



# Today's presenters and panel



**Shihui Xu**

Career Development Analyst  
UNDP



**Peter Sonerell**

People Development Specialist  
UNDP



**Hannah Nash**

Career Development Coach  
10Eighty



**Liz Oseland**

Career Development Coach  
10Eighty

# Zoom Support Team



**Yiyun Yang**

Learning & Development Fellow  
UNDP



**Federica Di Carlo**

People Development Intern  
UNDP

# House Keeping Rules

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

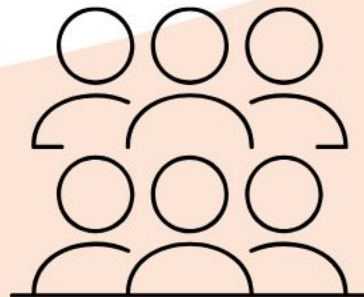
If you have any questions, please submit them through **Zoom Q&A button**.

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.**



# Session Overview

*This session is designed to help you:*

- Connect your own personal why to that of your organisation
- Take ownership of your future
- Identify how to make your role truly matter
- Discover techniques to build your confidence
- Take the initiative
- Adopt a mindset to make a lasting impact and drive your career forward

Hear Peter Sonerell's (People Development Specialist at UNDP) success story. Discover how he takes ownership for his career by embracing change, preparing for the future and keeping himself and others engaged.



# Do you feel that your role reflects your true potential?

*100% of my full potential*

*75% of my full potential*

*50% of my full potential*

*25% of my full potential*

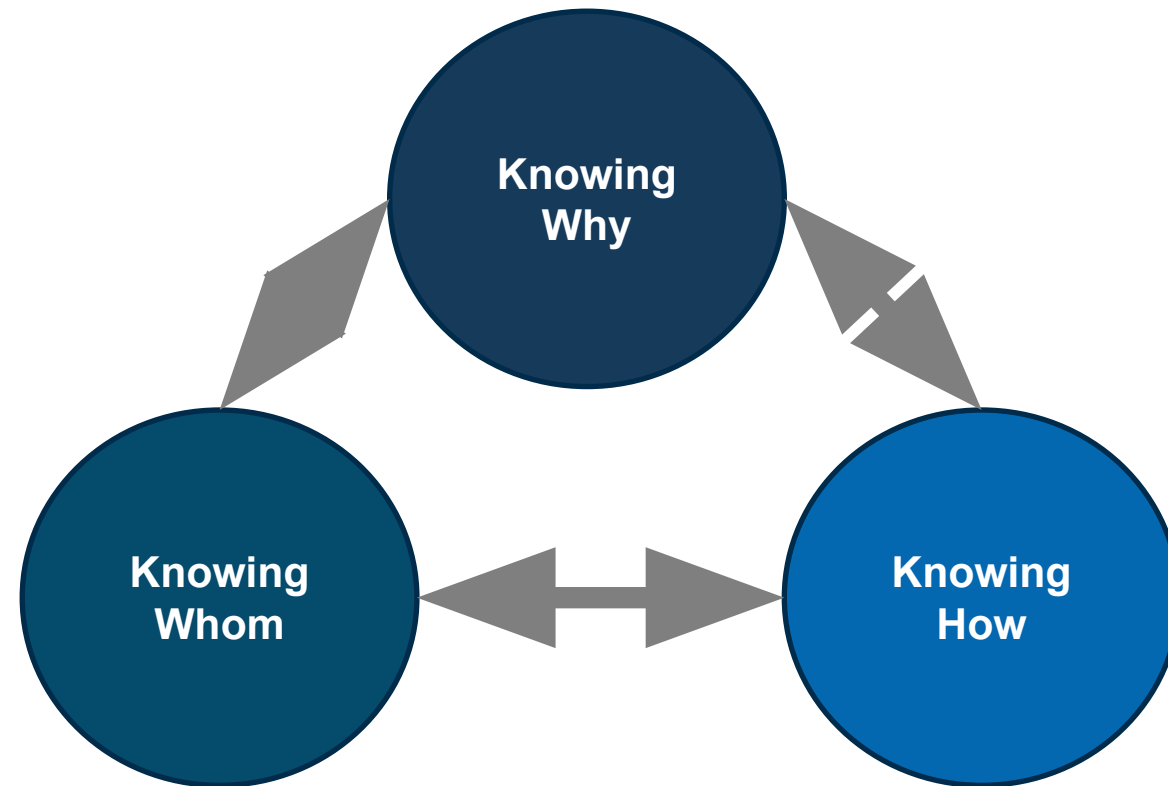
*0% of my full potential*



***“You have more potential than you think,  
but you will never know your full potential  
unless you keep challenging yourself and  
pushing beyond your own self-imposed limits”***

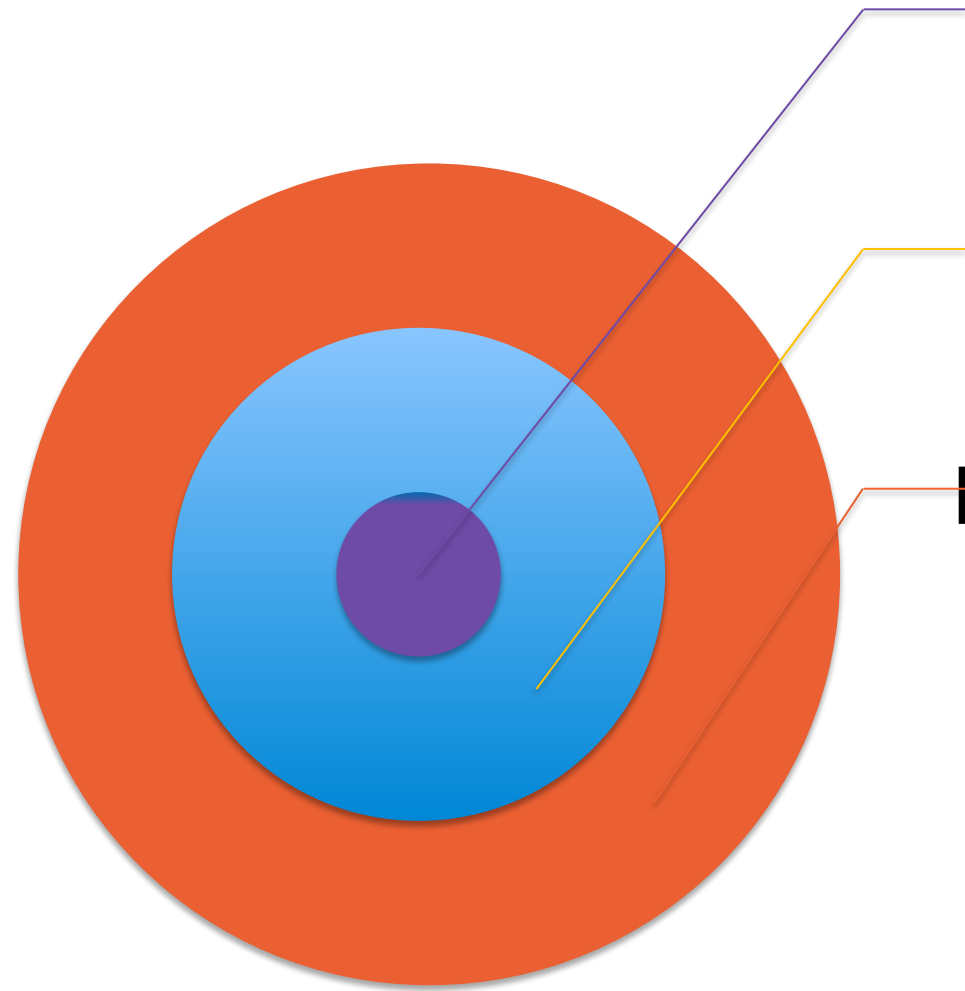
Roy. T Bennett

# Intelligent Career Model



Source: Arthur et al 1997 'Intelligent Careers'

# View of the world



## Control

Factors we have 100% agency over e.g. How we behave, respond and communicate.

## Influence

Areas where we can contribute or advise.

## No Control

Factors we cannot change (e.g. Global poly-crisis, budget shifts).

# WHY do I get out of bed every morning?



What gives me a sense of purpose?

What are my values?

What gives me energy?

What impact do I want to make?

**What is my personal purpose statement?**

*“To inspire others to think differently about their career and life plans”*

# Your organisation's WHY



## OUR VISION

By serving as the pivotal connecting link between the United Nations membership, the Host Country, and the United Nations System at large, we aspire to contribute to effective multilateralism and to serve the purposes and principles enshrined in the UN Charter.



## OUR MISSION

We are dedicated to our clients, providing them with comprehensive, timely and impartial protocol-based services and guidance through:

- serving the Member States and Observers accredited to the UN through their Missions and Offices
- acting as the primary liaison between the Host Country and the Member States and Observers, in line with general diplomatic and host country guidelines
- assisting the Secretary-General, the Deputy Secretary-General, the President of the General Assembly, and all offices and departments within the UN System on protocol-related matters



## OUR VALUES

We take pride in what we do and enjoy providing service to our clients  
We are creative and nimble in adapting to the ever-changing demands of our work  
We are proactive in finding effective solutions and continuously improving our processes

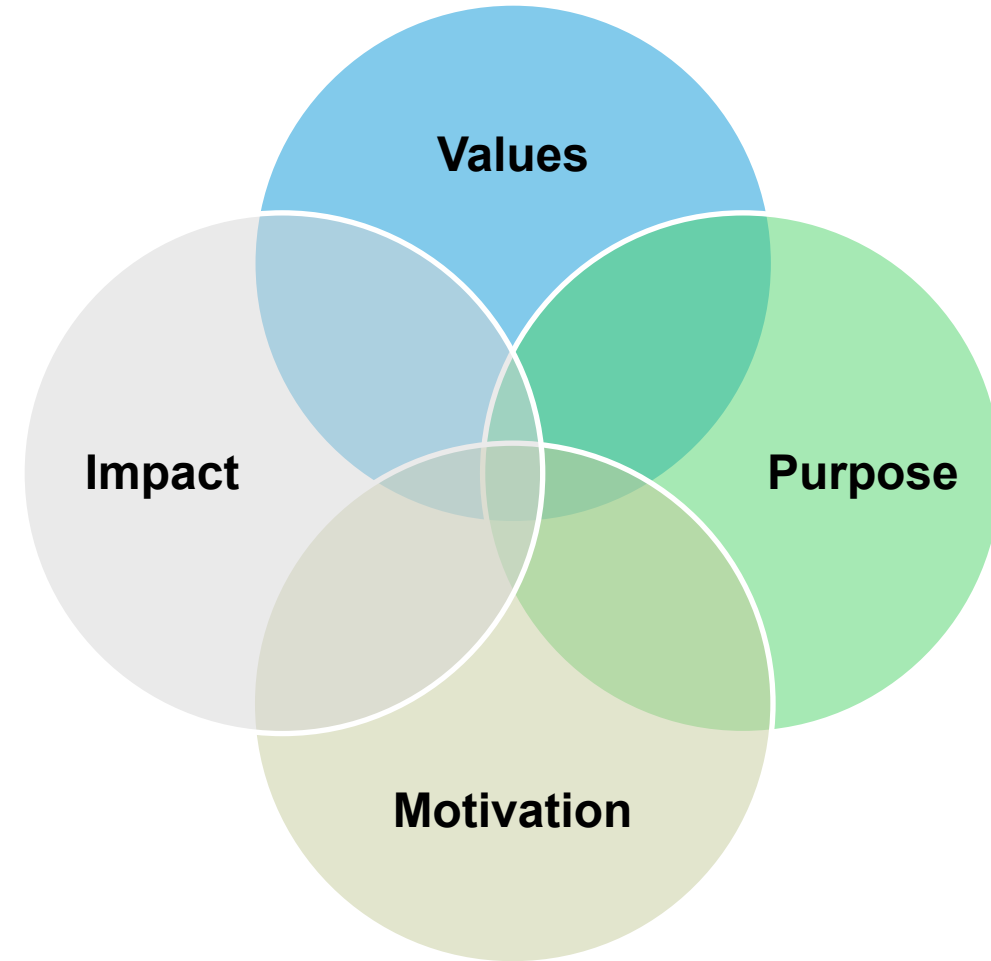
**Do you know this about your Agency and the impact it has?**

# Find the intersection

## Where is the overlap?

- If you **value** 'learning' and your Agency values 'innovation', align your work with skill-building projects
- If your **purpose** is 'connecting people', align to contributing to delivering effective multicultural services
- If one of your **motivators** is 'being organised' then focus delivering timely and impartial services
- If you enjoy making an **impact** through 'creative ideas' then contribute by continuously improving services

Don't have to be perfectly aligned!





# Your mindset matters - From reactive to proactive

*Settling*

“I can’t

“If only...”

“That’s just how I am...”

“That’s not my job...”

“No one asked me to do that...”

“I’ll wait to be recognised...”



*Thriving*

“I can...”

“I choose...”

“I will...”

“I can take the initiative...”

“I can learn by doing...”

“I can speak to...”

# Build confidence - Questions for clarity

*Your role as a launchpad*

## Step 1: write down all the questions you have

**Who** can I start a conversation with about my career aspirations?

**What** sort of tasks do I want to get more involved in?

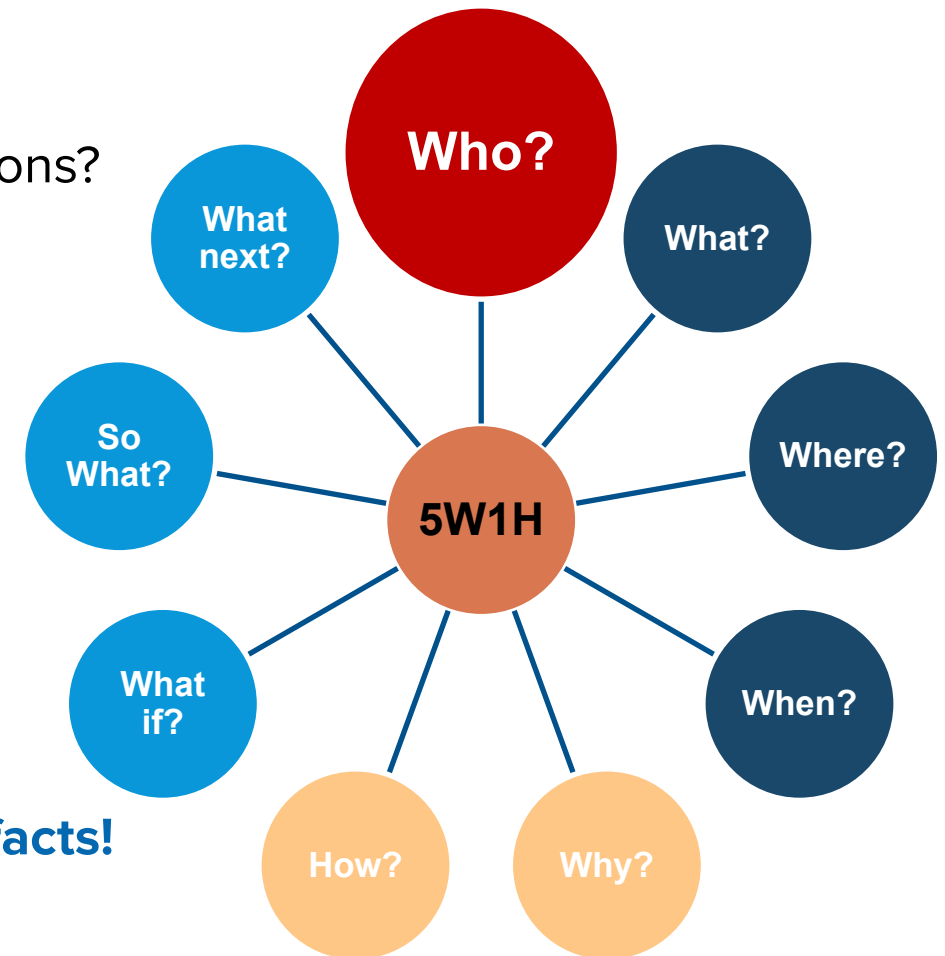
**Where** can I get exposure to be more visible on a project?

**When** is the next opportunity to shadow others?

**Why** does what I do make a difference?

**How** can I volunteer to align with my development?

## Step 2: Go and find the answers to turn assumptions into facts!



# Own your future – Success story



**Peter Sonerell**

People Development Specialist

Role and background

How do you approach change and transitions?

How do you look after your wellbeing during times of transition?

How does thinking and planning for your career make a difference in your role now?

How do you stay engaged and maintain a positive culture in your team and for yourself?

How has a mindset of 'owning your future' helped you?

# Take the initiative - Craft your job role

*Careers are built!*

*Proactive individuals build and lead their careers  
vs reactive individuals who feel driven by circumstances*

- Share your WHY and values with others
- Identify your career champions and who can help you
- Initiate conversations about personal and professional career goals
- Seek and request feedback and learning opportunities
- Build relationships and network to create opportunities
- Proactively work on tasks to leverage your strengths and passions
- Actively steer your own professional development
- Continuously build knowledge, skills and experience to remain relevant
- Adopt an agile mindset

***“The only limit to the height of your achievements is the reach of your dreams and your willingness to work for them”***

Michelle Obama



# Connect with us



[www.10Eighty.co.uk](http://www.10Eighty.co.uk)



[Youtube.com/@10Eighty](https://www.youtube.com/@10Eighty)



[Linkedin.com/company/10Eighty](https://www.linkedin.com/company/10Eighty)



[Hannah.Nash@10Eighty.co.uk](mailto:Hannah.Nash@10Eighty.co.uk) and [Liz.Oseland@10eighty.co.uk](mailto:Liz.Oseland@10eighty.co.uk)

	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) - Maitriser 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 <sup>1</sup> (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 <sup>1</sup> -02:30 <sup>1</sup> (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

# The Organizing Team

## UNDP



Peter Sonerell



Shihui XU



Yiyun Yang



Federica Di Carlo



Estíbaliz Cabrera



Cyrielle Mandrin

## IOM



Katarina Posa



Erin Bowser



Ana-Maria Simerea



Florette Niyongere



Lebogang Siane

## UNIDO



Andrea Kienle



Jacqueline Summer



Beatrice Predescu



Boroka Lofthouse



Mahsa Moharreri

## UNOG



Jesús Guerrero Buitrago



Valentina Cocco



Allyson Frias



Ziting Song



Peilin Yang



Mira Perrier



Kum Za Lian

SPONSORED BY



