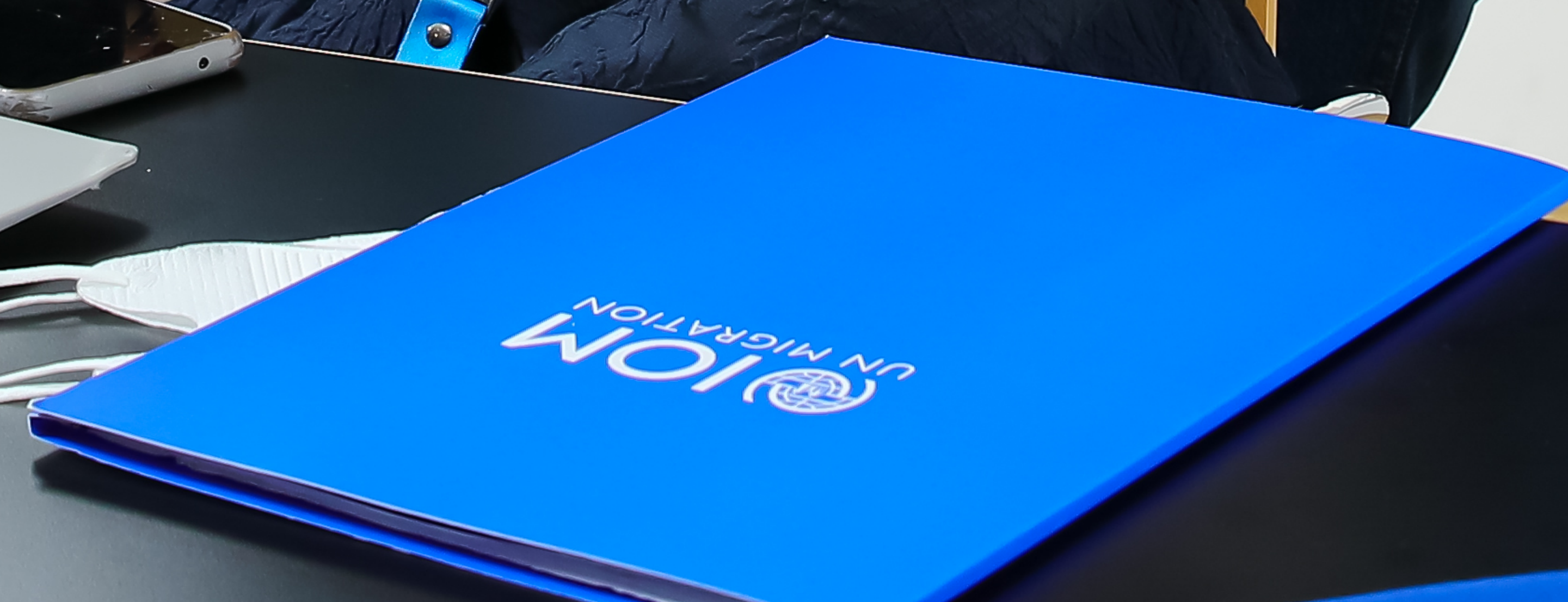




**Empowering Change:
Voices of UN Volunteers on learning
experience and outcomes**





Arita Phillip

Associate Programme Specialist for Youth and Digital Transformation
UNESCO, Antigua and Barbuda

 **UN VOLUNTEERS**
SMARTER WORKING VIRTUAL COURSE

‘There are significant takeaways from this course that include inbox management, calendar management, prioritizing and planning tasks and creating schedules. This course provides practical steps creating a dynamic for a work environment that respects work life balance and also the well being of the employee.

Burnout is a very common experience and this course really helps you to work smarter so that you can create a healthy routine even before work that allows you to prepare for the day and show up with a positive mindset.’

We are inspiration in action



Mariem Rekik
Programme Manager Assistant
UN-Habitat, Tunisia



SMARTER WORKING VIRTUAL COURSE

'We sometimes get so many emails and various tasks that we cannot focus or understand the impact of our work, regarding our contract nature as volunteers and the wide spectrum of competencies we present. This course helped me to be more grounded and remember the objective of my mission, not only that, but also how to organize my work, be more efficient, and understand the impact I am making.'

We are inspiration in action

 **UN
VOLUNTEERS**
**SMARTER
WORKING
VIRTUAL
COURSE**



Ambrose Obi
Operations Specialist
UNDP, South Sudan

'I learned how to work smart instead of working hard. I understood that working smart leads to productivity and efficiency with quality delivery of output and results, I also understood to be productive time management is critical and self-awareness of time wasters is important, email and phone if not used well can be a source of unproductive utilization of time. Zero inbox skill urgent important matrix to prioritize tasks with ranking using projects help to handle tasks with utmost importance and urgency. Planning, Prioritization, coordination, and being organized are important skills for all employees and if adopted will lead to high productivity and increased motivation due to happy days at work due to reduced work pressure. Thank you, our wonderful facilitators, for the excellent job, Thank you UNV capacity building team for the opportunity!'

We are inspiration in action

Achai Deng Biong Mijak
Integrated Service Delivery Associate
WHO, South Sudan



'Prior to the Virtual Workshop, I had completed the PSEA course on the UNV eLearning platform. I noticed that I had some gaps in my understanding of the PSEAH in regard to differentiating aspects of PSEAH, recognition of SEAH when it occurs and my role in PRSEAH.

The Virtual Workshop was organized in such a way that it was interactive, in that, a bulk of information was shared and the participants took part in a couple of exercises/group work that allowed for easy comprehension. At the end of the workshop, I understood my role in PRSEAH and advocate for more of these to UNVs so as we have a safe work environment for us as humanitarian workers as well as the communities we serve.'

We are inspiration in action



**PSEAH
VIRTUAL
WORKSHOP**

Christine Akasing Nkerifac

Technical Officer Environmental Health

Promotion/Chemicals

WHO, Congo



'The interactive session was quite interesting, bringing out the various perspectives in which a particular scenario can be seen.

Personally, I think this concept is not just about being aware, but more importantly being able to take appropriate action, even in the case where one is involved. Being able to speak up or report by the victim still remains a very big challenge and I am glad that during this workshop, emphasis was laid on encouraging victims to also do well to take proper action.'

We are inspiration in action

 **UN
VOLUNTEERS**

**PSEAH
VIRTUAL
WORKSHOP**

Javed Iqbal Malik
Air Operations Assistant
MONUSCO, DRC

'I learned the basic concept of SEA from the UN perspective. I think it was a mind-blowing experience and learning. This workshop clears any grey areas and myths/stereotypes in someone's mind regarding the SEA.

I think the main benefit of attending this workshop is that now I distinguish myself from those who have never attended it. Now as a UNV and at the same time as a human being, I know my responsibilities regarding the sensitive issue of SEA.

This training will play a pivotal role in progressing into my career as a UNV.'



PSEAH VIRTUAL WORKSHOP

We are inspiration in action

Narryne Rachid
Human Rights Offices
UNAMI, Iraq



'The PSEAH virtual workshop was a very informative and structured one. The presenters boosted the participation of all participants through their active and attentive listening.

The presentation was concise and tackled all relevant needed information for UN personnel to strive more and explore the subject. Along with including all the required links to enhance the learning experience.

This workshop was a virtual one however felt as if it was in-person as presenters managed to secure a positive environment for the attendees to share their experience and knowledge about PSEAH.

I learned a lot from the PSEAH virtual workshop through information presented, shared experience and clarifying different definitions.'

We are inspiration in action



PSEAH VIRTUAL WORKSHOP

ANTI-DISCRIMINATION AND ANTI-RACISM DIALOGUES



Sawichaya Tanawichai
Human Resources Officer
UNMISS, South Sudan



Dr. Claude Nagy Hategekimanda
Medical Officer
UNSOS, Somalia

‘Through anti-racism dialogues, I gained a deeper understanding of systemic racism, privilege, and discrimination and learned how to actively work towards dismantling these structures. It is crucial for all of us to recognize how we have been complicit in perpetuating racism and to commit to taking concrete actions to promote equity and justice for all.’

‘I attended the virtual training and I have learnt what is racial discrimination and how my I contribute as UNV or in work team to mitigate racism.’

We are inspiration in action

Claudine Karera
Medical Officer
UNMISS, South Sudan

'The 'Ready to lead' course was very interesting and I learned a lot from it. In a 3-week time, I learned about different kinds of personality beginning by discovering mine and then exploring others' and this made me find it easy to understand those who come to me for service. I learned different leadership styles, active listening and reflective practice, and how to lead with compassion prioritizing my well-being. All the topics covered during the training were to sharpen my critical thinking and how to react when am in a leadership position, all this will help me a lot in my career as a medical officer receiving and treating patients, and will also help me to understand my leaders without judging.'

We are inspiration in action



 **UN
VOLUNTEERS**
**READY
TO LEAD**
**VIRTUAL
COURSE**

Sophia Abrich-Agbi
Admin Data and Reporting Officer
UNDP, Nigeria



'Ready to Lead ... This was one of the best leadership courses that I have attended online. It broke through the barriers of distance and allowed all of us to be present in a physical classroom. As diverse and different as we were I felt a sense of unity and belonging. Each person had a unique experience and a very great way of presenting it. Really it was fun, educational, inspiring, motivating, and informative. In my opinion, Ready to Lead made every volunteer a leader on the spot. I am deeply grateful that I had this rare opportunity to be a part of this training. Thank you.'

We are inspiration in action



**READY
TO LEAD
VIRTUAL
COURSE**

Oumie Ceesay
Dispatch Supervisor
UNMISS, South Sudan



'The Ready to Lead course has enhanced my self-awareness skills and made me believe in myself more. I have developed the ability to differentiate the different leadership skills and most importantly how to apply these different skills to different people at different times. Equally, I have gained knowledge on how to manage my anxieties and anger.'

 **UN
VOLUNTEERS**
**READY
TO LEAD**
**VIRTUAL
COURSE**

We are inspiration in action

Elodia Cheutou
Programme Management Officer
WHO, Congo

'The Ready to Lead Course was a wonderful journey for me. It helped me to discover the reasons why I want to lead, to understand my personality and the people's personality, and most importantly how to deal with different personalities. I also learnt about different types of leadership and understood the leadership style can vary according to the context. Even if you are more inclined to a leadership style, you can find yourself using another one in a specific situation. Then we had a guest on the last day: A great UN Senior Leader. He was so open-minded and humble to share his successes and how he leverages on them, his weaknesses and how he challenges himself to overcome them. This was the cream of the workshop. How I wished the sessions could continue... I recommend this course to All those who would like to see changes in their working journey and look forward to the next session.'

We are inspiration in action



 **UN
VOLUNTEERS**
**READY
TO LEAD**
**VIRTUAL
COURSE**

Israr Ahmad Omarkhil
WASH Officer
UNICEF, Afghanistan



'Through this course, I had the opportunity to deepen my understanding of my Adventurer (ISFP-T) personality type. Engaging in discussions with my colleagues has been instrumental in gaining insights into various personality types and learning effective ways to interact with them. Additionally, the significance of active listening as a cornerstone for leadership was emphasized, and I have actively worked on improving this skill through practice with my buddy group. I am grateful for the dedication shown by James and Cece during the sessions, and I extend my thanks for the invaluable resources provided, which have greatly contributed to enhancing our career and leadership abilities.'

 **UN
VOLUNTEERS**
**READY
TO LEAD**
**VIRTUAL
COURSE**

We are inspiration in action



Alba Le Cardinal
Energy and Climate Policy Assistant
UNDP, Italy



YOUTH ONSITE WORKSHOP

'This training was truly amazing - definitely the best I have had in my life so far! It was interactive, informative, well-structured, perfectly timed, and many more. Congratulations for putting together such a well-thought-out programme and for creating a friendly and safe learning environment.'

We are inspiration in action



YOUTH ONSITE WORKSHOP



Ruben Gerebenime
Former Digital Archiving
PAM (WFP), DRC

“Durant cet atelier, j’ai eu connaissance du Programme VNU et de son apport à l’Agenda 2030, ainsi que la communication, le leadership, la gestion des conflits et des conseils sur la planification des carrières.

Cette session m’a permis non pas seulement de renforcer mes connaissances et capacités sur mon rôle entant que VNU et sur le dit programme, mais aussi, elle a stimulé en moi la confiance en soi, le leadership sous toutes ses formes ; à travers les jeux d’apprentissages et temps d’échanges, j’ai pu être éveillé sur quelques techniques de communication.

Les échanges entre participants m’ont permis de découvrir d’autres cultures et défis ; hormis le fait de contribuer à mon épanouissement et réseautage, mon souhait est de découvrir d’autres horizons durant ma prochaine affectation pour contribuer au bien-être et au développement de la population.”

We are inspiration in action



Kouadio Nanan- Boua Raissa Ali-N'zi Sawo
Partnership Officer
UNICEF, Côte D'Ivoire



YOUTH ONSITE WORKSHOP

“Enrichissante ! Tel est le mot que j'utiliserais pour qualifier mon vécu lors de l'atelier de formation des volontaires des Nations Unies qui s'est tenu à Saly, au Sénégal, du 18 au 21 septembre 2023. Enrichissante tant au niveau des contenus de formation dont j'ai pu bénéficier, qui me seront d'une utilité non négociable tout au long de ma carrière, que de la richesse des personnes rencontrées. Je suis sortie de cet atelier plus motivée et mieux éclairée sur l'orientation à donner à ma carrière en termes de prochaines étapes. J'ai également eu l'occasion de rencontrer des jeunes formidables et talentueux qui constituent aujourd'hui mon réseau.

Je remercie le Bureau régional des Volontaires des Nations Unies pour l'opportunité qui m'a été offerte.”

We are inspiration in action



YOUTH ONSITE WORKSHOP



Ismael Sowtall

Assistant Communication et Innovation
UNHCR, Guinée

“Je me nomme Ismael Sowtall, Jeune Volontaire National auprès du Haut Commissariat des Nations Unies aux Droits de l'homme en Guinée. La formation à Saly (Sénégal) sur le leadership et l'intégration a été une opportunité très enrichissante. Car cela m'a permis d'apprendre non seulement beaucoup plus sur le monde du volontariat, ainsi que les perspectives qui y sont liées, mais aussi de découvrir mes capacités en tant que levier du changement au sein des communautés. J'ai appris comment utiliser ces compétences à travers différents types de leadership pour mon développement personnel et la construction de ma carrière dans un milieu multiculturel et multi dimensionnel”

We are inspiration in action



YOUTH ONSITE WORKSHOP



Anna Matheijs
Youth Focal Point
UNRSCO, Senegal

“L'atelier de renforcement de compétences pour les Volontaires des Nations Unies a été extrêmement enrichissant. Au cours de cette formation, nous avons approfondi notre compréhension du rôle crucial des VNU dans les missions de développement. En mettant l'accent sur notre développement personnel, l'atelier a favorisé une prise de conscience individuelle et collective, renforçant ainsi notre efficacité en tant que Volontaires des Nations Unies. Le partage d'expériences et networking a créé une communauté collaborative, nous dotant d'outils et de stratégies pour surmonter les défis professionnels. Cette formation a consolidé nos compétences, renforcé notre cohésion en tant que volontaires et nous a mieux préparés à faire face aux situations complexes sur le terrain.”

We are inspiration in action

DIVERSITY, EQUITY AND INCLUSION WORKSHOP



Mohamed Abdikadir Dhiis
U-Report Engagement
Officer
UNICEF, Ethiopia



Yolanda Radu
Violence Against Women
Prevention Specialist
UN Women, South Africa

‘What I liked the most about this workshop was that it was both informative and interactive. The workshop covered a wide range of DEI topics, including unconscious bias, microaggressions, and inclusive language. I found the information to be very helpful and insightful.’

‘Through the knowledge gained first I will be able to identify my own bias, understand how perspectives my differ and why but also through applying some of the strategies to respond to discrimination and foster an environment that is inclusive.’



Mario Fernando Mejía Cabezas
Especialista en Plataformas E-Learning y
Procesos de Capacitación Virtual
PNUD programa PROAmazonía, Ecuador

‘En el evento CDLF, realizado por UNV Ecuador, me permitió trabajar en varias de las habilidades esenciales que nos habilitan a trabajar en equipo. En primera instancia conocí nuevas personas con la que compartimos nuestras experiencias personales y profesionales afianzando la confianza y empatía en la red de trabajo. También el desarrollar actividades prácticas para aplicar casos reales de la problemática para facilitar con los colegas y la comunidad, partiendo del conocimiento, la escucha activa para aplicar técnicas de negociación y resolución de conflictos lo que nos permite construir relaciones sólidas y dar sostenibilidad a los resultados en cada uno de los proyectos profesionales que desplegamos.’

We are inspiration in action

 **UN
VOLUNTEERS**

**CAPACITY
DEVELOPMENT
FACILITY, CDLF
WORKSHOP IN
ECUADOR**



Verónica Acosta

Especialista Técnico/a de Subproyectos de
Bioemprendimientos de Macas
PNUD programa PROAmazonía, Ecuador



CAPACITY DEVELOPMENT FACILITY, CDLF WORKSHOP IN ECUADOR

“Durante mi voluntariado en ONU Voluntarios, participé en el Curso de Desarrollo de Liderazgo y Facilitación (CDLF) en el marco de Conexión Voluntaria. Fue una experiencia enriquecedora que fortaleció mi capacidad de escucha activa, comunicación efectiva y contribuyó al desarrollo de mi inteligencia emocional.

La capacitación recibida durante el curso ha sido importante en mi rol como Especialista Técnica de Subproyectos de Bioemprendimientos, dentro del programa PROAmazonía. Las habilidades adquiridas no solo han fortalecido mi capacidad para entender y abordar las necesidades de la comunidad local, sino que también me han permitido sistematizar un documento informativo dirigido a la ciudadanía. Este documento tiene como objetivo fomentar la conciencia, empatía y compromiso hacia los Bioemprendimientos, presentándolos como una estrategia integral para la conservación de los bosques Amazónicos y medio de vida para las personas que dependen del mismo. Agradezco a ONU Voluntarios, al PNUD y a PROamazonía por brindarme la oportunidad de participar en esta experiencia formativa, la cual ha sido clave para mi crecimiento tanto personal como profesional.”

We are inspiration in action



Verónica Heredia

Experta Administrativa Financiera de Apoyo a la Unidad de Manejo Forestal Sostenible, Conservación y Restauración

PNUD programa PROAmazonía, Ecuador

“La experiencia de CDLF, fue para mi realmente enriquecedora, ya que adquirí nuevos conocimientos para mi desempeño diario en mi asignación como voluntaria de las Naciones Unidas, siempre es importante para mí contar con mayor experiencia tanto en el ámbito profesional como de relacionamiento con las y los colegas de mi entorno poder brindar una comunicación efectiva de lo que quiero transmitir, los conocimientos adquiridos dentro del taller me han permitido establecer relaciones de confianza con el personal y poder relacionarme de mejor manera en mis actividades, es parte de mi motivación poder desarrollar nuevas habilidades y adquirir nuevos conocimientos, esta experiencia lleno todas mis expectativas lo cual ha hecho que yo pueda seguir trabajando diariamente en ser una mejor persona, mejor profesional y sin duda un mejor voluntario. Con satisfacción puedo recalcar que todas las vivencias y experiencias adquiridas en el taller han sido de ayuda a mi crecimiento personal y profesional. Gracias UNV por hacer que amemos cada día más todo lo que hacemos como voluntarios.”

We are inspiration in action



CAPACITY DEVELOPMENT FACILITY, CDLF WORKSHOP IN ECUADOR



Gonzalo Cáceres

Experto Nacional de Personal

PNUD programa PROAmazonía, Ecuador

“Gracias al taller organizado en el marco del CDLF, pude identificar desafíos relacionados con mis habilidades para gestionar el cambio, la comunicación y la resolución de problemas. Además de las herramientas presentadas por el equipo de facilitación, pude reflexionar sobre estos aspectos y plantear tres tácticas concretas: orientar mis acciones a provocar cambios delimitándolos con metas desafiantes y realistas, aprovechar cada oportunidad para efectuar intervenciones con propósito, y evaluar el carácter multicausal de los problemas que se suscitan durante el trabajo.

El taller me permitió también encontrarme con colegas de todos los rincones del país y establecer una relación de mayor confianza. Esto propició acercamientos de su parte para solicitarme apoyo. Más aún, las conversaciones que mantuvimos con los facilitadores posterior al taller me permitieron identificar necesidades de desarrollo de capacidades, e informar a mis colegas de las posibilidades de satisfacerlas mediante herramientas que están disponibles para las/os voluntarias/os ONU.”

We are inspiration in action

 **UN
VOLUNTEERS**

CAPACITY DEVELOPMENT FACILITY, CDLF WORKSHOP IN ECUADOR



Alex Huambutzereque Chinkim
Administrativo y Soporte de Oficina
PNUD programa PROAmazonía, Ecuador

'Thanks to the UNV Ecuador initiative, we were able to strengthen our capacities related to engagement and actions to be taken in connection with the people around us, communities, partners, associations, and projects of the Proamazonía program. Voluntary Connection has taught me that it goes beyond a bond of friendship among individuals who are part of the UN Volunteers family. UNV is synonymous with reciprocity, commitment, and empathy. In addition to improving the relationship between the parties, this workshop also contributes to the development and formalization of objectives framed by UNDP, ensuring the fulfillment of various administrative and field processes. Likewise, there is also a better overall result for all those who benefit from these projects.'

We are inspiration in action

 **UN
VOLUNTEERS**

CAPACITY DEVELOPMENT FACILITY, CDLF WORKSHOP IN ECUADOR



Jesenia Alexandra Morocho Herrera
Especialista en Modelos de Negocios de Café
PNUD programa PROAmazonía, Ecuador

“Mi participación como UNV me brindó la oportunidad de apreciar de cerca el compromiso de sus colaboradores. Su labor se extiende al desarrollo personal de sus miembros, lo que me resultó gratificante, ya que se enfocaron en motivar y apoyar a los voluntarios para que se descubran a sí mismos a través de talleres vivenciales, como lo fue el taller de CONEXIÓN VOLUNTARIA 2023. Durante este evento, experimentamos una profunda conexión interna y un fortalecimiento a nivel de equipo, fusionando valores en cinco dimensiones clave. Esta experiencia impactó positivamente mi desempeño laboral al potenciar mis habilidades para comunicarme efectivamente y enfrentar los desafíos que se nos presentan. El taller se complementó con un seguimiento por parte de expertos en habilidades blandas, quienes nos proporcionaron herramientas prácticas.

La filosofía de UNV no solo nos impulsa a ser profesionales competentes, sino también a ser mejores seres humanos, logrando así un equilibrio invaluable.”

We are inspiration in action

 **UN
VOLUNTEERS**

CAPACITY DEVELOPMENT FACILITY, CDLF WORKSHOP IN ECUADOR



Gabriel Gualpa

Administrativo y de Servicios

PNUD programa PROAmazonía, Ecuador



CAPACITY DEVELOPMENT FACILITY, CDLF WORKSHOP IN ECUADOR

“Mi participación en la Experiencia de Conexión Voluntaria de las Naciones Unidas en Tena, mayo de 2023, ha sido transformadora. Desarrollé habilidades sociales sólidas al interactuar con individuos de diversas culturas, aprendiendo a sostener y mejorar lazos con mi entorno. La resolución de problemas se volvió más eficaz al aplicar enfoques colaborativos y creativos que experimenté durante el evento. Además, enfrentar las complejidades de la realidad global me dotó de una mentalidad adaptable, permitiéndome asumir con confianza diferentes cambios. En conjunto, esta experiencia ha refinado mi capacidad para conectarme, colaborar y prosperar en entornos dinámicos y desafiantes”

We are inspiration in action



Mariam Elgizity

Former Media and Communications Associate
IOM - MENA

'Always delighted to participate in United Nations Volunteers' learning opportunities. This time, I was thrilled to have taken part of the United Nations Volunteers-Egypt's Career Management and Development Workshop, in Hurghada.

This week was a great opportunity to connect and exchange stories with fellow UNVs, who have certainly left a big impact and opened conversations for future collaborations. Not only have I met talented colleagues, but also like to believe and am proud that we have managed to build a community empowered through volunteerism.

I was very grateful as I have been chosen to deliver my very own mini masterclass on "How to Grow and Increase Outreach on Social Media". It has been such an enjoyable experience, which certainly allowed me to reflect on my own personal journey and receive valuable feedback and advice for my career growth.'

We are inspiration in action



CAPACITY DEVELOPMENT FACILITY, CDLF WORKSHOP IN EGYPT



CAPACITY DEVELOPMENT FACILITY, CDLF REGIONAL WORKSHOP IN TÜRKIYE



Hudoykul Hafizov
Disability Inclusion Advisor
UNDP, Uzbekistan

'The workshop yielded significant benefits, especially owing to the dynamic and interactive exchanges with fellow United Nations Volunteers. These encounters underscored the distinct advantages of in-person events.

Alongside my esteemed colleagues, I had the honor of facilitating a session focused on empowering individuals with disabilities in development initiatives. This session was not just an opportunity to share knowledge and unique experiences but also a platform to redefine perspectives and address challenges.

Overall, the workshop's agenda, coupled with hands-on case exercises and profound discussions with colleagues from diverse agencies about various facets of our assignments, was crucial in assessing my current professional position and guiding my future objectives. These experiences offered invaluable perspectives and knowledge, crucial for my ongoing professional development and for formulating effective strategic plans as I progress.'

We are inspiration in action



CAPACITY DEVELOPMENT FACILITY, CDLF REGIONAL WORKSHOP IN TÜRKIYE



Diyora Mamadalieva
Digital Communications Specialist
UNDP, Uzbekistan

'Participating in the UNV Capacity Development workshop was an enriching experience for me. I gained valuable skills, particularly in leadership, which have enhanced my knowledge of how to effectively guide and inspire teams. The workshop also provided an excellent platform to build new networks and connections, broadening my professional circle with individuals who share similar goals and values. Additionally, I gained insights into effective communication strategies, learning how to convey ideas clearly and engage with diverse audiences. This has not only increased my confidence in interpersonal interactions but also deepened my understanding of cross-cultural communication. Overall, the workshop was immensely beneficial, equipping me with essential tools and insights that I am eager to apply in my work.'

We are inspiration in action



CAPACITY DEVELOPMENT FACILITY, CDLF REGIONAL WORKSHOP IN TÜRKIYE



Karlygash Sultan
Administrative assistant
UNDP, Kazakhstan

'During our CDLF workshop in Almaty City, Kazakhstan, I gained a deeper understanding of capacity development concepts and insights into career building as a national and international UNV. The very specific knowledge I gained is the "Johari window" and how to use it for building self-awareness and improving leadership skills.

In this workshop, I learned more about the importance of inclusivity and diversity in capacity development, and we had an informative session about facilitating the inclusion of volunteers with disabilities.

And finally, what this workshop gave to me is a great network. I was able to meet UNV colleagues from other countries in our region, exchange knowledge, and listen to their career-building stories. In conclusion, I want to thank UNV for such a great opportunity to join the workshop where all of us gained confidence in our ability to contribute at our workplace and to our society.'

We are inspiration in action



Firuza Alieva
Communications Officer
WHO, Tajikistan



CAPACITY DEVELOPMENT FACILITY, CDLF REGIONAL WORKSHOP IN TÜRKIYE

'Before diving into the workshop, my understanding of what it truly meant to be a UN Volunteer (UNV) was rather feeble. As a national UNV, I couldn't fathom the vast community of individuals sharing the same vision and burning desire to make a positive impact on the world. The monotonous rhythm of my daily work routine had left me somewhat stagnant, and the idea that I could be more than what I currently was began to freeze in the humdrum of my responsibilities.

However, the workshop turned out to be a transformative experience. Surrounded by a multitude of individuals with diverse experiences and knowledge, I found myself immersed in a pool of inspiration. It was a revelation that there were so many like-minded souls who shared my passion for making a difference. This collective energy rejuvenated my spirit, pushing me to not only continue my existing work but also to contemplate my further development and potential contributions.

The workshop became a catalyst for personal and professional growth. It played a crucial role in fortifying my capacities, providing me with tools and insights that bolstered my confidence. The newfound assurance reflected not only in my professional endeavors but also in my personal journey of self-discovery and improvement. What brings me immense joy is that my journey as a UNV served as a living testament to the positive impact of being part of this incredible community. My example resonated so powerfully that our Country office decided to bring on board two more UNVs. It's heartening to witness the ripple effect of inspiration and the exponential growth of a community dedicated to making the world a better place.

In essence, the workshop was not just a training ground; it was a springboard for aspirations, a meeting point for diverse perspectives, and a platform for collective empowerment. It's a reminder that within the UNV community, individual stories of growth and impact converge into a powerful narrative of positive change on a global scale.'

We are inspiration in action



CAPACITY DEVELOPMENT FACILITY, CDLF REGIONAL WORKSHOP IN FIJI



Saltanat Boteu

**Communications and Social Media Specialist
UNDP, Kazakhstan**

'The workshop was the first large-scale UN Volunteers gathering I attended during my two-year service period. It provided a valuable opportunity to connect with volunteers from various parts of Central Asia, each with unique backgrounds. The event facilitated peer-to-peer feedback, enabling us to learn from one another and share insights on overcoming challenges.

The workshop sessions were equally remarkable, covering the most crucial topics related to volunteering services, including personal and professional development. Thanks to fellow volunteers, I gained valuable insights into the principles of inclusion and accessibility. One particular highlight was the session led by Vlastimil Samek, the Representative of the United Nations Department of Global Communications. This session not only allowed me to acquire new knowledge but also served as an inspiration, learning from seniors with such a rich background.

I extend my heartfelt gratitude for the opportunity to participate in such an enriching event!'

We are inspiration in action

Alveena Rahim

Oversight & Quality Assurance Engineer

UNDP, Pakistan



'As part of the first SHIFT program, not only did I have access to sessions with experienced trainers but also received presentations and tips to achieve success in my professional career. Each of the four levels and sessions offered a unique perspective on the values that drive us, the priorities that we have set for ourselves, the skills we have acquired, and then developing a personal career plan for our future. From my personal experience, I found the program to not only my perspective with regard to my professional strengths but also the shortcomings I had. I was able to have important conversations with my supervisors with regard to what targets I wanted to achieve for my career growth. I am more focused than ever on expanding my learning capacity and overcoming any obstacle that can come my way. For anyone who wants to learn more about personal career development, keeping into account the skill-building required, do give the program a chance.'

We are inspiration in action

 **UN
VOLUNTEERS**

**SHIFT
CAREER
MANAGEMENT
PROGRAMME**

Paola Carolina Pelletier Quinones
Oficial de Terreno
UNVMC, Colombia



'We need to take time for continuous learning. During the SHIFT course I realized we, all participants from all over the world, have similar concerns on professional career development and the same dream: change the world!. The course made me reflect more on my strengths as a professional and what else I may need to complement gaps; also provided tools and strategies to develop a career plan and course of action. Thank you to all, I desire you success in your professional career, I always say: Dreams have no borders.'



SHIFT **CAREER** **MANAGEMENT** **PROGRAMME**

We are inspiration in action

Sophia Orobosa Abrich-Agbi
Admin Data and Reporting Officer
UNDP, Nigeria



'The SHIFT Programme was a very interesting career journey for me, opening up my mind to the enormous opportunities ahead. I completely love the method in which the course was done. The facilitators were amazing, and the interactive forum also created an avenue for collaboration and expanded knowledge among our colleagues fostering a wholesome learning environment. I recommend this course to any person. For me it is a MUST TRY.'

 **UN
VOLUNTEERS**

**SHIFT
CAREER
MANAGEMENT
PROGRAMME**

We are inspiration in action

Dalia Qasem MOH'D AL ROUSAN
Former Young Innovator Fellow
UNFPA, Jordan



'This transformative learning journey has been instrumental in reshaping my career strategy and unlocking my true potential. The SHIFT programme provides an array of valuable tools, techniques, and resources that proved influential in guiding me toward a more fulfilling career path. Additionally, the online coaching sessions were not only informative but also highly interactive, fostering an environment of learning and growth. One of the highlights of this programme was the introduction of learning buddies, allowing me to connect with like-minded individuals. It has been a catalyst for positive change in my professional journey towards a brighter and more fulfilling future.'

We are inspiration in action

The logo for UN Volunteers, featuring the United Nations emblem on the left and the text 'UN VOLUNTEERS' in blue capital letters on the right.

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The title 'SHIFT CAREER MANAGEMENT PROGRAMME' is displayed in large, bold, sans-serif font. 'SHIFT' is in dark blue, while 'CAREER MANAGEMENT PROGRAMME' is in orange. The text is overlaid on a background of a glowing lightbulb and a grey silhouette of another lightbulb.

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Nadeen Gamil
UNV Partnership Coordinator
WHO, Egypt



'As the UNV focal point of the WHO Regional Office for Eastern Mediterranean, I follow all UNV learning opportunities closely to stay updated and share with UN Volunteers in WHO. I was impressed by the design of the SHIFT programme in terms of curriculum and flow. The programme was well thought out and planned and the facilitators put a dedicated effort to support in this pilot phase in the programme. Personally, I was able to identify my strengths and plan my career goals for the next few years as well as learn practical tools that will save time and increase productivity. The programme gives an opportunity to dedicate time for professional growth and career design by capitalizing on one's unique strengths as it provides practical tools for exploring personality traits and natural talents. The weekly sessions are live and interactive, which creates space for questions and discussions on the course material we finish individually. I would like to immensely thank all the SHIFT facilitators as well as the UNV Learning team for their dedication to equipping all volunteers with tools that will support their future careers. Thank you for the opportunity to explore and know myself more through the SHIFT! I strongly encourage all volunteers to join the next phase of the programme.'

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Giada Congiu
Programme Associate
UNEP, Kenya



'Feeling discouraged, uncertain, or even completely overwhelmed, has always been my experience when starting a job application. I used to hate the process. The SHIFT Career Management Programme has transformed that for me to the point where I no longer have to drag myself to hit that "submit" button. Now, I actually look forward to it.

The SHIFT Career Management Programme has been more than just a course about finding a job - it has been a guide to discovering myself.

From self-awareness exercises to mastering the art of networking, each module in SHIFT is a repository of invaluable knowledge. The worksheets, videos, self-assessments, online tests, in-person coaching sessions, and exchanges with other young professionals... they all forced me to look inside and find what drives ME in my professional journey. The session on making a career plan and identifying what skills I need to get where I want to be, in particular, was a burst of motivation.

If you're struggling with your career journey, give SHIFT a try. Knowing more about yourself makes your career journey a lot smoother. Highly recommended!

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Emma Katarina Eckberg
Junior specialist in sustainable agro-
environmental processes
FAO, Brazil



'The opportunity to take the SHIFT-course as an UNYV came at a perfect time for me, because my contract was coming to an end and I was about to look for new opportunities. SHIFT gave many useful tips and tools for my career development that I could directly use and apply during my search for new job opportunities. And guess what, the course gave results and now I have a new job opportunity in the sustainability field to look forward to.'



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Alimata Thelma Flora Abdul Karimu
Disability Inclusion Coordinator
UNRCO, Ghana

'The SHIFT Learning course was an excellent addition to my positive UNV experience as it offered me a unique opportunity to embark upon a journey to reaffirm my strengths and values while leveraging some self-assessment tools to assess my competencies, including emotional intelligence and self-awareness. The self-discovery enabled me to recognize the relevance of my emotional intelligence to build and manage relationships in my career development effectively.

We were also introduced to the growth mindset that enables individuals to alter their behaviors, which enables them to accept challenges and failures by viewing them as opportunities for growth. The deep dive sessions with career coaches who offered their professional guidance and shared personal insights made the SHIFT Learning course more practical than theoretical.

For me, the timing was just appropriate as I was near the end of my UNV assignment and had begun looking for other openings (before I got an extension), so the aspect of the Level Four job search and online job platforms that I did not know of was perfect.'

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Agomon Ndorade
Nutrition Officer
UNICEF, Tchad

'Au cours de ma formation en gestion de carrière avec le programme SHIFT, j'ai eu l'opportunité d'acquérir des compétences et des connaissances précieuses qui ont profondément influencé ma perspective professionnelle. Cette expérience m'a permis de comprendre l'importance de la planification de carrière, de l'auto-évaluation et du développement continu pour atteindre mes objectifs professionnels. L'un des aspects les plus enrichissants de ma formation a été l'exploration des différentes stratégies et outils disponibles pour naviguer dans le monde professionnel en constante évolution. J'ai appris à élaborer des plans de carrière stratégiques, à identifier mes forces et mes domaines d'amélioration, et à prendre des décisions éclairées concernant ma trajectoire professionnelle. En résumé, mon apprentissage en gestion de carrière avec le programme SHIFT a été une étape transformative qui m'a non seulement fourni les outils et les compétences nécessaires pour progresser dans ma carrière, mais aussi m'a encouragé à adopter une approche proactive et réfléchie de mon développement professionnel. Je suis impatient d'appliquer ces connaissances dans mes futures opportunités professionnelles et de continuer à grandir et à évoluer en tant que professionnel.'

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Sharon Antonia Vizquete Flores
Asistente de Programa y Comunicación
UNV, Ecuador

'Since I began my assignment as a UNV and attended my first workshop with the capacity development team, I felt a deep admiration for their work, innovation, creativity in their spaces, and openness with UNVs. In 2023, I had the opportunity to be part of the SHIFT program, one that completely changed my life and the direction of my professional and career development. In this space, I learned from my colleagues, received constructive feedback, and also felt heard. Career development and having certainty about your next steps can be overwhelming and generate uncertainty, but through SHIFT, I got to know tools, theory, and diverse perspectives that have made this process of self-discovery much more enjoyable, clear, and strategic. If you're at a point in your life where you're unsure about your next steps, I invite you to give yourself the opportunity to take control of your life and join SHIFT—you won't regret it'

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