



Career Development - Connection Lab

Work With Parisa

Technical Stuff

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

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

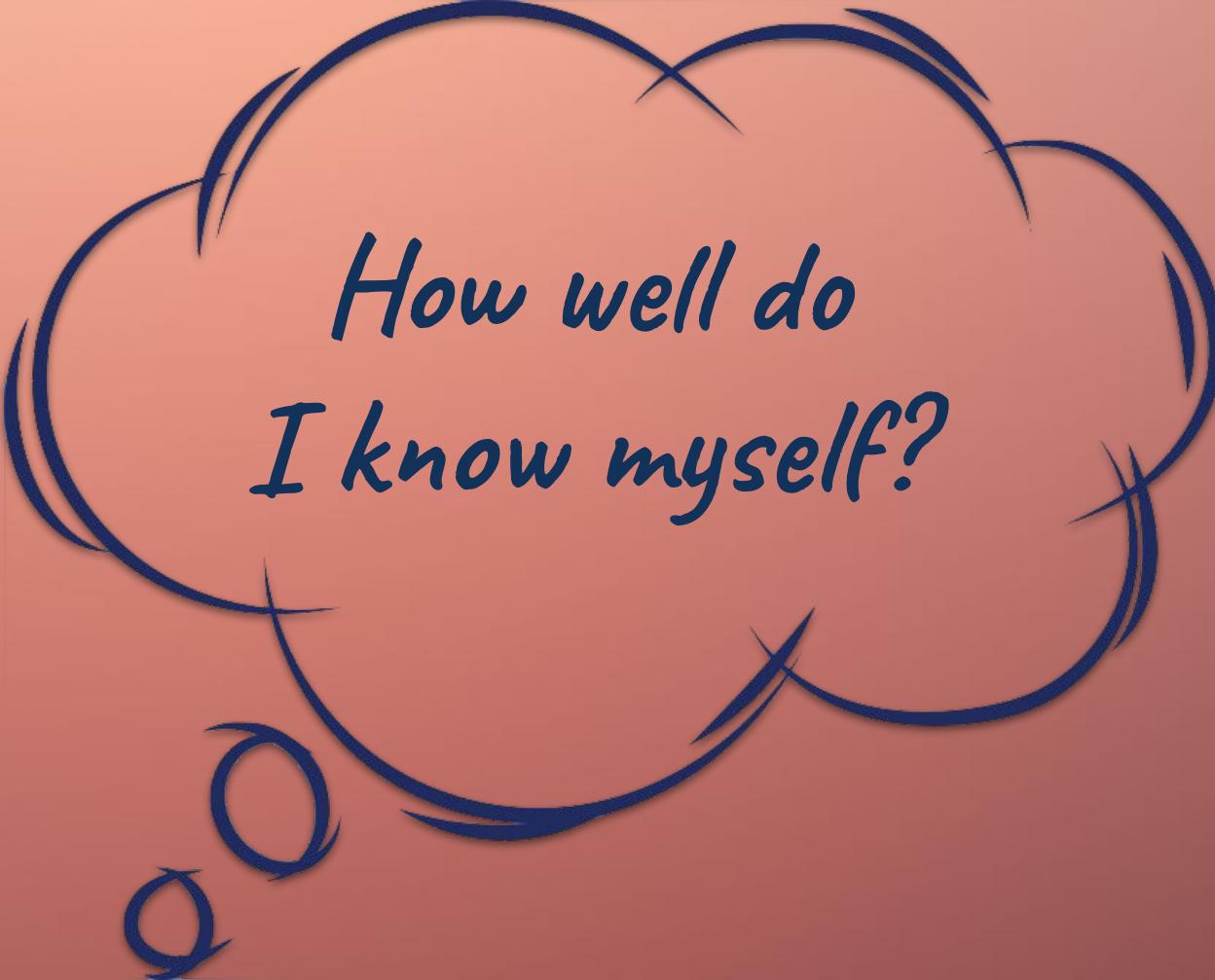
Creating
transformation

Connecting
&
Networking

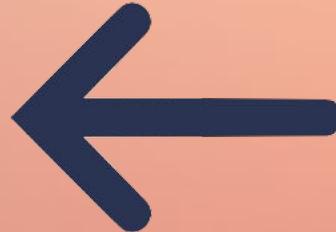
Creating an
action plan



Rose, Thorn, Bud



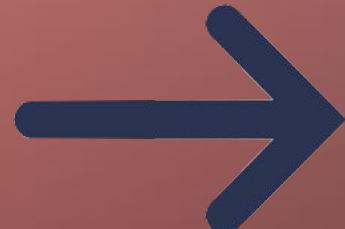
How well do
I know myself?



I am extremely unsatisfied
in my current role



I am extremely satisfied in
my current role

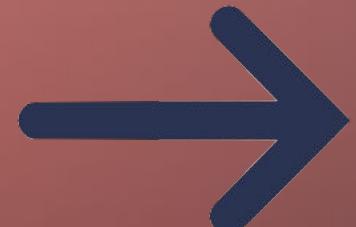


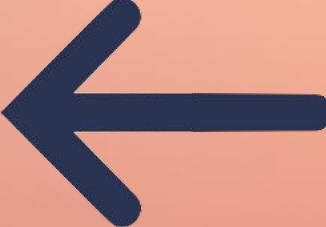


I have no idea what I want to do
with my career



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

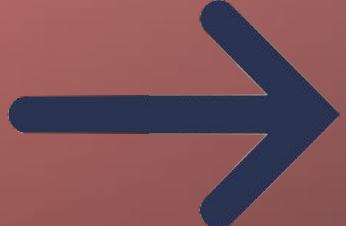




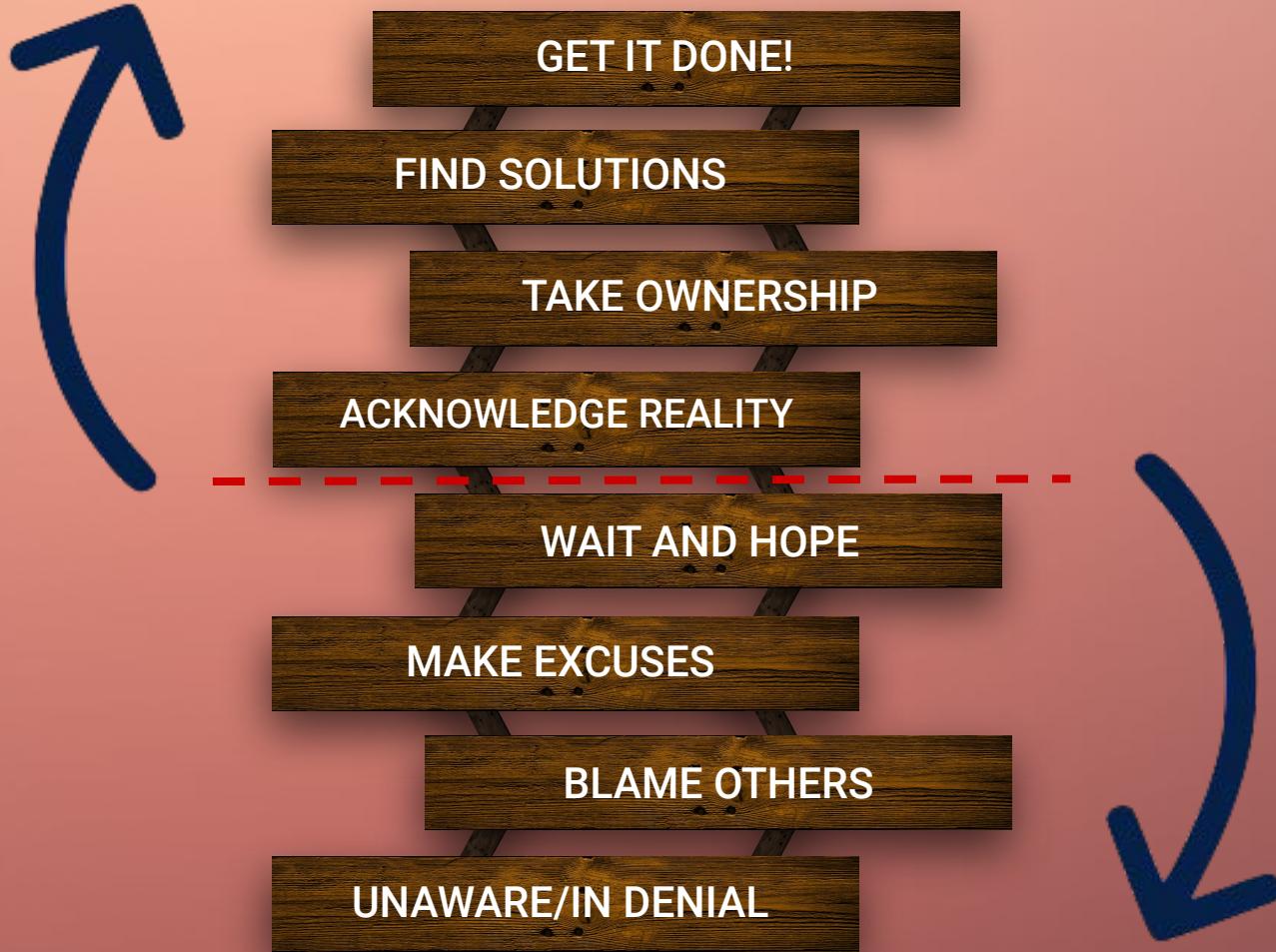
My organisation controls
my development



I control my development



POWERFUL



POWERLESS

Career Path Story Shares

Celebrate Your Individuality & Journey *WITH* some CAKE!



Create Meaningful Connections

Authenticity is Everything

Know Yourself

Evolve! Never Stop Learning

A blurred photograph of a sunset or sunrise over a body of water. The sky is filled with warm, hazy colors of orange, yellow, and pink. A white rectangular overlay is centered on the image, containing the text "Mindful Moment" in a large, dark blue, sans-serif font.

Mindful Moment



Who do you admire?

Creating an action plan

TRUE

FALSE

A photograph of a long wooden pier extending from the bottom of the frame into a calm, light blue sea. The sky is a vibrant sunset, transitioning from deep orange and yellow on the left to a clear blue on the right. In the distance, a range of mountains is visible under the horizon. The pier's wooden planks are weathered and show some discoloration. The overall atmosphere is peaceful and contemplative.

Creating an action plan



Thank you!



A blurred photograph of a sunset or sunrise over a body of water. The sky is filled with warm, pastel-colored clouds in shades of pink, orange, and yellow. A white rectangular overlay is centered on the image, containing the text "Mindful Moment" in a large, dark blue, sans-serif font.

Mindful Moment