

Self Development and Assessment – Sem-4 Professional Grooming & Personality Development (303193252)

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

Career Planning through Purpose and Self-Discovery

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

- Introduction to PGPD
- Importance of PGPD
- What is Ikigai?
- Four circles of Ikigai
- Exercise – Ikigai Planning Chart
- Learning Outcome
- Conclusion

Introduction to PGPD

PGPD: 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 personally and professionally.

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.

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 (Ikigai Framework)

Instructions:

Reflect on your interests, strengths, and values.

Use the Ikigai model as a guide.

Fill in the chart honestly.

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 – “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