



## START THE JOURNEY, OPEN NEW PATHS: MOTIVATION, EXPECTATIONS, GOALS

My motivation to participate to the Coaching, counselling and vocational guidance workshops

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Former experiences in vocational guidance, career coaching or counselling; any other training experience (e.g. soft skills development, etc.)

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My expectations from the Group Meetings, sessions, workshops and activities

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Main goals and results I would like to achieve

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*Please mark from 1 to 10 the following items based on the relevance you attribute to each of them in relation to your needs and preferences for career building.*

- \_\_\_ To explore possible post-doctoral career paths;
- \_\_\_ To better find and determine my career aspirations
- \_\_\_ To reflect on my current academic path and possible development
- \_\_\_ To raise awareness and clarity of ideas on my career intentions, goals, preferences
- \_\_\_ To develop more confidence in my potential, knowledge, abilities
- \_\_\_ Skills training, development and practice; increase my sense of mastery and self-efficacy



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- \_\_\_ To enhance decision making and opportunities' evaluation ability
- \_\_\_ To interact with my colleagues, practice interpersonal-relational skills
- \_\_\_ C.V. writing, customising; cover letters, interviews, etc.
- \_\_\_ To define my career pursuing methods and search strategies; active job search tools; mapping and evaluating opportunities.
- \_\_\_ Self promotion; networking, professional reputation.
- \_\_\_ Self-care resources; stress management; maintaining work-life balance
- \_\_\_ Other (please specify).....
- \_\_\_ Other (please specify).....
- \_\_\_ Other (please specify).....

Please add any other relevant information or feedback you believe it may help to better match your career development and training needs and the activities provided.

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Thank you.



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