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.