Lynda.com video of the month: Discovering your strengths

Business coach Dave Crenshaw demonstrates ways to discover what you’re truly best at doing and how to leverage those strengths and abilities in your professional life. This course reveals how to uncover your strengths and talents, match them to job responsibilities, and develop a path to apply those strengths at work. Set yourself up for continued success with self-assessments and the ability to invest in yourself and make continual improvements as your career grows.

Duration: 55 min 40 sec
For more information on Lynda.com at the UN, visit: hr.un.org/lynda

Career Counselling and general Coaching @ the UN

Having reflected on the past performance cycle and finalised our work plan for the new one, we now look forward into the new year with its challenges and opportunities. In order to help UN staff reach their personal development goals, OHRM is offering career counselling and general coaching sessions. Career counselling sessions can be useful if you for example need help completing your PPR and cover letter for an application or if you’d like to practice for a job interview, while general coaching sessions can help you—for example—to feel more confident about providing performance feedback. This service is now more easily accessible than ever before: you can register by emailing uncareercoaching@gmail.com to schedule your session and to let the coach know if you would like to sign up for career counselling or general coaching.

You can find more information on career counselling and general coaching here.

ARE YOU PLANNING TO SCHEDULE A CAREER COUNSELLING SESSION?

Here are some tips to get the most out of it!

• If you want to improve your PPR, we strongly recommend that you complete the online PHP course before your session.
• If you would like to prepare for an upcoming interview, we recommend you first complete the online competency-based interview course.
• If you want help in creating your career development plan, or to discuss any other career related topics, we recommend you first complete “knowing yourself” in the career workbook.

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