

INVITE Project – Grant Agreement No. 754345 - Group Meeting-Workshop 1

Communication to participants who did not attend the first Group Meeting on July 15th, 2019.

Resources include: **presentation** and two self report, self-exploratory worksheets.

### **1. Motivation, expectations, goals worksheet**

This self-exploratory and self-assessment tool is needed to customise the activities to the participants' needs and priorities. During the workshop we have dedicated time to the stage of career development and state of play of each participant with respect to research and career interests and goals. Participants who were not present can consign it on September 13th.

### **2. Identifying and valuing personal resources**

Self-report, self-assessment on extra academic interests and talents mainly concerning previous periods.

To all participants: those wishing to have a feedback on their cv can send the link the online CV (available on UNIVR website) to enable us to have a more indepth insight on your research experience, areas of interest, study career, and self presentation style.

It is important to underline that all worksheets and information shared are aimed at increasing self-knowledge, assessment and awareness and self-guidance efficacy and are free of any judgement purpose.

Email contacts for resources exchange and feedback on the Coaching and Vocational Guidance activities:

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