

Self Development and Assessment

**PGPD – Understanding Concrete Goals and Needs of Society
(Ikigai)**

Career Planning through Purpose and Self-Discovery

**Sem-4 Professional Grooming & Personality
Development (303193252)**

Learning Objectives

- Understand the role of PGPD in professional life.
- Explore the concept of Ikigai and its connection to self-growth.
- Learn to balance passion, skills, and purpose.
- Reflect on your personal career direction.

Topics to be Covered

1. Introduction to PGPD
2. Importance of PGPD
3. What is Ikigai?
4. Four circles of Ikigai
5. Exercise
6. Ikigai Planning Chart
7. Learning Outcome
8. Conclusion

Introduction to PGPD

- PGPD: Post Graduate in Professional Development or Professional Growth and Personality Development
- Enhances professional and personal competencies.
- Aligns individual skills and societal needs.
- Builds confidence, adaptability, and professional etiquette.

It's about becoming the best version of yourself — both as an individual and as a professional.

Importance of PGPD

- Develops critical professional skills.
- Encourages self-awareness and continuous learning.
- Prepares individuals for career advancement.
- Promotes meaningful contributions to society.

When you grow as a person, your career grows too.

Understanding Goals and Needs of Society

- Every career should address real-world problems.
 - Societal understanding helps in setting relevant goals.
 - Builds empathy and responsibility.
 - Encourages work that has social value.
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- *Ask yourself:* “How can my skills make a difference in my community?”

What is Ikigai?

Ikigai: A Japanese concept meaning 'Reason for Being'.

It is the intersection of:

- What you love
- What you are good at
- What the world needs
- What you can be paid for

The Four Circles of Ikigai

- Passion – What you love: Teaching, writing
- Profession – What you are good at: Coding, communication
- Mission – What the world needs: Education, innovation
- Vocation – What you can be paid for: Marketing, management

Your Ikigai lies at the intersection of all four.

Importance of Ikigai in Career Planning

- Helps discover purpose-driven careers.
- Balances passion and profession.
- Prevents burnout and stress.
- Encourages continuous learning and fulfillment.

Find a path that makes you both happy and helpful.

Exercise – Career Planning Chart (Refer to Ikigai)

Instructions:

- Reflect on your interests, strengths, and values.
- Use the Ikigai model as a guide.
- Fill in the chart below honestly.

Exercise – Career Planning Chart (Ikigai Framework)

Activity: Create your personal career plan based on Ikigai.

- Aspect | Your Answer
- What I Love | ...
- What I'm Good At | ...
- What The World Needs | ...
- What I Can Be Paid For | ...
- Combine the answers to find your Ikigai.

Sample Career Planning Chart

- Aspect | Example: Aspiring Educator
- What I Love | Teaching, mentoring
- What I'm Good At | Communication, empathy
- What The World Needs | Quality education
- What I Can Be Paid For | Teaching, training
- Ikigai (Purpose) | To inspire and guide learners

Reflection Slide – “Find Your Why”

Take a moment to reflect:

What drives you every morning?

What kind of work would make you proud at the end of your life?

★ Finding your “why” gives your “how” a purpose.

References

- García, H. & Miralles, F. (2017). *Ikigai: The Japanese Secret to a Long and Happy Life*. Penguin Books.
- Covey, S. R. (1989). *The 7 Habits of Highly Effective People*. Free Press.
- Goleman, D. (1995). *Emotional Intelligence*. Bantam Books.
- Harvard Business Review – Career Development and Self-Improvement Articles.

Conclusion

- PGPD enhances personal and professional growth.
- Ikigai links your skills with life purpose.
- Career planning with Ikigai ensures fulfillment and contribution to society.

Learning Outcomes

- By the end of this session, you will be able to:
- Explain PGPD and its importance.
- Identify your unique Ikigai.
- Create a meaningful career plan.
- Demonstrate a growth-oriented and reflective mindset.

Video Links

- <https://youtu.be/pk-PcJS2QaU?si=VccCbnaRJYSF2IH4>
- <https://youtu.be/moQnoSYPMmY?si=Gb8NXJnKrBhJUWFc>
- https://youtu.be/cmw7e7O-7qk?si=h7z4Ruov_RiL7Aw7
- <https://youtu.be/1KaQImCTG6A?si=zb7JxYL1RIWKOs7K>

- “Your work is your love made visible.”

– *Kahlil Gibran*

Thank You