

MODULE 1. GET TO KNOW YOURSELF



1. PODCAST: UNDERSTANDING YOUR OCCUPATIONAL PREDISPOSITIONS



Co-funded by
the European Union





1. PODCAST: UNDERSTANDING YOUR OCCUPATIONAL PREDISPOSITIONS

Mini lecture

- **Host:** Good morning, welcome to the first episode of our podcast "**Understanding Your Career Predispositions**". Today we're going to discuss what career predispositions are and why understanding them is crucial to career success. I will briefly explain what career predispositions are. Vocational predispositions are innate or acquired traits and skills that make us more suitable to perform certain tasks and roles at work. These may include interpersonal, analytical, technical and many other skills. Understanding your predispositions allows you to better match the demands of the labour market and find a rewarding career path.

Interview

- **Host:** Today we are featuring a special guest, Anna Nowak, a career specialist, who will talk to us about how to identify your career predispositions. Hi, Anna!

MODULE 1. GET TO KNOW YOURSELF
1. PODCAST: UNDERSTANDING YOUR
OCCUPATIONAL PREDISPOSITIONS



- **Anna Nowak:** Hi, thank you for inviting me.
- **Host:** Anna, can you tell us what are the most effective methods of identifying your career predispositions?
- **Anna Nowak:** Naturally. There are many tools and methods available to help identify an individual's career predispositions. Some of the most popular include Gallup tests that identify talents, various personality tests, and team role tests. Additionally, career aptitude tests can help determine one's skills and abilities. It is also important to observe one's passions, interests, strengths, and weaknesses in both professional and private situations.
- **Host:** I have read that interpersonal skills refer to the ability to communicate, cooperate and build relationships with other people. In which professions are people with these skills most likely to be successful?
- **Anna Nowak:** People with developed interpersonal skills often excel in professions such as psychologist, teacher, manager or salesperson. It is important not only to understand if we possess such predispositions, but also to develop them and utilise them in our daily work.
- **Host:** What do you think about analytical skills. What are analytical skills and why are they important?

MODULE 1. GET TO KNOW YOURSELF
1. PODCAST: UNDERSTANDING YOUR
OCCUPATIONAL PREDISPOSITIONS



- **Anna Nowak:** Analytical skills are the ability to think logically, analyse data and solve problems. They are crucial in professions such as data analyst, engineer or scientist. These abilities allow us to make informed decisions based on facts and analysis. This is invaluable in many industries.

- **Host:** We are slowly reaching the shore. Here's a final question for you. How and why is technical capacity important and what is it related to.

- **Anna Nowak:** Technical aptitude is the skill associated with operating, for example, high-tech devices, tools and equipment.
People with technical aptitude often do well in professions such as engineer, programmer or technician.
You can identify technical skills in yourself by experimenting with different technologies, attending courses, trainings and through practical experience at work. It is important not to be afraid of new technologies and to constantly improve yourself in this field.

- **Host:** Thank you very much for the large dose of knowledge useful for career development. See you in the next episodes!