



PERSONAL TRAITS

CAREER MANAGEMENT SPRINT DAY 4

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CAREER MANAGEMENT SPRINT

21.06.-25.06.21



WHAT IS PERSONAL TRAITS?

You are most welcome
to write and share in the
chat 😊



PERSONAL TRAITS

Definitions

Person: a human being regarded as an individual.

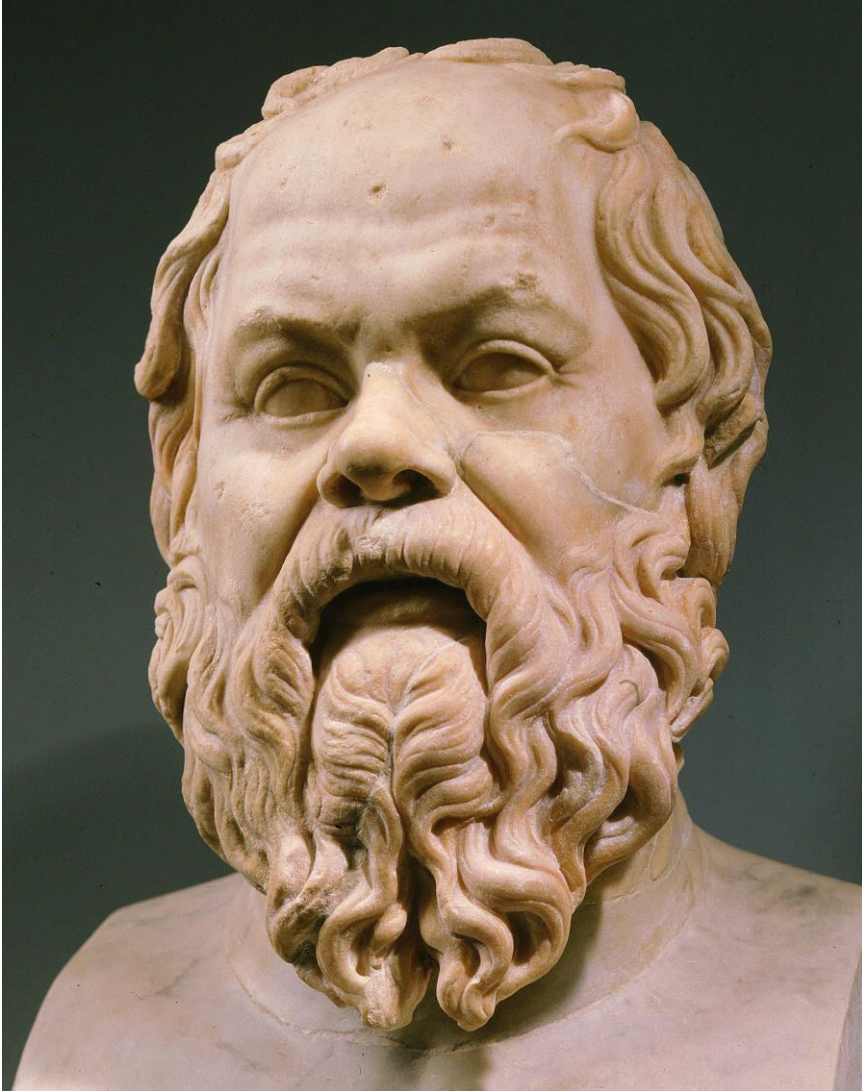
Personal traits, attributes or characteristics can be observed through your actions, cooperation, communication, and general behavior.

Theoretical perspectives

Become who you are
(Nietzsche)

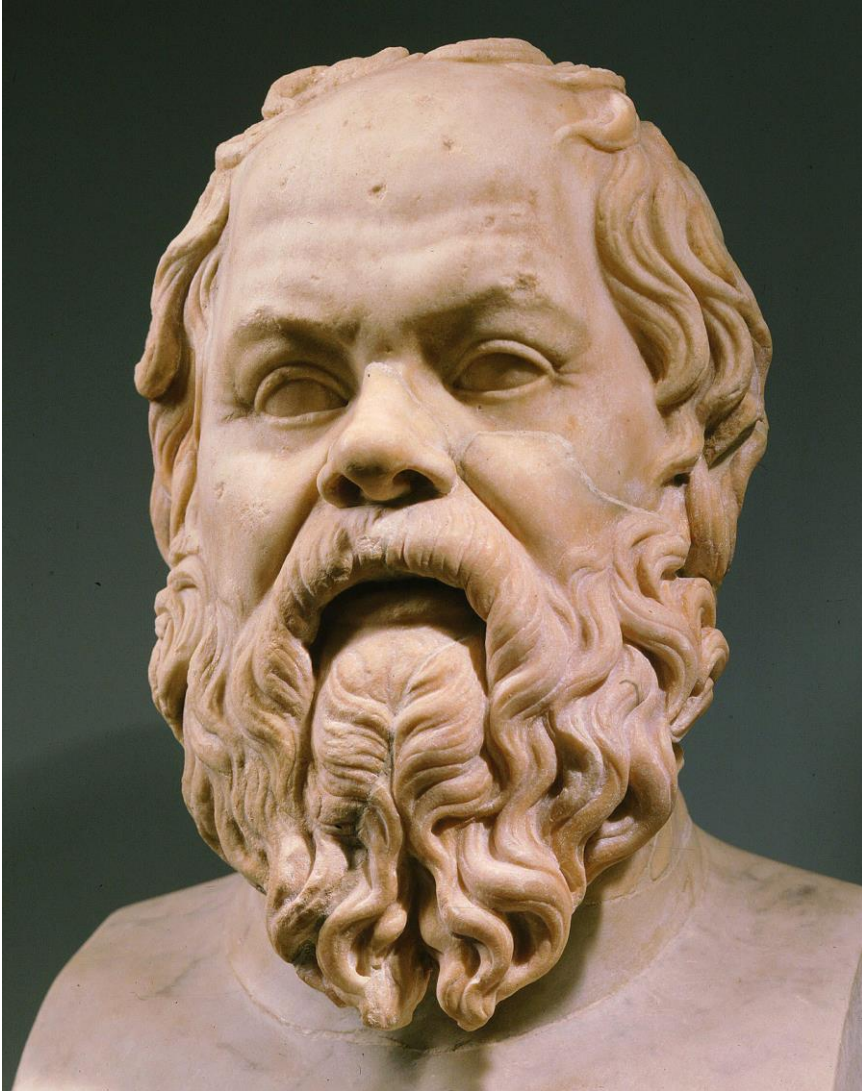
Person in relation
(MacMurray, 1998)

«I am because I belong»
(Buber, 2000)



KNOW THYSELF

- Socrates – the first counselor
- How can we know ourselves?
- What is a person
- How personal traits makes us who we are
- How personal traits can help us succeed
- How did you solve a problem, make a decision or create results up until now?



KNOW THYSELF

How you do one thing, is how you do anything.

Who am I?

What am I?

Become who you are.

WHY IT IS IMPORTANT TO KNOW YOUR TRAITS?

Highly relevant for career planning and job search processes

Defines opportunities for tasks, roles, responsibility at work

Relevant for your success in cooperation and individual work.

What characteristics did you use to succeed so far?

HOW DID YOUR TRAITS CREATE YOUR CAREER?

Every choice you made,
goals you reached

Coincidents and occasions
– how you related to them





BREAK

WORKSHOP 1

MY PERSONAL TRAITS

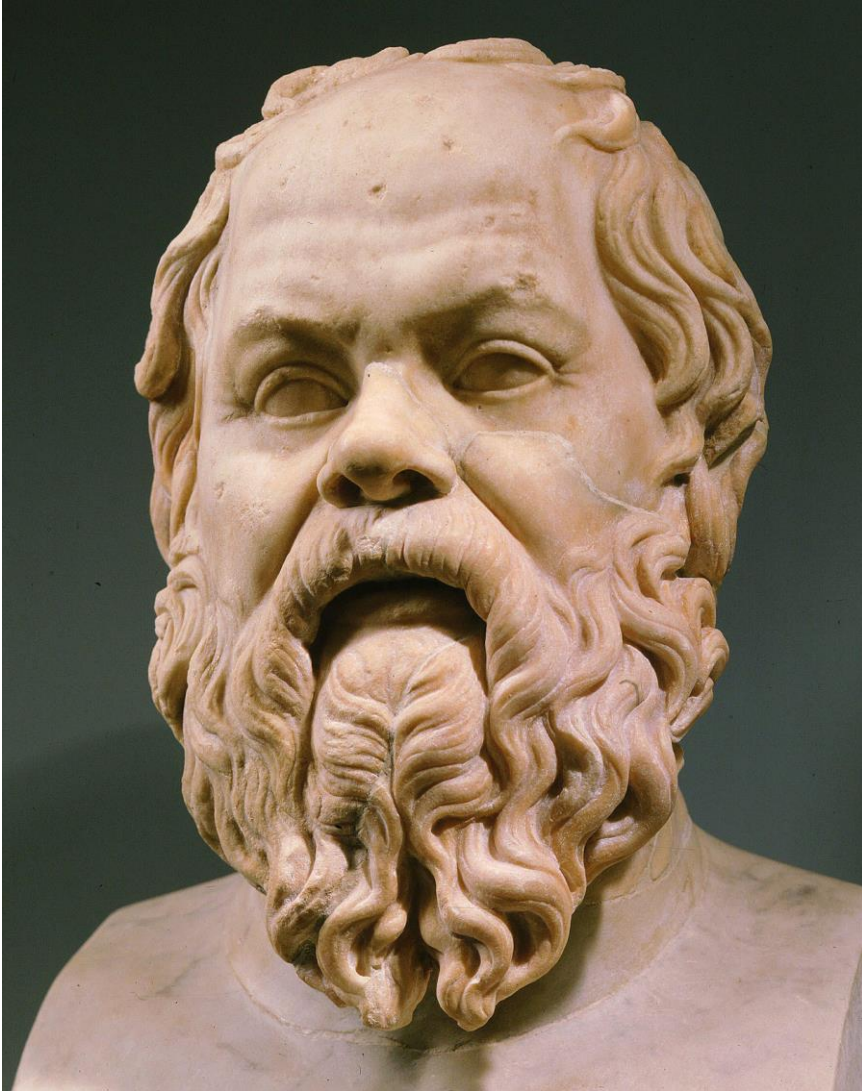


HOW DO YOU SEE YOURSELF?



Individual reflection:

1. What do you see in the mirror (3 words)?
2. What do you think others see?



MEET IN BREAK OUT GROUPS

TASK:

1. Define 5 different personal traits that you have in common.
2. Discuss how you experience these traits demonstrated in the group work.
3. If time: relate these traits to relevant jobs

Time: 15-20 minutes



HOW CAN THIS RELATE TO WORK AND CAREERS?

Academia?
Industry?

Computers?
Human?

Lab?
Field?

Alone?
Together?

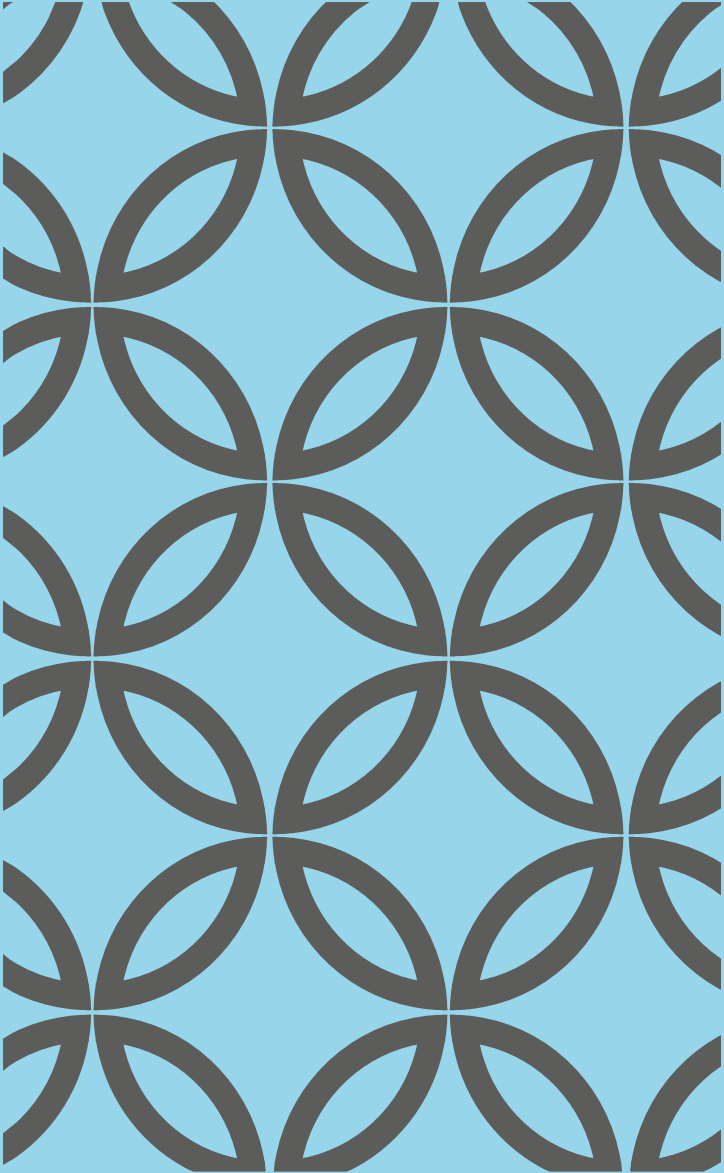


BREAK

WORKSHOP 2

PERSONAL TRAITS IN TEAMS



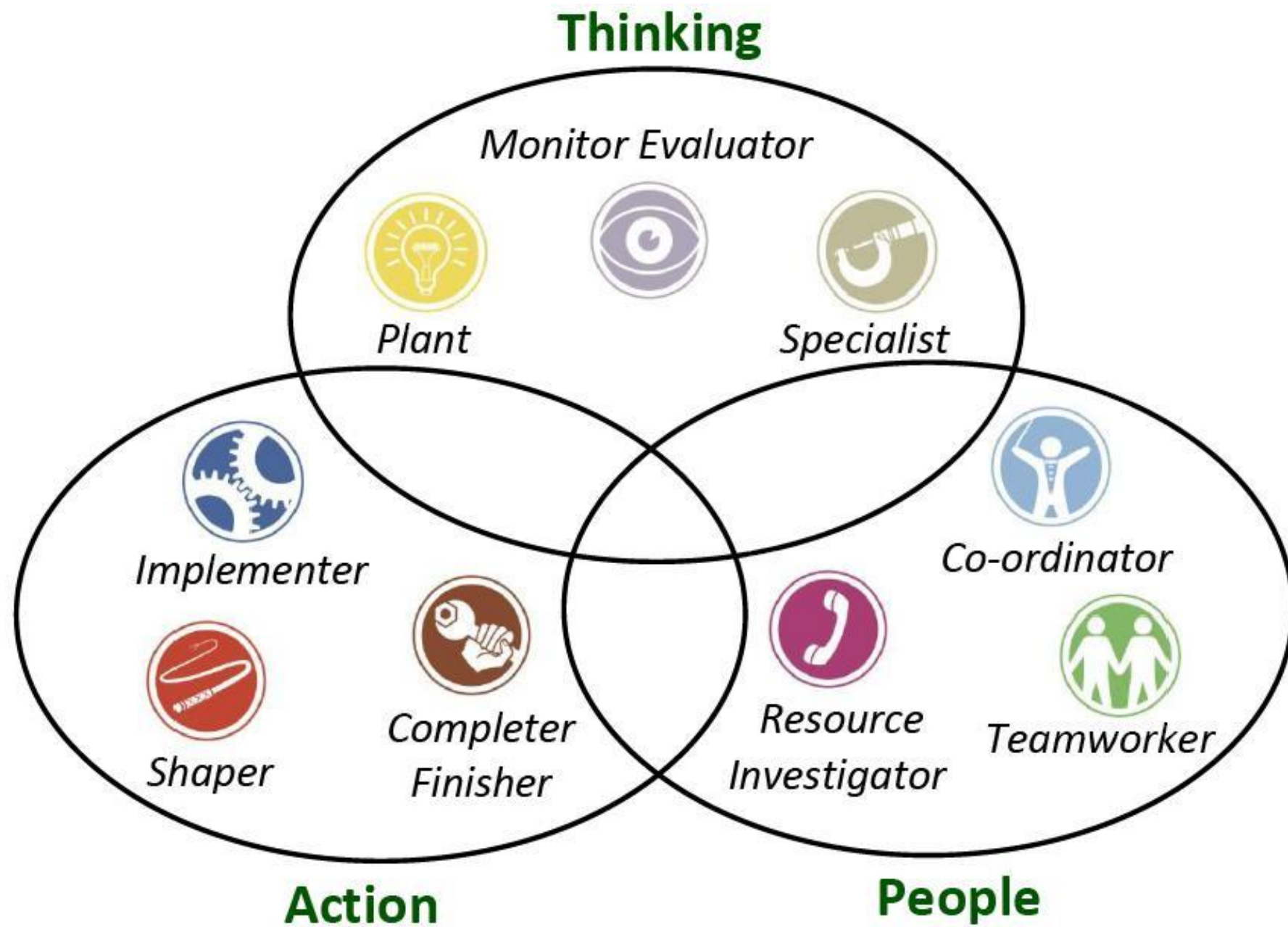


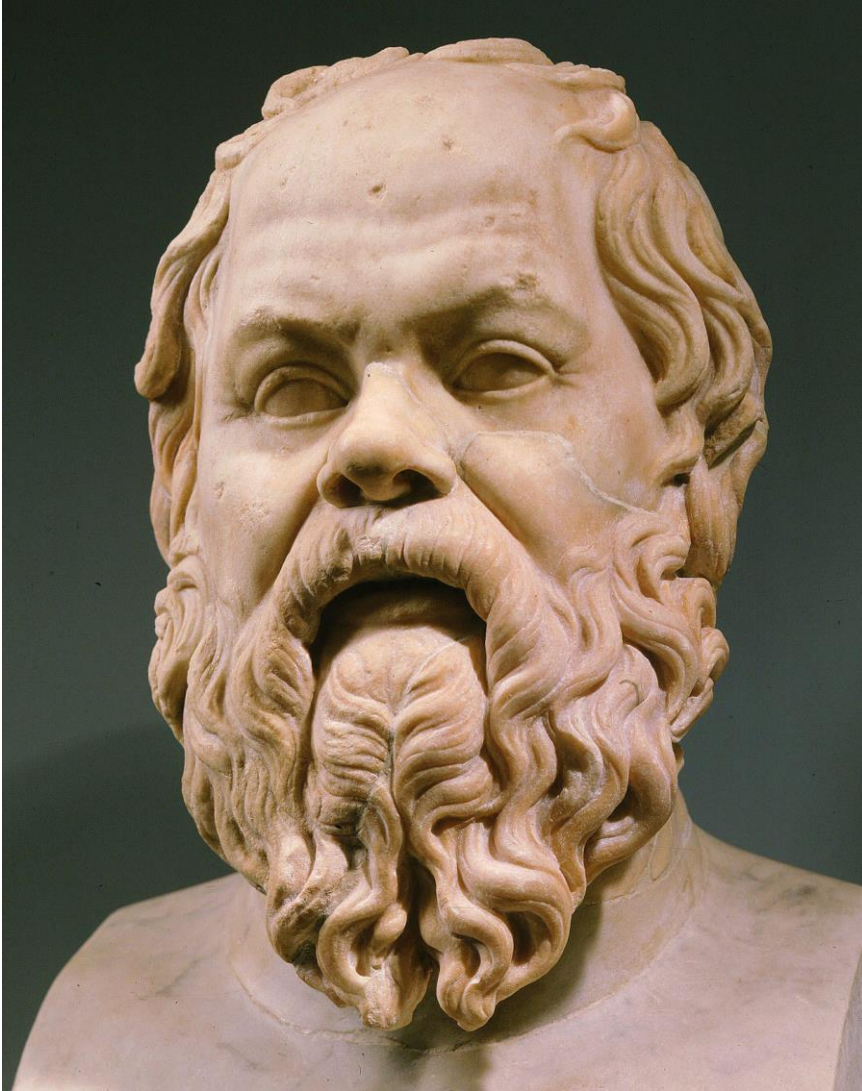
ROLES – WHAT ROLE DO YOU TAKE IN A GROUP?

What is your default?

How flexible are you?

What do you prefer, and what role do you avoid?





MEET IN BREAK OUT GROUPS

TASK: PERSONAL FEEDBACK

1. Find 1-3 words describing the other person, based on your (first) impression of that person.
2. Take turns to give and receive feedback.

Time: 10-15 minutes

SUMMARY

...And what's next?



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