

# Teaching / training assignments: Life skills - Balance between parenting and career under project **2023-1-BG01-KA121-ADU-000115419, Erasmus +**

**Leader: Association of Psychologists in Bulgaria**

**Participating organization: APB /Kocatürk Danismanlık Özel Egitim Hizmetleri Turizm ve Proje Hizmetleri Ticaret Sanayi Limited Sirketi**

**DATES: 29.03.2024 – 07.04.2024**

# Day 2

## Topic: Main aspects of career development

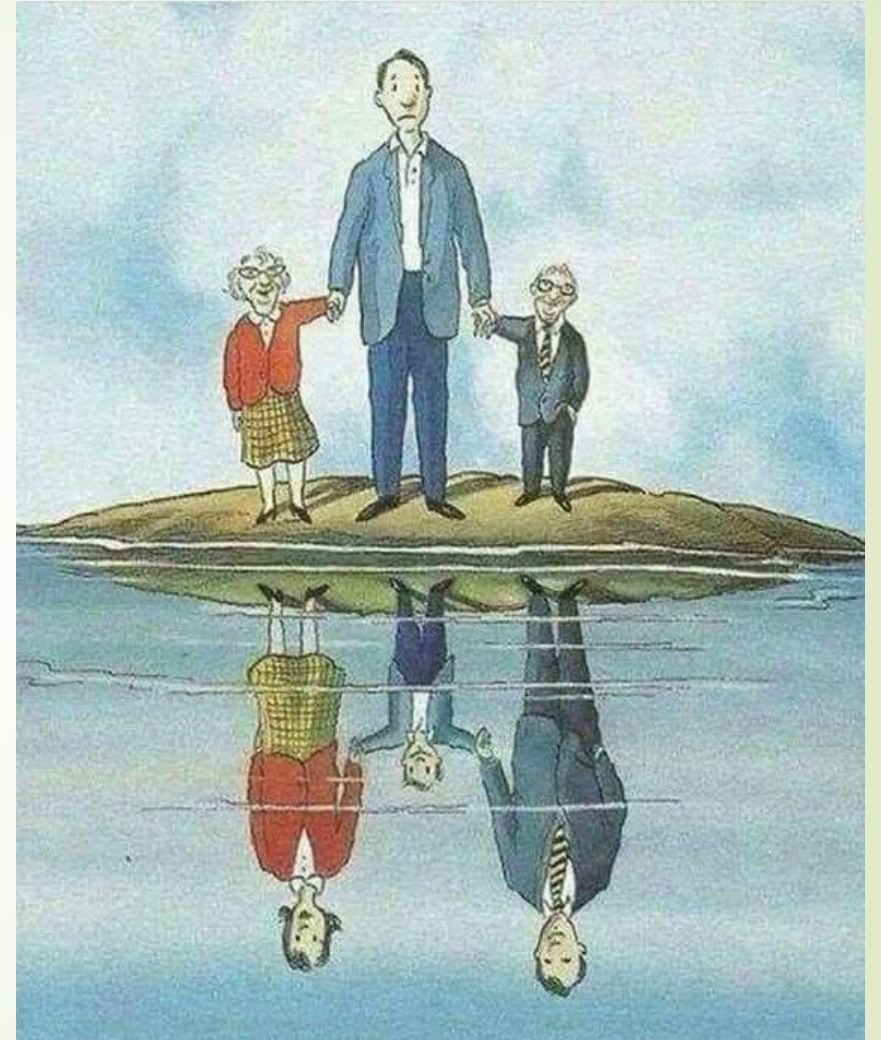


## Objective

To develop effective time management skills that optimize productivity and balance various life responsibilities.

Participants will be equipped with the knowledge and skills necessary to navigate the complexities of balancing work and personal life effectively. Through proactive strategies and mindful practices, individuals can cultivate a sense of harmony that promotes fulfillment, resilience, and success in both professional and personal spheres.

Career development is a lifelong journey that requires careful planning, continuous learning, and adaptability to changing circumstances. Understanding the main aspects of career development is essential for achieving goals and finding fulfillment in your work.





## Self-Assessment

The first step in career development is self-assessment. This involves taking stock of your skills, interests, values, and personality traits.

What are you passionate about?

What are your strengths and weaknesses?

Understanding yourself will help you identify potential career paths that align with your goals and aspirations.

## Goal Setting

These goals should be specific, measurable, achievable, relevant, and time-bound (SMART). Whether your goal is to land a certain job, earn a promotion, or start your own business, having clear objectives will provide you with a roadmap for success.



## Skill Development

Continuous learning and skill development are essential for staying competitive in today's rapidly evolving job market. Identify the skills and knowledge you need to achieve your career goals and seek out opportunities to acquire them.



## Networking

Building and maintaining professional relationships is crucial for career development. Networking allows to connect with others in field, learn from their experiences, and uncover new opportunities.





## Career Exploration

Exploring different career options can help you make informed decisions about your professional path.



## Adaptability

Embrace change, be open to new opportunities, and be willing to pivot when necessary. Keep abreast of industry trends and technological advancements, and be proactive about acquiring new skills to stay relevant in your field.



## Work-Life Balance

Maintaining a healthy work-life balance is crucial for long-term career satisfaction and overall well-being. Set boundaries between work and personal life, prioritize self-care, and make time for activities that bring you joy and fulfillment outside of work. Remember that a successful career is only one aspect of a fulfilling life.



## Conclusion

Career development is a dynamic and multifaceted process that requires self-awareness, goal setting, continuous learning, networking, exploration, adaptability, and a commitment to maintaining work-life balance. By understanding and actively engaging with these key aspects, you can navigate your career path with confidence and achieve your professional aspirations.



## **Workshop- Duration 2 hours**

### **Aims**

This workshop is designed to help participants gain a deeper understanding of the main aspects of career development and equip them with practical strategies for advancing their careers. Through a combination of presentations, group discussions, and activities, participants will explore topics such as self-assessment, goal setting, skill development, networking, career exploration, adaptability, and work-life balance.

## Workshop Objectives

1. Understand the importance of career development in achieving professional goals and personal fulfillment.
2. Identify key aspects of career development and their relevance to individual career journeys.
3. Develop practical strategies for self-assessment, goal setting, skill development, networking, and career exploration.
4. Explore ways to adapt to changing circumstances and maintain a healthy work-life balance throughout their careers.

## Training for a Self-Assessment (20 minutes)

Presentation on the importance of self-assessment in career development.

**Group activity:** Self-reflection exercise to identify skills, interests, values, and goals.



## Goal Setting (20 minutes)



Presentation on SMART goal setting principles.

**Individual exercise:** Participants set short-term and long-term career goals.



## Skill Development (20 minutes)

Presentation on the significance of continuous learning and skill development.

**Group discussion:** Sharing experiences and identifying skills needed for career advancement.



## Working in team(15 minutes)

Presentation on the benefits of networking and building professional relationships.

**Networking exercise:** Participants practice introducing themselves and exchanging contact information.



## Career Exploration (20 minutes)



Presentation on strategies for exploring different career paths and opportunities.

**Interactive activity:** Participants explore potential career options and discuss their findings in small groups.



## Adaptability (15 minutes)

Presentation on the importance of adaptability in navigating career transitions and challenges.

**Case study discussion:** Participants analyze real-life scenarios and brainstorm adaptive strategies.





## Work-Life Balance (15 minutes)

Presentation on the significance of maintaining a healthy work-life balance for overall well-being.

**Group reflection:** Participants share tips and strategies for achieving work-life balance.



## Q&A (10 minutes)

Summary of key takeaways from the workshop.

Open floor for questions, comments, and further discussion.



# Topic: Exploring Key Aspects of Parenting: A Collaborative Training Session

## Introduction

Parenting requires a diverse set of skills, a deep understanding and a willingness to adapt to ever-changing circumstances. In this training session, we will explore the main aspects of parenting through collaborative discussion and idea generation. By sharing experiences, insights, and strategies, we aim to empower each other to become more effective and confident parents.

## **Effective Communication**

Effective communication is essential for building strong parent-child relationships and fostering trust and understanding. Participants are encouraged to share their experiences and ideas on how to communicate effectively with children of different ages and personalities.

### **Generating ideas**

What strategies have worked well for you in promoting open and honest communication with your children?



## **Positive Discipline**

Positive discipline focuses on teaching children appropriate behavior rather than punishing them for mistakes. Participants can share their approaches to discipline and discuss techniques such as setting clear expectations, using positive reinforcement, and modeling desired behaviors.

## **Discussion**

How do you handle challenging behaviors while maintaining a positive and supportive environment?

## Setting Boundaries

Setting and enforcing boundaries is crucial for promoting children's safety, autonomy, and responsibility. Participants can brainstorm ideas for establishing age-appropriate boundaries and communicating them effectively to children.

## Generating ideas

How do you strike a balance between setting limits and allowing children to explore and learn from their experiences?

## Nurturing Emotional Intelligence

Emotional intelligence plays a significant role in children's social and emotional development. Participants can share strategies for nurturing emotional intelligence in children, such as validating their feelings, teaching problem-solving skills, and fostering empathy and resilience.

### Discussion

How do you help your children recognize and manage their emotions in various situations?

## Encouraging Independence

Encouraging independence empowers children to take initiative, make decisions, and develop self-confidence and self-reliance. Participants can exchange ideas on how to support children's independence while providing guidance and support when needed.

### Sharing experience

What opportunities do you provide for your children to develop independence and autonomy in daily activities?



## Self-Care

Self-care is vital for parents to maintain their physical, emotional, and mental well-being amidst the demands of parenting. Participants can share self-care practices that help them recharge and avoid burnout, such as prioritizing sleep, seeking support from friends and family, and engaging in hobbies and activities they enjoy.

### Sharing experience

How do you prioritize self-care while juggling the responsibilities of parenting?