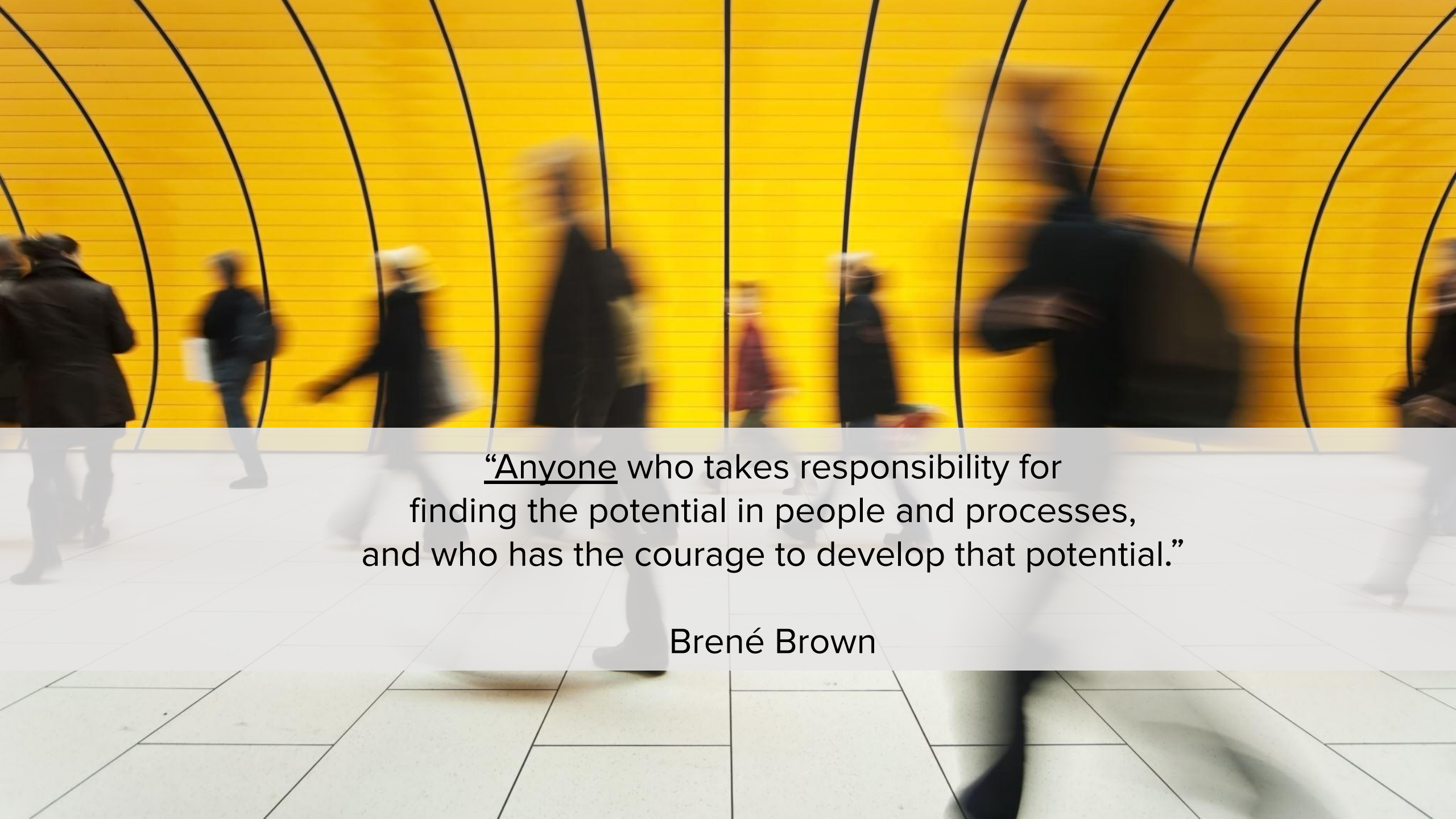
If you have any questions, please submit them through **Zoom Q&A button**.

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





A moment to arrive...

A blurred photograph of people walking through a brightly lit yellow tunnel with a series of black circular arches. The motion blur gives a sense of a busy, fast-paced environment.

“Anyone who takes responsibility for finding the potential in people and processes, and who has the courage to develop that potential.”

Brené Brown

Today's Roadmap



Today's Roadmap



Self-Awareness



- Know **your values**, strengths, and blind spots
- Notice your emotions, triggers, and reactions
- Understand your impact on others
- Make more intentional choices.



An invitation to self-reflection



List of **VALUES**

Accountability	Diversity	Intuition	Safety
Achievement	Environment	Job security	Security
Adaptability	Efficiency	Joy	Self-discipline
Adventure	Equality	Justice	Self-expression
Altruism	Ethics	Kindness	Self-respect
Ambition	Excellence	Knowledge	Serenity
Authenticity	Fairness	Leadership	Service
Balance	Faith	Learning	Simplicity
Beauty	Family	Legacy	Spirituality
Being the best	Financial stability	Leisure	Sportsmanship
Belonging	Forgiveness	Love	Stewardship
Career	Freedom	Loyalty	Success
Caring	Friendship	Making a difference	Teamwork
Collaboration	Fun	Nature	Thrift
Commitment	Future generations	Openness	Time
Community	Generosity	Optimism	Tradition
Compassion	Giving back	Order	Travel
Competence	Grace	Parenting	Trust
Confidence	Gratitude	Patience	Truth
Connection	Growth	Patriotism	Understanding
Contentment	Harmony	Peace	Uniqueness
Contribution	Health	Perseverance	Usefulness
Cooperation	Home	Personal fulfillment	Vision
Courage	Honesty	Power	Vulnerability
	Hope	Pride	Wealth
	Humility	Recognition	Well-being
	Humor	Reliability	Wholeheartedness
	Inclusion	Resourcefulness	Wisdom

Self-Awareness & Authenticity

*Authenticity is not about being unfiltered; it's about being **intentional**, **and adaptable** while remaining true to core values.*

- **Acceptance:** Processing positive and negative self-knowledge without defense
- **Behavior:** Acting in alignment with values
- **Relationships:** Being sincere and willing to be known by others.

Today's Roadmap



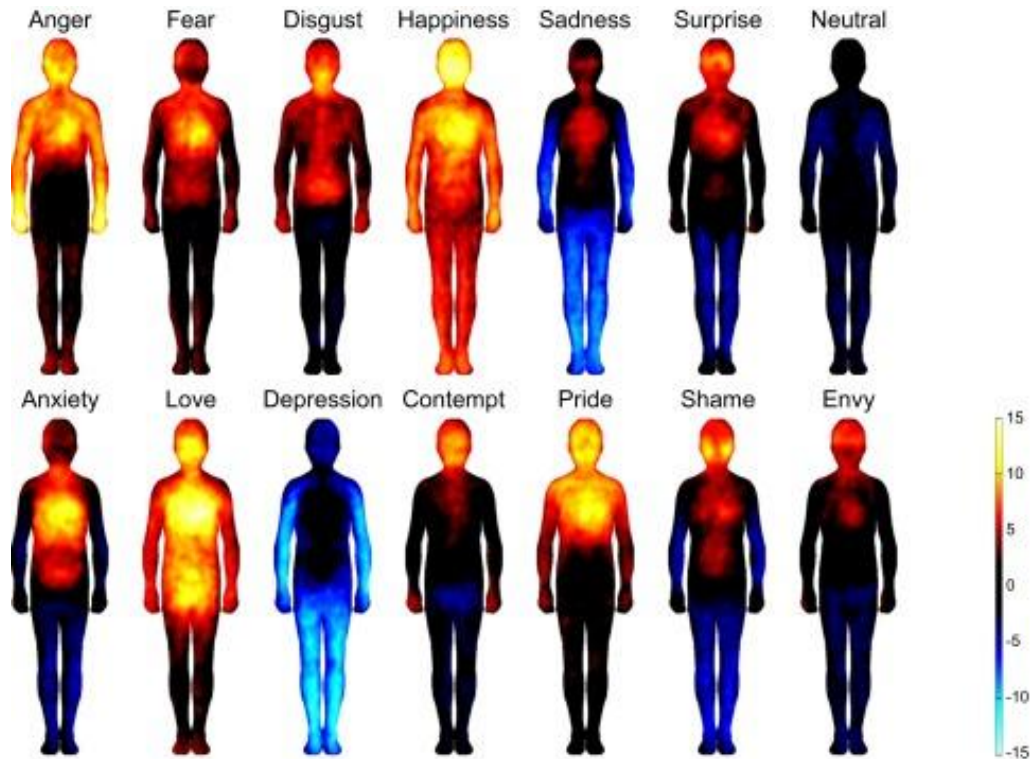
Emotional Awareness

- Emotions are data!
- Often pointing to an unmet need or a crossed value.
- Temporary visitors, not permanent tenants.

*The moment you can observe your emotion,
you are no longer fully controlled by it.*



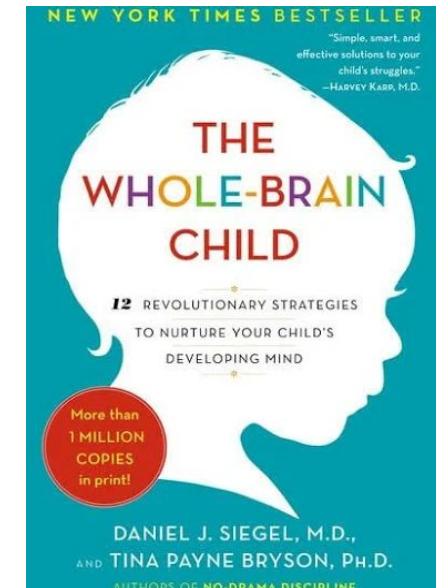
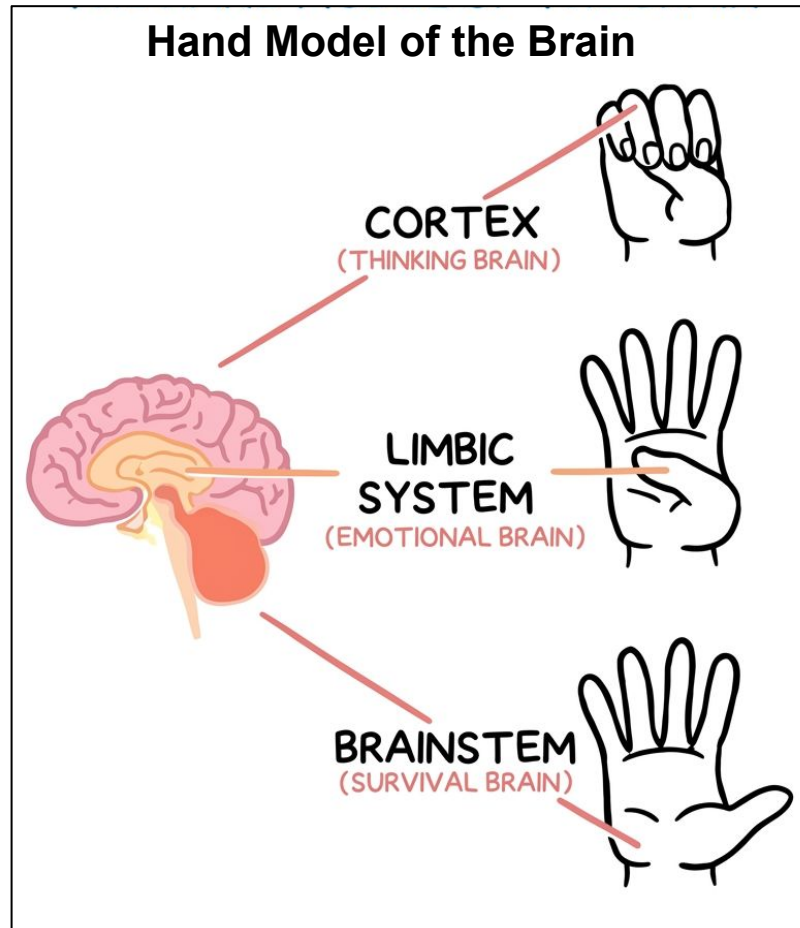
Start with the Body



- Bring your attention to the body
- Notice sensations as they arise
- For regular practice: 3-min body scan meditation

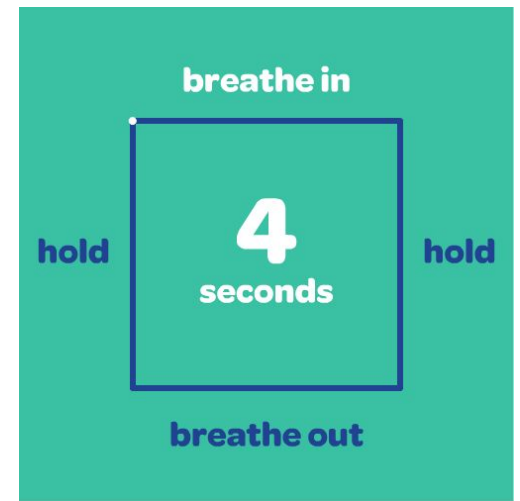
Nummenmaa et al. (2014).
<https://doi.org/10.1073/pnas.1321664111>

And the Brain...Regulating Emotions



The 1-minute Inner Reset

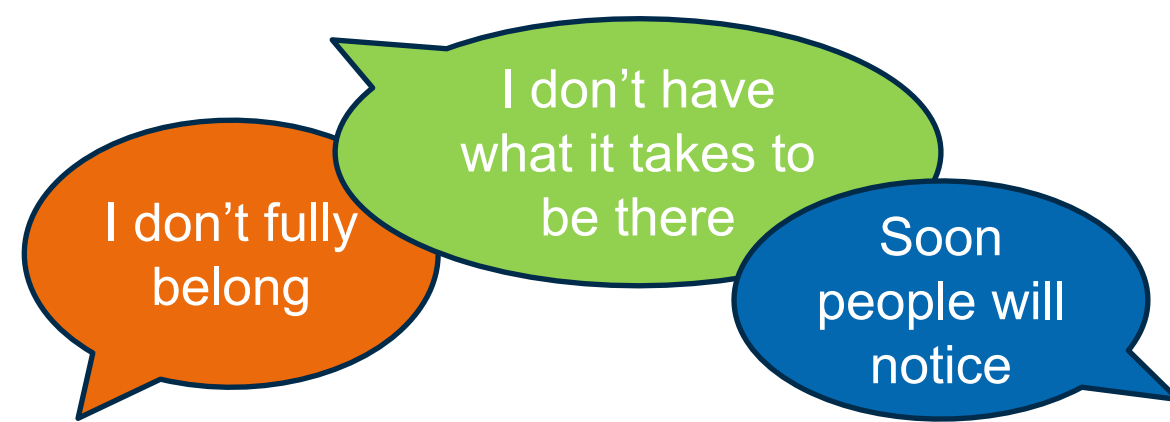
1. **Pause** – Stop automatic reaction.
2. **Shift attention** – Focus on bodily sensations
3. **Name emotion** “*I am noticing that I am feeling overwhelmed.*”
4. **Breathe** – Slow exhale triggers calm.
5. **Choose** the next best small action – aligned with your value(s) or simply ask yourself “*What do I need right now?*”



Today's Roadmap



Imposter Syndrome



Persistent self-doubt and fear of being exposed as a fraud, despite objective successes (Kolligian & Sternberg, 1991).



Fact-based reframing (challenging thoughts with evidence and logic)

"What is the evidence for and against this thought?"



Compassion-based reframing (responding with kindness and perspective)

"If a friend felt this way, what would I say to them?"



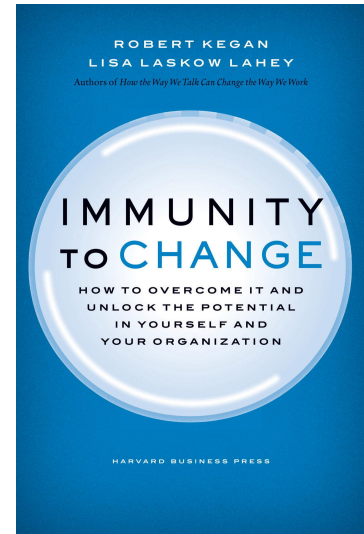
Growth-based reframing (seeing challenges as opportunities)

"What can I learn from this experience?"

Immunity to Change (Kegan & Lahey, 2009)

"I know what I should do...but I'm just not doing it."

- Motivation/ just wanting/ knowing something is not enough
- Not resisting change but **protecting** something
- What are we trying to keep safe?



Today's Roadmap



Benjamin Zander: Shining Eyes



[TED talk: The transformative power of classical music](#) (short clip from 17:13)

Key Takeaways



Values → Direction

Emotions → Regulation

Mental blocks → Mindset & growth

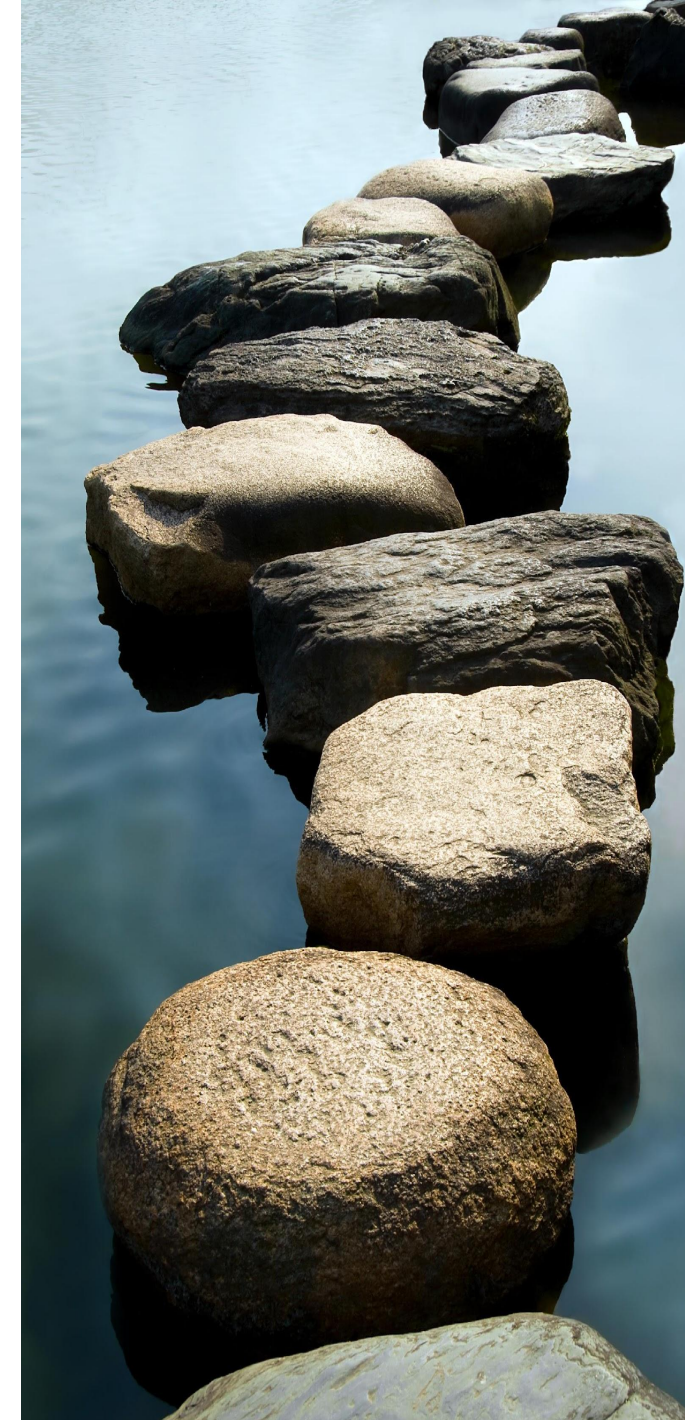
Inspiring others → Impact

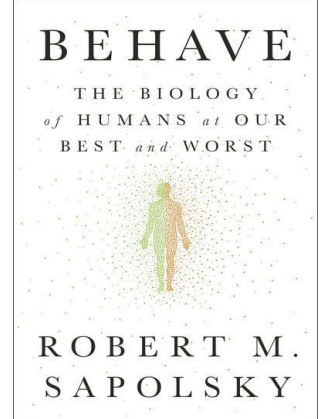
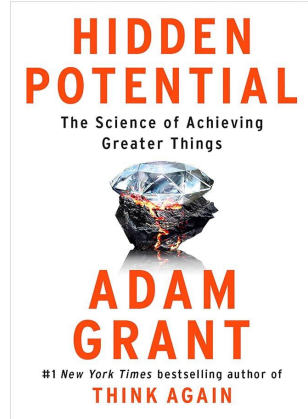
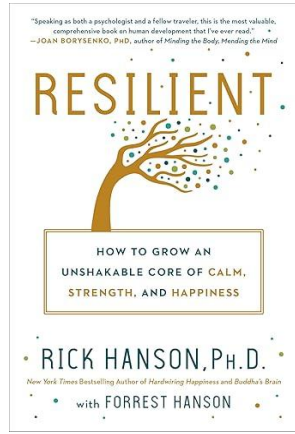
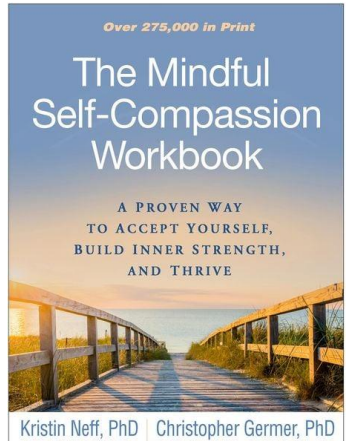
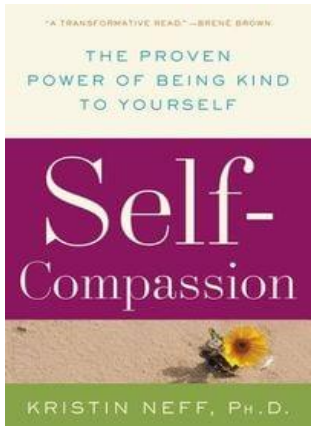
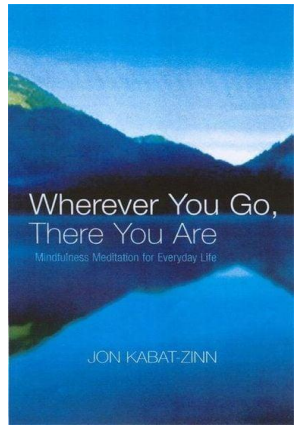
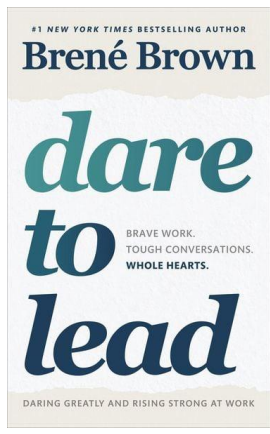
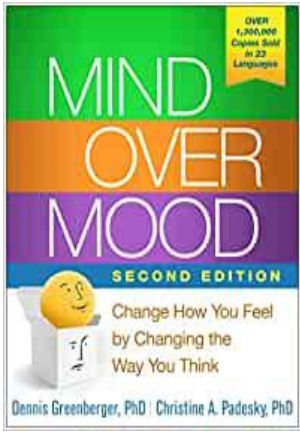
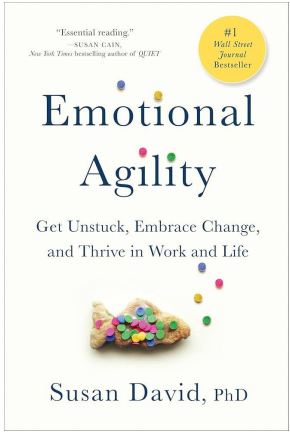
Commitment Poll

As you move forward, what intention(s) would you like to set for yourself?

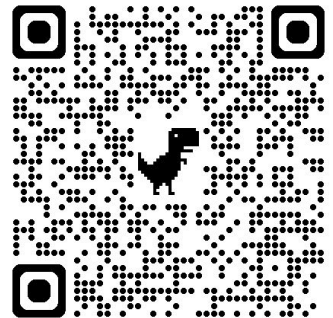
Select the one(s) that resonated most with you.

- Focus on clarifying values
- Take pauses: focus on body & breath
- Label emotions
- Choose a value-based simple action, when in distress
- Have one authentic conversation
- Reframe a recent setback as learning
- Help someone's eyes shine





Access to resources and handouts via [this link](#) or the QR code





	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) - Beyond the algorithm: Preparing your career for Life 3.0	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	PD (E) - Private Sector Unlocked: How to Enter, Adapt, and Succeed	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	Pres (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: Self-Awareness, Authenticity, and Inner Resilience	Pres (F) - Maîtriser les entretiens d'embauche: Transformer son expérience en levier de réussite
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: Insights from Third Culture and Global Nomad Research	Clinic (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) - Mastering Job Interviews: Turning Your Experience into Impact	Pres (S) - Cómo dominar las entrevistas de trabajo: refleja tu experiencia con impacto	Clinic (S) - Desarrollo de habilidades y redes profesionales a través de la mentoría	Pres (E) - Make career moves with confidence using the 5i Framework	Pres (E) - Own your Future, Make your Role Matter

