

## MODULE 1. GET TO KNOW YOURSELF

**READY  
TO  
START**

### **4. PODCAST: REFLECTING ON LIFE EXPERIENCE AND ITS IMPACT ON CAREERS**



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### Interview

- Host:** Good morning, welcome to the final episode of our podcast. Today, we'll talk about how reflecting on our life experience influences our perception of our career and how understanding your needs and expectations can make it easier to make changes or reaffirm your chosen career path. Our guest is Ewa Nowicka, psychologist and career counsellor. Hello, Ewa!
- Ewa Nowicka:** Good morning, I am very pleased that you are raising such important issues.
- Host:** Ewa, I would like to start by asking why reflection on life experience is important in the context of a career?
- Ewa Nowicka:** Reflecting on life experience is crucial because our past experience shapes our perception of the world, our values, needs and expectations. Analysing this experience allows us to understand what is really important to us and what our true priorities are. This, in turn, helps us to make informed career decisions and can make it easier to make changes if our current career path does not meet our expectations.

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- **Host:** This is very interesting. It seems that my past has an impact on my career choices. What steps can we take to effectively reflect on our life experience and its impact on our career?
  
- **Ewa Nowicka:** The first step is to take time for self-analysis. We can start by writing down our important life and work experience, what emotions and conclusions accompanied it and what do you usually do in such a situation. It is worth reflecting on what made us feel fulfilled and what frustrated us. We might also interview close people who know us well and can give us valuable feedback. The next step is to analyse this information and identify patterns that may indicate our needs and expectations.
  
- **Host:** Can you give examples of how a variety of experience can influence our perception of career?
  
- **Ewa Nowicka:** Yes, of course. For example, someone who has worked in a stressful environment for a long time may understand that stability and peace of mind are their priorities. Conversely, someone who has had the opportunity to work in a dynamic team where they felt inspired and motivated may discover that they need a job that offers intellectual challenges and opportunities for growth. Another example is someone who has experienced working in different cultures and has realised that they value diversity and international

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collaboration. These individuals will look for work environments that are conducive to them.

- **Host:** This really shows how important it is to understand one's experience. What tools can help us to reflect on our professional lives?
  
- **Ewa Nowicka:** There are many tools that can be helpful. We can use various self-assessment tests that help us identify our strengths, weaknesses, values and career preferences. We can simply make an appointment with a career counsellor, psychologist or coach and address our doubts through self-analysis and the use of the tools that the professional offers us. There are quite a lot of them. It is also worth taking advantage of coaching and mentoring, which offer support and an outside perspective, helping us to better understand ourselves.
  
- **Host:** Thank you, Ewa. Now I'd like you to share a success story where reflecting on a life experience helped someone make a significant career change.
  
- **Ewa Nowicka:** I recall a client who was working as a manager in a corporation, but was feeling burnt out and unfulfilled. During our coaching sessions, we started to analyse her past experience and values. She realised that she had always valued working with people and helping others. This led her to

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change her career path and start working for a non-profit organisation where she could pursue her passions and values. This change brought her great satisfaction and a sense of fulfilment.

- **Host:** It is a touching story. To conclude, what advice would you give to our listeners who would like to better understand their career needs and expectations?
  
- **Ewa Nowicka:** Above all, be open to reflection and change. Take time to analyse your experience and reflect on what really makes you feel fulfilled. Don't be afraid to make decisions and act in accordance with your values. Remember that any change can lead to a better fit between your professional environment, your needs and expectations. Also make use of the tools and support available to you, such as coaching, mentoring or career counselling.
  
- **Host:** Thank you so much, Ewa, for these valuable tips. I hope our listeners will take your advice and find a career path that best suits their needs and expectations.