

MODULE 1. GET TO KNOW YOURSELF

**READY
TO
START**

2. PODCAST: UNDERSTANDING YOUR STRENGTHS AND WEAKNESSES



Co-funded by
the European Union





2. PODCAST: UNDERSTANDING YOUR STRENGTHS AND WEAKNESSES

Interview

- Host:** Good morning, welcome to another episode of our podcast "Understanding Your Career Predispositions". Today we will talk about the importance of knowing your strengths and identifying your weaknesses. I am pleased to have two guests in the studio: Karolina Malinowska, a career advisor, and Piotr Lewandowski, a psychologist. Hi, Karolina and Piotr!
- Karolina Malinowska:** Hi, it's a pleasure to be here. Thank you for the invitation.
- Piotr Lewandowski:** Good morning, thank you for the invitation.
- Host:** We'll start with you, Carolina. Why knowing your strengths is so important in terms of your career?
- Karolina Malinowska:** Knowing our strengths is crucial, as it allows us to make better use of our natural talents and skills at work. If we know what we are good at, we can focus on these areas and develop them, which leads to greater job satisfaction and better results. Awareness of strengths is

MODULE 1. GET TO KNOW YOURSELF
2. PODCAST: UNDERSTANDING YOUR
STRENGTHS AND WEAKNESSES



linked to self-assessment, helping to build confidence and to better cope with professional challenges.

○ **Host:** That sounds logical. Piotr, and what can you say about vulnerability identification, what it is and whether it is equally important?

○ **Piotr Lewandowski:** Vulnerability identification is equally important. It allows us to understand what we need to work on in order to develop.

Each of us has areas where we don't feel confident or that need improvement.

Awareness of these areas gives us the opportunity to consciously develop and avoid situations that may weaken us. Understanding your weaknesses usually helps you to better manage stress and cope with difficulties.

○ **Host:** It is very important what you say. Karolina, can you give some specific methods to help our listeners identify their strengths and weaknesses?

○ **Karolina Malinowska:** Of course. One method is to keep a success diary in which we record our achievements and situations in which we felt confident and successful.

We can also use various psychometric tests, such as those in our programme or the Gallup test, to help identify talents. It's also worth talking to loved ones, mentors or colleagues

MODULE 1. GET TO KNOW YOURSELF
2. PODCAST: UNDERSTANDING YOUR
STRENGTHS AND WEAKNESSES



who can give us valuable feedback. I recommend going to a career counsellor, career coach or psychologist.

- **Host:** Piotr, and what are your recommendations?

- **Piotr Lewandowski:** I agree with what Karolina said. I also recommend self-observation and reflection. Let's think about in which situations we feel most comfortable and effective and in which we have difficulties.
Additionally, we can carry out regular self-analyses and assessments of our development. Taking advantage of mentoring or the aforementioned coaching can be very helpful. We then receive support from people with more experience. They can help us to see our strengths and weaknesses from a different perspective..

- **Host:** This is very valuable advice. Finally, I would like to ask you how this information can be put into practice? Karolina?

- **Karolina Malinowska:** The most important thing is to consciously apply this information in our career planning. Let's use our strengths to achieve our goals and look for roles that will allow us to use them to their full potential.
At the same time, let's work on our weaknesses, developing ourselves and learning new skills that we may need.

- **Piotr Lewandowski:** I would also add that it is important not to be afraid to take on new challenges and to be open to

MODULE 1. GET TO KNOW YOURSELF
2. PODCAST: UNDERSTANDING YOUR
STRENGTHS AND WEAKNESSES



feedback. Every experience, even the difficult ones, can teach us something and help us in our development. Let's constantly analyse our progress and do not be afraid to make changes if we see that something is not working.

- **Host:** Thank you very much for these valuable insights, Karolina and Peter. I hope our listeners will take your advice, consciously develop their strengths and work on their weaknesses. See you in the next episodes of our interviews with labour market experts.