Welcome!

Personal Profile, Professional Path

A workshop for the
IEEE-UFFC
Professional Networking and Mentoring Program
September 4th, 2021
Your ZOOM settings
Briefly about me...
Goal of this workshop

To explore together how to synchronize your *professional* path with your *personal profile*...

...and define a small, yet concrete next step
The route for this session

1. Warming up
2. Introducing: COPARESA
3. My first COPARESA draft (peer coaching)
4. Harvest together
1. Warming up
What do we expect from ourselves?
Important success ingredients

1. Keep calm and use your talent.

2. If we fail to adapt, we fail to move forward.

3. Nourish to flourish.
The choices we can make...

• Discover our strengths and apply them
• Develop & adapt ourselves: New mindset, knowledge, skills
• Change our habitat (partially or completely)
Warming up questions

• What has been an important step in your life that helped you synchronize your professional path with your personal profile?
• Looking back, how did you achieve taking this step? What was the main success ingredient?
2. Introducing: COPARESA*

- **Passion**: What you love to do
- **Competence**: What you’re good at
- **Relevance**: What the world needs
- **Salary**: What you can get paid for

*Inspired on ‘Ikigai’*
The importance of COPARESA

Positive impact on:

• Level of anxiety
• Heart condition
• Self-authorship
• Resilience
• Longevity

See also https://nesslabs.com/ikigai-neuroscience
3. First COPARESA draft (Peer coaching)
In the break-out room (2 x 15 minutes):

- Interview each other, in turn, on the 5 COPARESA areas.
- Use the **form provided** for inspiration! Pick the questions that you find most interesting.
- Make **notes** for yourself...
- **Add this one question at the end**: What could be 1 small, concrete step to synchronize your professional path with your personal COPARESA profile?
3. Harvest together

1. What insight would you like to share?
2. What small, concrete ‘synchronization’ step do you intend?
Thanks for joining!

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