

## MODULE 1. GET TO KNOW YOURSELF



### **3. PODCAST: MATCHING THE PROFESSIONAL ENVIRONMENT TO PERSONAL VALUES**



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### Interview

- **Host:** Good morning and welcome to another episode. Today we will discuss how understanding your values and preferences can help you align your professional environment with your personal priorities. Our guests are Maria Wiśniewska, career coach, and Tomasz Krawczyk, HR specialist. Welcome!
  
- **Maria Wiśniewska:** Good morning, thank you for the invitation.
  
- **Tomasz Krawczyk:** I also thank you very much for the invitation.
  
- **Host:** Maria, let's start with the basics. Why understanding your values is so important in terms of your career?
  
- **Maria Wiśniewska:** Understanding one's values is crucial, as our values are the foundation upon which we base our decisions and actions.  
At work, values can affect our commitment, satisfaction and performance.  
For example, if independence is important to someone, they will find it more rewarding to work in an environment that offers

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a lot of autonomy than to work in a tightly controlled environment.

Knowing one's values allows us to better align our career with our needs and priorities.

- **Host:** This is very interesting. Tomasz, how can we identify our values and career preferences?
  
- **Tomasz Krawczyk:** There are several methods that can help you identify your values and preferences. Firstly, it is useful to carry out a self-analysis and think about what is most important to us in work and life. We can also use various tools and tests, such as career values tests, to help identify our priorities. Conversations with loved ones, mentors or coaches can likewise provide valuable insights into our values.
  
- **Host:** Can you provide specific examples of values that can influence the choice of professional environment?
  
- **Maria Wiśniewska:** Of course. Examples of values include independence, cooperation, stability, intellectual challenges, personal development, creativity, work ethic, work-life balance and many more.  
For example, someone who values collaboration will look for a job in an environment where teamwork is key and someone who values intellectual challenges will be happier in a dynamic environment where there are constantly new problems that need to be solved.

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- **Host:** Tomasz, how values and preferences can affect our job satisfaction?
  
- **Tomasz Krawczyk:** Values and preferences have a huge impact on our job satisfaction, as working in line with our values makes us feel more fulfilled and motivated.  
When our work environment is in line with our values, we are more engaged and more willing to take on tasks.  
Conversely, work that is not in line with our values can lead to frustration, burnout and reduced productivity.
  
- **Host:** Maria, can you share any success stories where understanding your values and career preferences helped someone find the right work environment?
  
- **Maria Wiśniewska:** Sure! I recall a client who worked as an engineer in a large corporation. He had a stable job and a good salary and yet he felt unfulfilled and burnt out. During our coaching sessions, it became clear that his main values were creativity and innovation. After analysing his preferences, he decided to change his career path and started working for a small technology company where he was free to experiment and implement new ideas. There he found satisfaction and a sense of fulfilment that he had previously lacked.
  
- **Host:** This is an interesting story. Tomasz, what advice would you give to our listeners who want to better understand their values and align their careers with them?

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- **Tomasz Krawczyk:** My advice is to start by self-analysing and reflecting on what is really important to you. Try to identify jobs or roles that align with these values. Don't be afraid to make decisions and changes, even if they seem difficult. Sometimes it's worth taking a risk to find a job that really matches your values and is rewarding. Also use the tools and support available, such as career values tests, career coaches or mentors.
- **Host:** Thank you very much for these valuable tips, Maria and Tomasz.  
I hope our listeners will take your advice and find the work environment that best suits their values and preferences. See you!