

MODULE 1. GET TO KNOW YOURSELF

**READY
TO
START**

2. MATERIAL FOR PARTICIPANTS: ROLE-PLAY



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Location: Psychologist's office

- **Psychologist:** Anna, I'm glad you came. You said you were going through a career crisis. Can you tell me more about it, what's going on?
- **Ania:** Thank you for trying to help me. As you know, I've been working for the same company for five years, but lately I've been feeling stuck. I'm not sure if this place is right for me.
- **Psychologist:** I understand. A job that doesn't bring satisfaction can be very difficult. Can you share moments in your career when you felt truly fulfilled, satisfied with your successes?
- **Ania:** I remember being in charge of organising a large corporate event. Everything went smoothly and the participants were happy. I was proud of what I had achieved.
- **Psychologist:** What made you feel fulfilled at that moment?
- **Ania:** I think it was my success. I was able to organise the event, I took care of all the details and it was very fun to do that. I like to see that my efforts bring real results.

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- **Psychologist:** You seem to derive satisfaction from organising and from achieving visible results. Are there any other moments that might indicate your needs and expectations at work?

- **Ania:** I also remember leading a small project team. I enjoyed working with people, motivating them and seeing us reach goals together.

- **Psychologist:** I see that teamwork and talent management within a team are of importance to you as well. How do you think these elements might affect your future career?

- **Ania:** It seems to me that I should look for roles that allow me to utilise these skills. Maybe I should focus more on managing projects or teams.

- **Psychologist:** This could be a good direction. Now let's look at what makes you feel unfulfilled in your current job. Can you point to specific aspects that bother you?

- **Ania:** I feel that my job is monotonous and I don't really see much point in it. I miss challenges and opportunities for development.

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- **Psychologist:** This is understandable. What is important is that the work is stimulating and provides a sense of development. What changes could you make to better match your needs and expectations?

- **Ania:** I think I could talk to my manager about the possibility of changing my responsibilities or assigning me new projects. It might also be worth considering a job change and moving to another company.

- **Psychologist:** You make a great deal of accurate insights. Remember that reflecting on your needs and expectations is key. If you need further support, I am here to help you. Thank you for sharing your story.

- **Ania:** Thank you very much for your help. I feel better understood and I now have a clearer picture of what I need.

- **Psychologist:** I keep my fingers crossed for you and wish you the best of luck. Goodbye!

- **Ania:** Goodbye!