MODULE 1. GET TO KNOW YOURSELF

2. MATERIAL FOR THE ADVISOR: ROLE-PLAY EXERCISE SCENARIO

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Based on the dialogue presented between the psychologist and the client, one of the following tasks can be proposed, depending on the group:

○ **Analysis of personal work experience:**
Participants write short stories about their most satisfying career moments. Next, in small groups, they share these stories, identifying common themes that contribute to their career satisfaction.

○ **Conducting a simulated interview with a psychologist/mentor:**
In pairs, participants simulate a conversation in which one is the advisor/psychologist and the other is the client. The aim is to discuss one's current professional state, identify areas of unfulfilment and formulate plans for the future.

○ **Career transition planning:**
Each participant develops an action plan to help them better match their job to their needs and expectations. The plan may include discussions with superiors, looking for new opportunities inside or outside the current workplace, and additional trainings or courses.

Questions for discussion with participants on the basis of the presented talk:

○ **Reflection on job satisfaction:**
  - What elements of your work make you feel fulfilled?
  - Can you identify specific tasks or projects that bring you the most satisfaction? Why?

○ **Assessment of professional needs and expectations:**
  - What are your key professional needs that need to be met for you to feel happy at work?
  - What aspects of your current job make you feel unfulfilled?

○ **Strategies for coping with a career crisis:**
  - What steps can you take to address feelings of stagnation or lack of fulfilment at work?
  - What changes could you make to your current role to better match your career aspirations?