We will start in 5 minutes!





Career Sessions **SDA Rise | 9/10/2022**

Presented by:

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SDA Rise Career Coaching Sessions - Self-Reflection



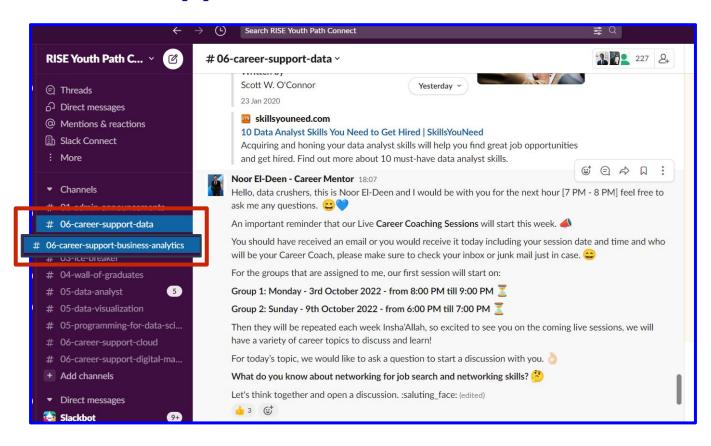
Agenda

01	Introduction to Career Coaching
02	Self Reflection Importance
03	MBTI Test Walk-through.
04	MBTI 16 Personality Types
05	What to learn from your Personality Type



Slack Career Support Channel





Job search is difficult! Especially in times like these...



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But don't Worry..

We are here inspire you with Roadmap to Overcome any Difficulties.



Purpose of this Session



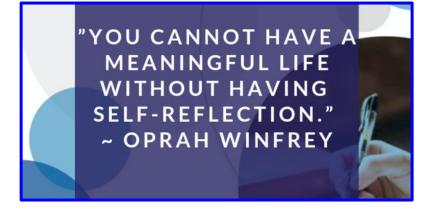
To get an introduction about **self-reflection** and its importance and **MBTI Test** walk-through.



Introduction about self-reflection and its importance.



- Reflecting helps you to **develop your** skills and review their effectiveness, rather than just carry on doing things as you have **always** done them.
- It is about questioning, in a positive way, what you do and why you do it and then deciding whether there is a better, or more efficient, way of doing it in the future.





a personal definition:

"a time to dig deeper into yourself; what worked well or what didn't"

an outcome of

"thinking through before the next day what I could try differently that may be more beneficial to the patient."

Selfreflection

as...

a varied tool for personal use:

"I self-reflect at a deeper level if I'm outside in nature." an **example** to inform practice:

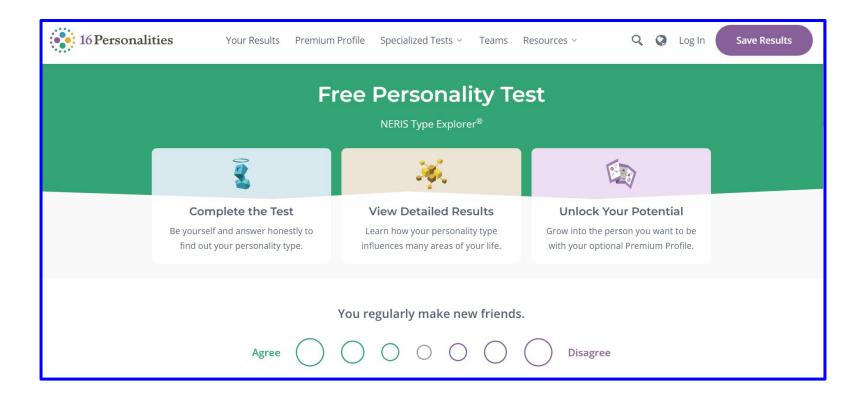
"I learned that I should have a variety of activities..."

an **important** role in growth development:

"just being able to better yourself for the next person you see."

MBTI <u>Test</u> walk-through.





MBTI 16 Personality Types.



MYERS BRIGGS PERSONALITY TYPES



Extroverts

are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.



Introverts

often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.



Sensors

are realistic people who like to focus on the facts and details, and apply common sense and past experience to come up with practical solutions to problems.



Intuitives

prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.



Thinkers

tend to make decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.



Feelers

tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.



Judgers

tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.



Perceivers

prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.

SOURCE: "Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type" by Paul D. Tieger, Barbara Barron, Kelly Tieger

ISTJ

Responsible, sincere, analytical, reserved, realistic, systematic. Hardworking and trustworthy with sound practical judgment.

ISFJ

Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caretakers who enjoy being helpful to others.

INFJ

Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation.

LTN

Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements.



ISTP

Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work.

ISFP

Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical.

INFP

Sensitive, creative, idealistic, perceptive, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities.

INTP

Intellectual, logical, precise, reserved, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving.

ESTP

Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators.

ESFF

Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways.

ENFP

Enthusiastic, creative, spontaneous, optimistic, supportive, playful. Value inspiration, enjoy starting new projects, see potential in others.

ENTP

Inventive, enthusiastic, strategic, enterprising, inquisitive, versatile. Enjoy new ideas and challenges, value inspiration.

ESTJ

Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion.

ESF.

Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive.

ENFJ

Caring, enthusiastic, idealistic, organized, diplomatic, responsible. Skilled communicators who value connection with people.

ENT.

Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners.

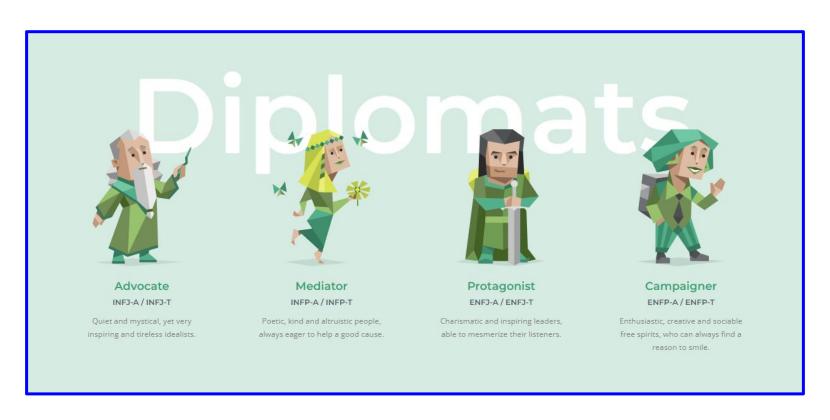
What to Learn from your Personality <u>Type</u>.





What to Learn from your Personality Type.





What to Learn from your Personality Type.





What to Learn from your Personality Type.





Assignment:



Take the MBTI Test

- Then answer the following questions:
- ☐ Why did you choose this specific career?
- ☐ How could you make this industry better?
- ☐ What skills do you have? What skill do you want to improve/develop?
- What are 2-3 personal values that matter above all?
- What are your preferences for a compatible work environment?
- ☐ Then reflect your technical skills.



Thank you

UDACITY

