



Reenergising your career





Your Hosts for Today...



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Reenergizing your Career

- What do you love about your work?
- What are the challenges many face in the 21st century?
- What are your values and skills and how to leverage them?
- What can you do differently to prevent burn out and create an action plan to reenergise your career?



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We want to hear from
you



Why do you work for the United
Nations?

Let us know in the chat





- VUCA World
- BANI World
- RUPT World
- TUNA World





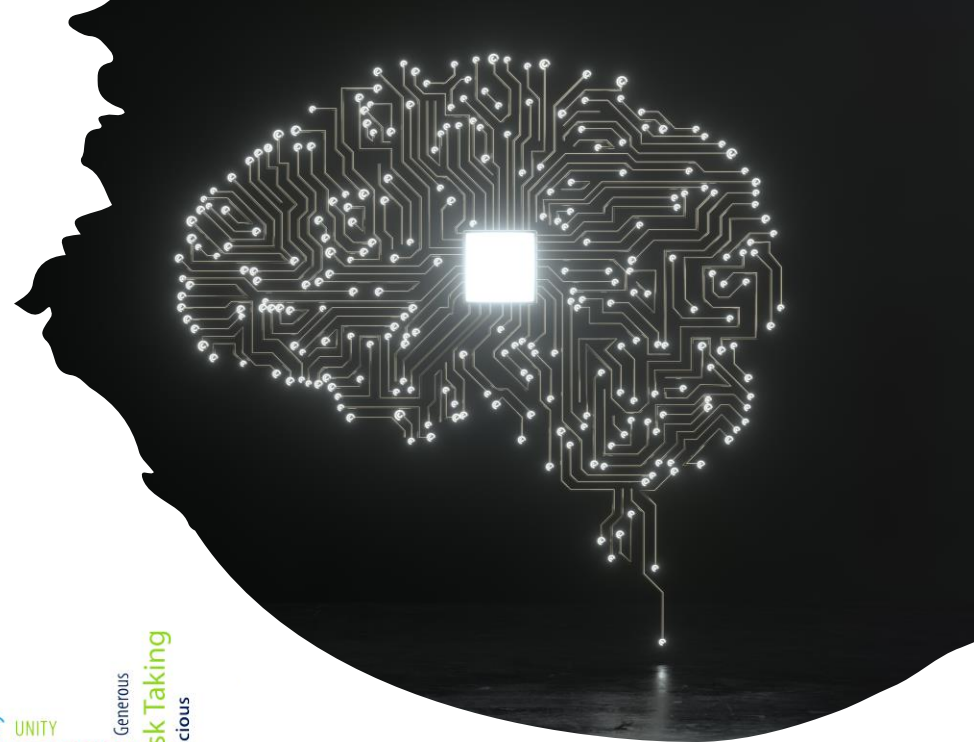
“NEGATIVE AFFECT”





Knowing yourself

- What is important to you at work?
- What do you enjoy doing?
- What energises you at work?



What is important to me at work?

- What are the things that I need/want from my work ?
- E.g. team working, autonomy, getting results, collaborating, being part of a higher purpose, being of service, financial success, job security
- Doing work in line with your values will be enhancing whilst working against your values is draining and demoralizing: how are your values in line with your current role?

What's important to you?





Career clarity

- Knowing why?
- Knowing how?
- Knowing whom?

Suggestions for reenergizing your career

- Monk mode Mondays
- Walking meetings
- Eliminate 'Hurry sickness' (a genuine condition)



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Suggestions for reenergizing your career

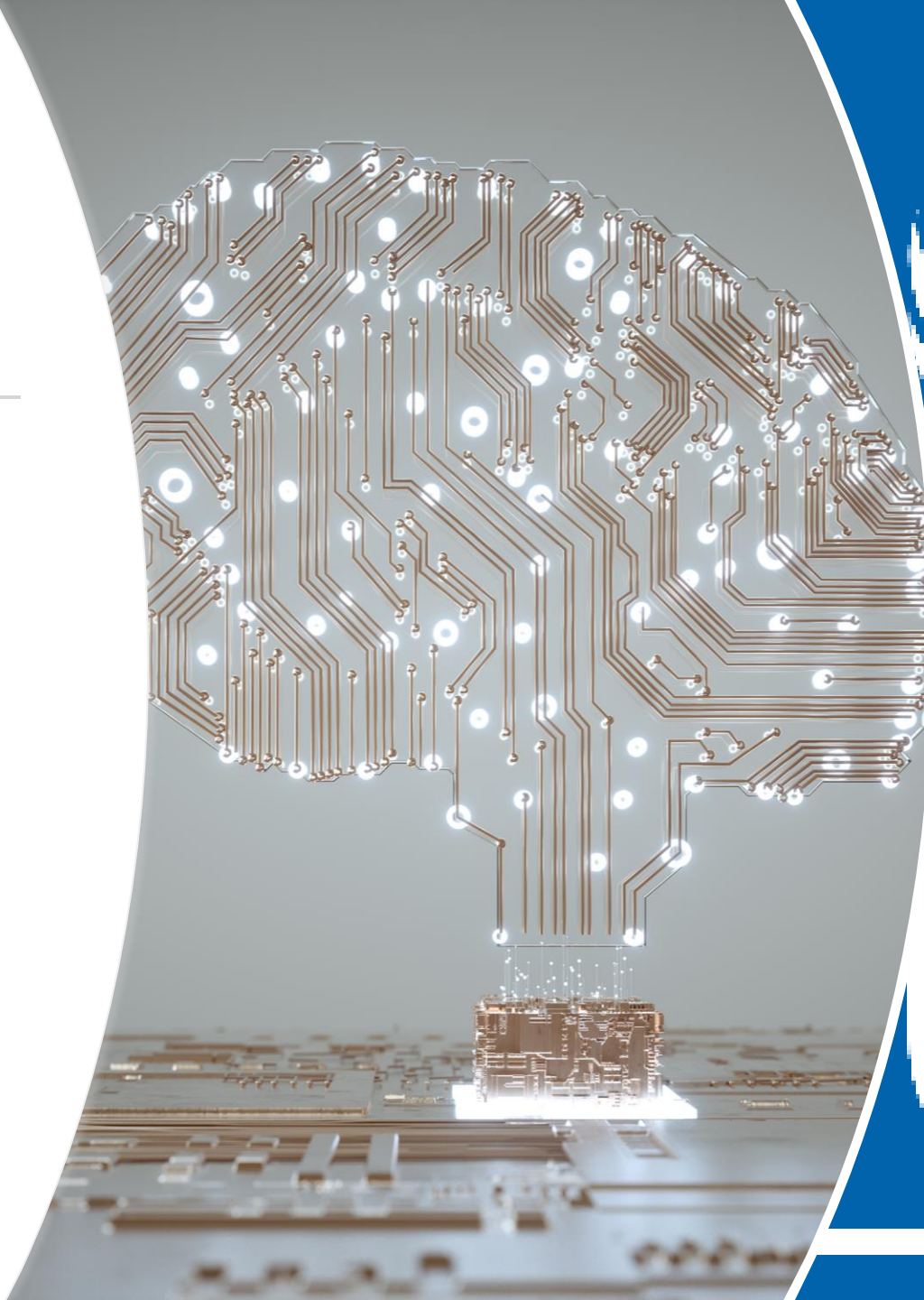
- Shorten your work week
- Turn off notifications
- Have lunch



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Suggestions for reenergizing your career

- Define your norms
- Have a digital sabbatical
- Get a good nights sleep



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Reenergising your Career

- What is important to you at work?
- What energises you?
- What are your values?
- How to practically change your working habits to 'Fall in Love with your Job Again'?





Thank You!

For any further questions, reach out to us on:

E-mail: career.development@undp.org



Yammer: Career Development & Experience

Or visit our intranet page on:

<https://undp.sharepoint.com/teams/TalentDevelopmentHub>