

MODULE 3. DECISION MAKING
IN CAREER PLANNING



2. PODCAST – THE IMPORTANCE OF SELF-ASSESSMENT IN THE DECISION-MAKING PROCESS



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Interview

○ **Host:** Hey everyone, welcome back to “Decision Making in Career Planning”, Here’s a podcast focusing on the importance of self-assessment in the decision-making process.

To help us with this topic, I’m joined by a special guest, career counselor Biljana Velevska. Welcome Biljana!

○ **Biljana:** Thanks for having me! I’m excited to be here.

○ **Host:** We’re thrilled to have you. So, we’ve talked a lot on this podcast about the decision-making process in general, but today, we’re going to focus specifically on the importance of self-assessment. Why is self-assessment such a crucial step in making decisions, especially career-related ones?

○ **Biljana:** Great question. Self-assessment is really the foundation of effective decision-making because, at the end of the day, the best source of viable alternatives is the person making the decision. It’s about understanding who you are—your beliefs, values, attitudes—and using that knowledge to identify what’s truly important to you.



Without self-esteem it is like trying to solve a puzzle without knowing what the final picture looks like. You might be able to fit some pieces together, but without a clear vision, you'll struggle to make the right decisions.

- **Host** (curious): That makes sense. So, what does self-assessment really involve? Is it just thinking about your skills and interests, or is there more to it?

- **Biljana**: It goes much deeper than just skills and interests. While those are important, self-assessment is also about clarifying your beliefs, attitudes, and values. It's about understanding what you truly want—not just in your career, but in life. Self-assessment includes looking at all the elements that make up your well-being: social, emotional, intellectual, physical, and even spiritual aspects. For example, someone might think they want a high-paying corporate job, but through self-assessment, they may realize that what they truly value is work-life balance or meaningful work that aligns with their personal beliefs. That's why it's so important to assess not just the external factors, but the internal ones as well.

- **Host**: That's such an interesting point. It's not just about what we "think" we want—it's about digging deeper to figure out what truly matters to us on multiple levels. How does self-esteem fit into this process?



- **Biljana:** Self-esteem plays a huge role in decision-making. It's about knowing what you're willing to sacrifice to get the desired result. High self-esteem means having confidence in your abilities and being clear about your boundaries and limits. It's also about being honest with yourself about your strengths and weaknesses.

For instance, someone with strong self-esteem can make decisions that align with their true goals because they know what they're worth, what they can offer, and where they want to go. Without that, it's easy to get lost in what others expect of you, rather than making decisions that serve your best interests.

- **Host:** So true! What kind of exercises or tools would you recommend to someone who's interested in starting this self-assessment process?
- **Biljana:** There are a few great tools out there. Personality assessment like the Myers-Briggs Type Indicator gives an idea what professions would most likely appeal to a person. Talking to a mentor or counselor is another great way to dive deeper into your self-assessment. Sometimes, having an outside perspective can reveal things you didn't even realize about yourself.

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- **Host:** That’s really helpful advice! It’s clear that self-assessment is such a vital step in the decision-making process. Before we wrap up, do you have any final tips for listeners who are feeling stuck and unsure of how to move forward with their career or life decisions?
- **Biljana:** I’d say, don’t rush the process. Self-assessment takes time, but it’s worth it. The clearer you are about who you are and what you want, the easier it becomes to make decisions that align with your true self. And remember, it’s okay to change direction—self-assessment is an ongoing process. What’s right for you now might shift in the future, and that’s completely normal.
- **Host:** That’s great advice. Thank you so much, Biljana Velevska, for joining us today and shedding light on the importance of self-assessment in decision-making. I’m sure our listeners have learned a lot!
- **Biljana:** It was my pleasure. Thanks for having me!
- **Host:** And that’s a wrap for today’s episode of “Decision Making in Career Planning”! If you found this discussion helpful, follow our next podcast.

