



WP3 – INTERACTIVE INFOGRAPHICS FOR CAREER MANAGEMENT SKILLS

Adaptability to change

CALL-TO-ACTION ACTIVITY

THEMATIC AREA

Adaptability to change

ACTIVITY TITLE

Get ready to accept changes in the work environment

TYPE OF RESOURCE

Self-Help Activity



DURATION OF ACTIVITY (IN MINUTES)

60 minutes

LEARNING OUTCOME

- Select strategies and methods to plan, prepare, and adapt to changes in the work environment

AIM OF ACTIVITY

The aim of this activity is to help to prepare you to embrace your adaptability skills and apply them within the workplace.

MATERIALS REQUIRED FOR ACTIVITY

- Internet
- PowerPoint or Word

STEP-BY-STEP INSTRUCTIONS

Analyse yourself and think about the alternatives you have in your career. Step by step, consider your current situation and what you can change in the future to be more competitive in the market. This task will prepare you to be more adaptable to changes in your current work environment and more willing to accept the changes if necessary.

Go through the steps and make a summary of your findings through SWOT analysis.

Step 1: Strengths

- List down your strong attributes, skills, and experiences.
- Reflect on what sets you apart from others in your field.
- Consider personal traits, technical skills, and soft skills.

Step 2: Weaknesses

- Identify areas where you lack skills or experience.
- Consider any limitations or challenges you face in your current role or desired career path.

Step 3: Opportunities

- Research market trends and industry demands.
- Identify potential career growth opportunities or new skill acquisition paths.

Step 4: Threats:

- Evaluate potential obstacles or challenges in your chosen career path.
- Consider external factors such as economic downturns, industry disruptions, or increased competition.
- Reflect on areas where your skills may become obsolete or less in demand over time.



Step 5: Compile and Analyze Findings:

- Review your lists for each category (Strengths, Weaknesses, Opportunities, Threats).
- Prioritize key areas for improvement or further exploration.
- Develop Action Plan: Based on your analysis, Set achievable goals and timelines for each action.

Implementing a combination of these strategies and methods can contribute to a proactive, adaptive, and resilient approach to changes in the work environment.



Lotus

Resilience in VET Education



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