

Professional Development with Ron:

During the first part of the classroom. Ron welcomes us with an exercise that helps us identify our main attributes in life. He went around the classroom and handed everyone a stack of 22 flashcards, each notating a certain attribute. His instructions were:

1. Pick out the attributes that best describes who you are right now NOT who you hope to become
[After Step 1]
2. Condense the amount of attributes to ONLY 6
[After Step 2]
3. Now condense those to ONLY 3 attributes

He then asked some volunteers to share some of their attributes and asked the rest of the classroom to email ours and why we chose them. Here are mine:

BALANCE: This is important to me because I have recently learned to set my priorities straight but I would still like to incorporate the things that make me happy and purposeful in my daily life. For example, my priorities right now are being in cybersecurity class everyday (I am aiming for a perfect attendance) and exceeding the class by passing all certifications and securing a job by the time the class ends. I also enjoy trying out new food, going to cafes, playing with my dog, taking a stroll in the park, exercising at the gym, and spending time with my loved ones. I tried my best to balance the things I need to do and the things I enjoy doing.

CHANGE: I did not like the lifestyle that I put myself in before I started this program. I felt that I am trapped under a dark cloud that keeps expanding the more I rot away with these bad habits and discouragement. This program and the new habits that I am establishing are the biggest change of my life right now and I am very grateful. I would even consider that this is the biggest value or attribute of my life right now. This is something that I am experiencing but also something I NEEDED.

COMMITMENT: I am making a commitment to exceed in this program and securing a job in cybersecurity. Commitment is important to me because it means to put your 110% everytime. I also expect others to be committed to me whether it's personal or professional. I would like to see my effort being reciprocated the same way.

After this exercise, we met Paul Farley and heard him talk about his career and life. He was the special guest of the week for part of our professional development day. Paul gave me a very useful advice about merging my knowledge in marketing and cyber to employers when applying for a job since I hold a BA in Business Administration and Marketing.

For the other half of the class, we separated by gender to better discuss professional attire (formal and casual). This portion was run by Angie, Isabelle (for the women), Primous and JW (for the male).