



Personal and professional development in the economic and administrative sector

What is personal development?

Personal development is an important part of being successful and happy.

Not everyone who has developed, has been successful, but all who have been successful have developed and have done tremendous work over themselves. Personal development is on one hand my way of life, but my passion and idea for life as well.





- **WHERE DOES THE LOVE AND PASSION FOR DEVELOPMENT COME FROM?**
- **What is personal development and what can you gain from it?**
- **Why can't you afford not to develop and need to work on yourself?**
- **How to find time for it?**
- **How to find your idea for life and way of life?**

Personal development - choice or necessity?



- There is a saying that whoever does not develop goes backward.
- Or more emphatically: **who does not develop, shrinks**
- It applies to private life, professional work and running a business.

Most people die by the age of 25, but they don't get buried until they're 70. — Benjamin Franklin.



Most of us complete personal development at the age of 25, and those who did not study even earlier.



We rest on our laurels and think that intellectually we have achieved everything and know everything.



Meanwhile, many of us have not left the cradle yet.



The measure of ambition for many people is to finish their studies, have fun and achieve relative stability.

What is Passion?

In a nutshell and to put it simply, passion is primarily energy and joy felt when we do something that feeds our body, mind, soul and emotions.

Levels of passion - looking for a motive on a deeper level



Pay attention to these four dimensions (in fact, levels) of passion:



THE BODILY (PHYSICAL)

dimension is everything that is related to the action itself, behavior and the way of expressing passion (what you see).

MENTAL LEVEL

what you gain intellectually thanks to the activities you undertake (e.g. personal development and becoming better and better as part of passion).

SPIRITUAL LEVEL

an expression of your values and a sense of meaning in what you do.

THE EMOTIONAL LAYER

is the emotions you want to feel through the pursuit of your passion.



■ **Expression of passion, i.e. the **physical level**. This level refers to **how your passion is expressed**, but also the material benefits that come from it, if passion is also your way and idea for life.**

In the case of personal development, the ways of expression are:

- reading books
- reading self-development magazines
- reading articles on blogs
- participation in trainings
- talking to other people about topics that you find interesting
- asking yourself questions
- time for reflection
- challenging yourself
- blog writing
- conducting trainings
- sharing knowledge with others, etc.



Personal development - mental level

At this level, what matters is what you gain intellectually from what you do as part of your passion.



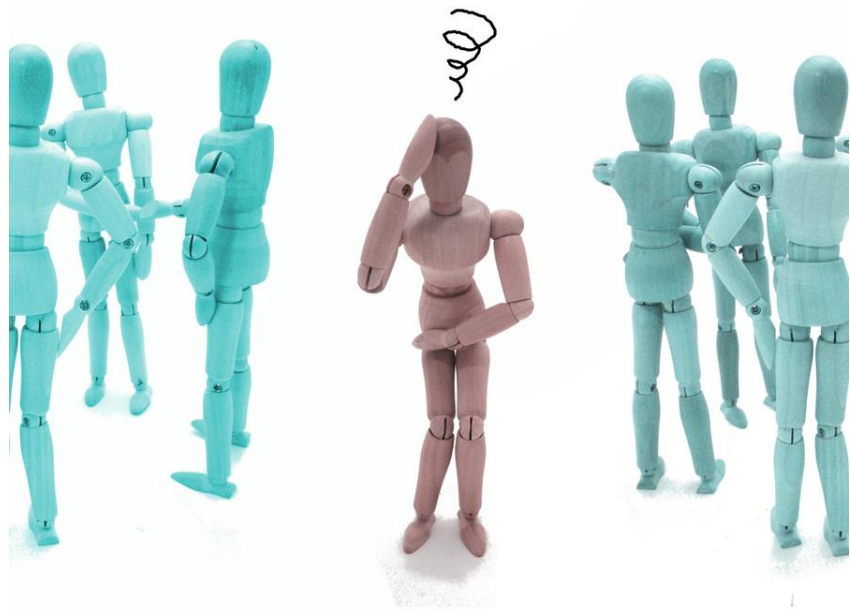
LEITMOTIF ON A DEEPER LEVEL - THE SPIRITUAL LEVEL

It's part of the driving force.

It is what turns you on and stimulates you to act, gives you motivation and allows you to persevere even when the implementation of your passion is associated with a certain amount of suffering and unpleasant actions.

IN CASE OF PASSION FOR PERSONAL DEVELOPMENT, THESE ARE:

Better understanding of yourself, the world and other people as well as expanding awareness



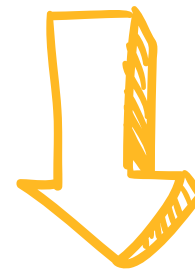
Getting better and better in different sectors



Crossing yourself and your own limits and overcoming your weaknesses



Leaving something valuable for future generations

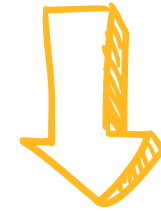


PERSONAL DEVELOPMENT - EMOTIONAL LEVEL

This is the deepest and the least conscious level.

We often feel different emotions, but it is difficult to name them, and to associate them with a specific action. However, they are the ones that "rule" our lives, and it is them that we desire the most (in the case of positive emotions) and avoid them the most (in the case of negative emotions).

WHAT EMOTIONS DO WE STRIVE FOR:



Love and respect for myself - I accept my imperfections

Satisfaction and self-satisfaction - leads to specific results

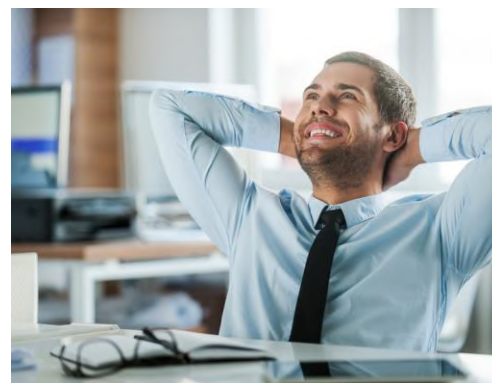
Pride - when we achieve something that is important to us or push our boundaries

Sense of calmness - thanks to the fact that we are developing, we are convinced that we can handle any situation

Fulfillment and happiness - when we do what we love

Empathy and understanding that we feel thanks to the sensitivity that we have in ourselves and thanks to understanding how people act and function

Feeling the joy of the process and enjoying every little discovery on the way of personal development.



How do you find time for personal development?



Limit all activities

that do not develop you and do not add value to your life (e.g. watching TV).

Organize your space and reality

in such a way that it supports you in personal development.

Combine various activities with each other

e.g. running, driving or ironing with listening to audiobooks or podcasts in the field of personal development, etc.

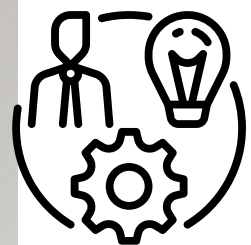
Plan your time

and always make sure that there is room for your passions in your calendar.

SELF-DEVELOPMENT VERSUS WORK AND CAREER



Personal development **serves**
professional goals.



Work is an essential **part of**
your life.

At the beginning, it is worth defining what your priority is:

- Improving your skills and acquiring new ones in order to be more efficient in your current job
- Acquisition of new competences with a view to new employment prospects



Employees development is something that happens in the company, whether you actively affect it or not.

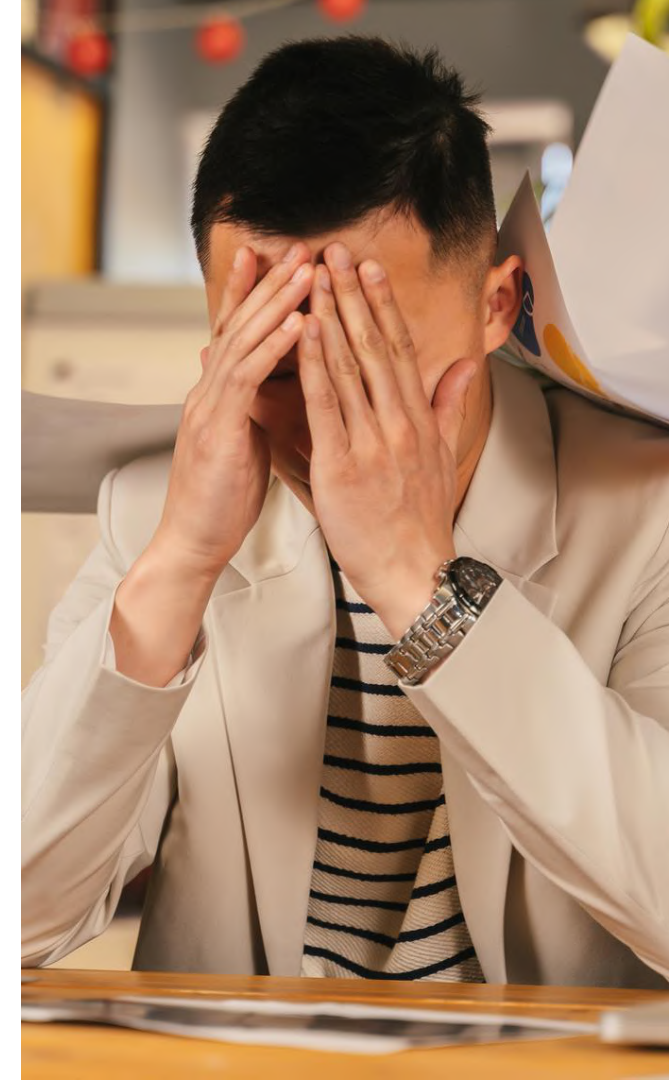
Investment in professional development, development plans or mentoring are popular methods of motivating and developing in companies.

According to a Gallup study,
7 out of 10 US employees
report disengagement.

Disengaged employees **are less productive**
and tend to experience burnout sooner.

In addition, disengaged employees have no
sense of connection or loyalty to their
workplace and are more likely to leave.

Investing in the development of employees
motivates them to develop their skills, and
also creates opportunities to establish better
relationships with each other.

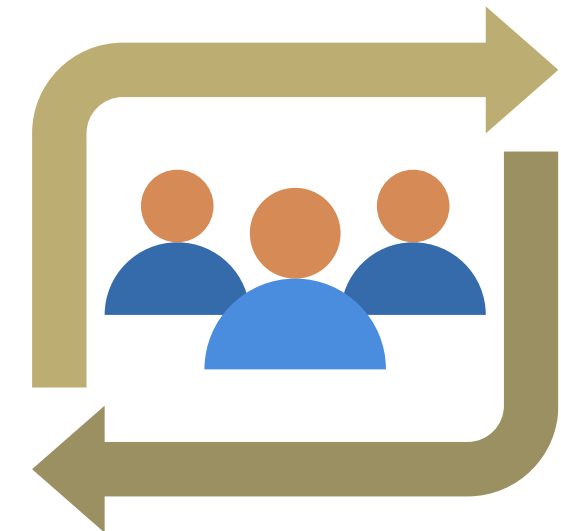


INVESTING IN EMPLOYEES DEVELOPMENT COSTS MONEY.

Companies may be hesitant to make such an investment because employees development benefits are not always immediate.

However, in the long term, methods of motivating employees by investing in their development bring huge, measurable benefits.

The most noticeable benefit is increased employee retention.





**According to the LinkedIn 2020
Workforce Learning report**

93%

**OF EMPLOYEES WOULD STAY IN THE
COMPANY LONGER IF IT INVESTED
IN THEIR CAREER**

**and a study conducted by Employee
Benefits News indicates that the
average cost of losing an employee is
as much as**

33%

OF THEIR ANNUAL SALARY.

Therefore, it is easy to calculate that even one employee remaining in the organization, as a result of provided employee development, brings significant benefits.



Investment in employees development strengthens the company's internal talent base and enables employees to be promoted faster.



Properly set goals have great power.

They are a very important step in achieving success, because they show the way and motivate to action.

Dreams need to be defined in order to be able to fulfill them consciously.

Precise goal setting is a skill that not everyone possesses, but it can be easily learned.



What is the goal?

You can find many definitions. The most frequently provided definitions are:

- way of implementing the vision
- the first step towards realizing your dream
- translating the vision into specific actions planned over time
- a specific picture of your desires, needs, dreams, use of talents in a certain area of your life; picture of result and the final.





What am I like?

THIS QUESTION HAS BEEN BOTHERING EVERY HUMAN BEING FOR CENTURIES

- Can I change, or are certain character traits permanent?
- Do the character and professed values influence the choice of profession and work?

WHAT WE ARE DEPENDS ON OUR PERSONALITY

i.e. a set of constant and variable psychophysical features that are related to all activities, experiences and needs of a person at the physiological, character, intellect and spiritual level.

PERSONALITY IS SHAPED THROUGHOUT LIFE

especially in childhood and youth, through the influence of external stimuli in the process of socialization, as well as the individual's own activity.

PLAN AND CARRY OUT



Thank you for your attention