

CAREER MENTOR





Holistic career fulfilment includes workplace performance, workplace leadership as well as work satisfaction

Personality –

It refers to an individual's characteristic patterns of thinking, feeling and behaving. The study of personality focuses on two broad areas: Various characteristics come together as a whole in influencing how an individual interacts with environment. One way of defining personality uses the following 5 components -

Component	Description	Status
Openness to experience	Active imagination, Aesthetic sensitivity, Attentiveness to inner feelings, preference for variety, Intellectual curiosity and tendency to challenge authority. It is related to identifying new and novel solutions to work related problems.	
Conscientiousness	Willingness to do a task well, and to take obligations to others seriously. It is highly correlated to work related task accomplishment.	
Extraversion	Extraverts enjoy human interaction or thrive on them. It is important when we have to work with people, in teams and in highly visible roles.	
Agreeableness	It includes kindness, warmth, sympathy, cooperation & consideration. Reasonable amount of agreeableness is required for a healthy workplace environment and cooperative working.	
Neuroticism	Tendency to experience negative emotions of anxiety, worry, fear or anger. Higher levels are related to personal dissatisfaction & ineffectiveness as well as unhealthy work relations.	

Focus Areas

Emotional Intelligence –

Emotional intelligence helps us perceive emotions. It also helps us to access and generate emotions to assist thought. It helps us to understand emotions and emotional knowledge. Finally, using emotional intelligence, we can regulate emotions by reflecting upon them. Overall, it promotes our emotional and intellectual growth. The 5 emotional competencies covered in emotional intelligence are

Component	Description	Status
Self-Awareness	Being aware of our own emotions and feelings, preferences as well as intuitions	
Managing Emotions	Managing our emotions and impulses	
Motivation	Emotional tendencies that guide us towards our goals.	
Empathy	Awareness of emotions, feelings, needs and concerns of others.	
Social skills	These are skills needed to effectively handle and manage emotions in others.	

Focus Areas