



# Career Development - Connection Lab

Work With Parisa

## Technical Stuff

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1. Keep yourselves on mute
2. Keep camera's on and use the gallery view
3. Cameos are cool
4. Use the chat option

## Mindset

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1. Do your best to stay present
2. Stay open and curious
3. Release judgement
4. Mindfully listen
5. Step out of your comfort zone
6. Have fun!



# *Why are we here?*

**Owning  
your  
career**

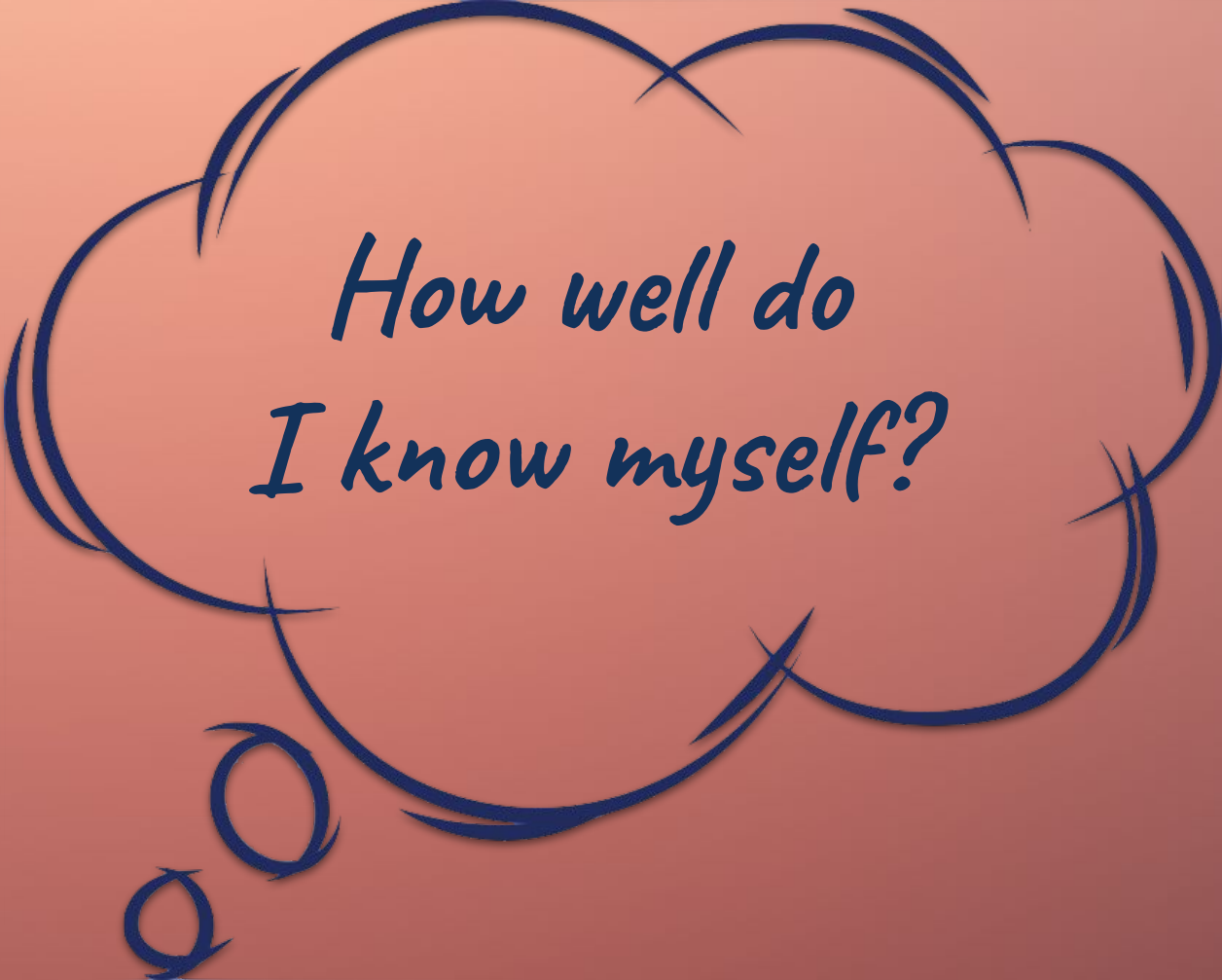
**Creating  
transformation**

**Connecting  
&  
Networking**

**Creating an  
action plan**



**Rose, Thorn, Bud**

A large, hand-drawn style blue thought bubble with a smaller bubble leading to it from the bottom left. The bubble has a soft drop shadow and is set against a solid light pink background. The text inside is written in a dark blue, cursive script.

*How well do  
I know myself?*



I am extremely unsatisfied  
in my current role



I am extremely satisfied in  
my current role





I have no idea what I want to do  
with my career



I feel confident in what steps to  
take next in my career







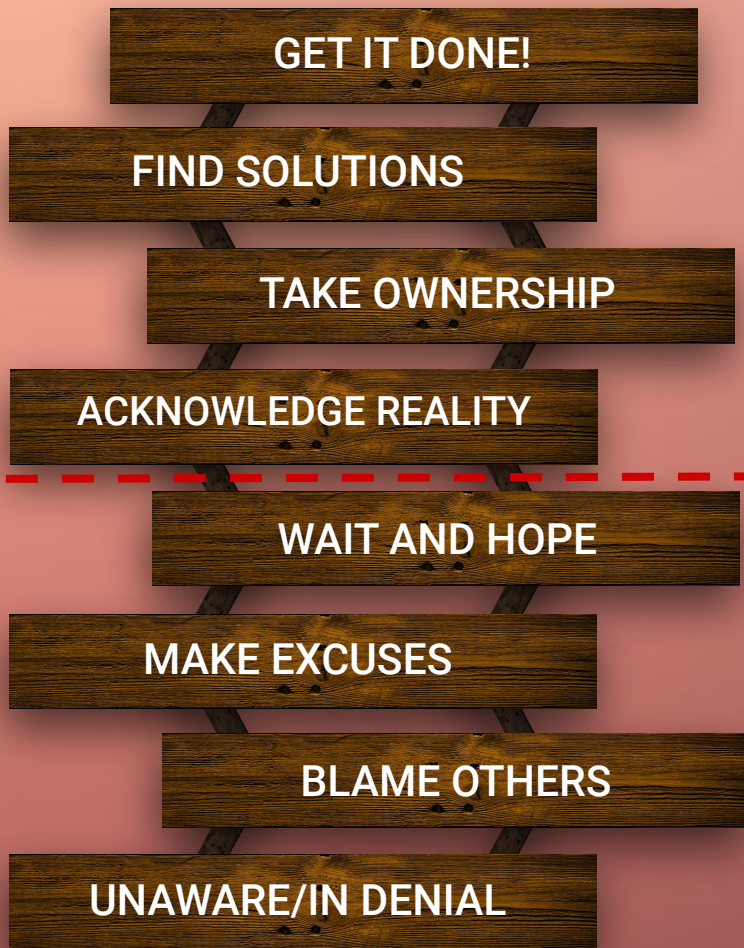
My organisation controls  
my development



I control my development



P O W E R F U L



P O W E R L E S S

# Career Path Story Shares

# Celebrate Your Individuality & Journey *WITH* some CAKE!



*Create Meaningful Connections*

*Authenticity is Everything*

*Know Yourself*

*Evolve! Never Stop Learning*

The background of the image is a soft-focus photograph of a sunset or sunrise. The sky is filled with warm, pastel colors ranging from light purple and blue at the top to vibrant orange and yellow near the horizon. The sun is partially visible on the right side, creating a bright glow. The water in the foreground reflects these colors, appearing calm and still. A large, semi-transparent white rectangle is centered over the image, serving as a backdrop for the text.

# Mindful Moment

A hand-drawn blue thought bubble with a soft drop shadow, set against a light pink background. The bubble has a main large oval shape and three smaller circles leading down to it from the bottom left. The text "Who do you admire?" is written in a dark blue, cursive script inside the main bubble.

*Who do you admire?*

# Creating an action plan

**TRUE**

**FALSE**





# Creating an action plan



**Thank you!**



The background of the image is a serene sunset or sunrise scene. The sky is filled with soft, wispy clouds in shades of purple, pink, and orange. The sun is partially visible on the right side, creating a bright glow and reflecting its light on the calm surface of the water below. A semi-transparent rectangular box is centered over the image, providing a clear background for the text.

# Mindful Moment