

“Tell us about yourself”

Why do we always struggle to answer this?



Resources:

Links in description

Slides in exercise files

Worksheets in exercise files



Our target

1. Know ourselves better
2. Make better career track choices

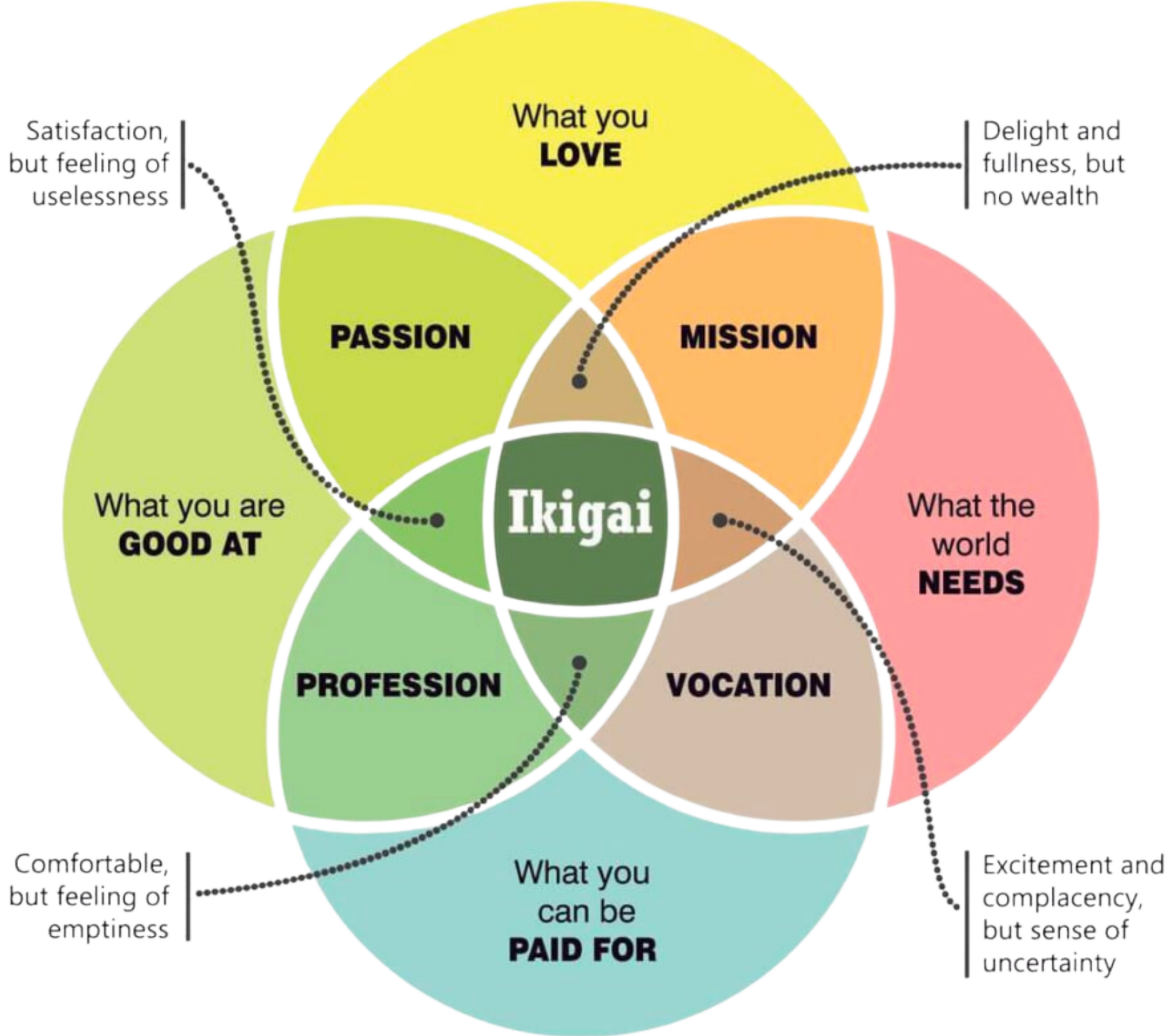
How we'll get there

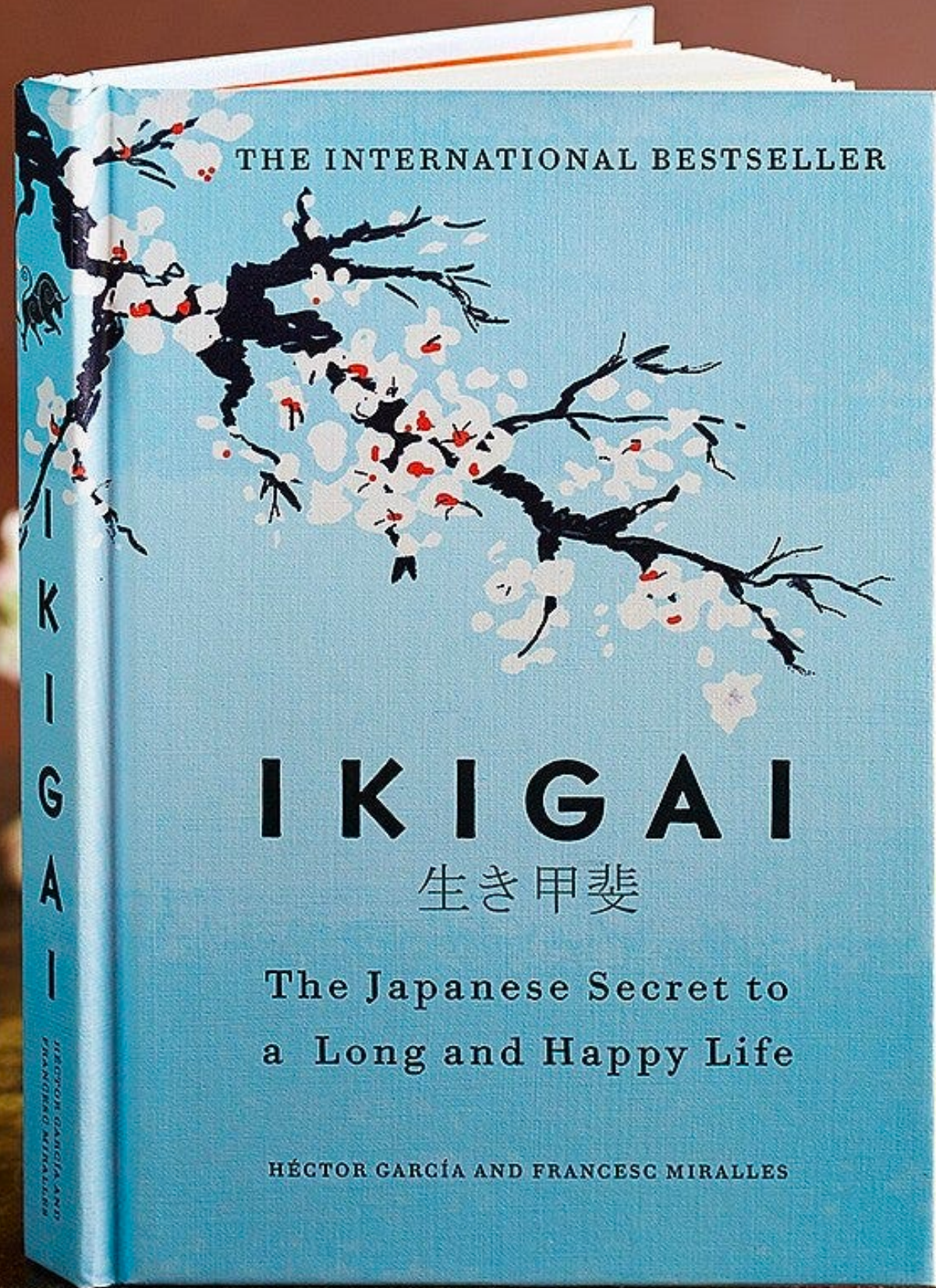
- Ikigai
- Motivation Factors Ranking
- Industry vs Function
- Personality tests (Big 5, MBTI, DISC, U Zoo)
- SWOT
- Your hero



Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"





**Available on Rokomari.com in
English and Bangla**

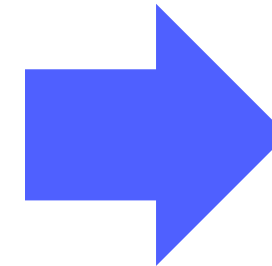
[Link given in description](#)

**Watch summaries on
YouTube**



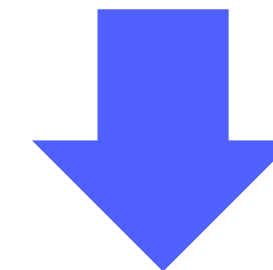
Motivation factors **ranking**

1. Money
2. Job security & stability
3. Learning (skill, personal, industry)
4. Long-term career growth
5. A sense of purpose/fulfillment in work
6. Company culture
7. Work-life balance
8. Flexibility & autonomy
9. Structured & well-defined tasks
10. Working in a team
11. Working alone
12. Staying close to family



Rank

- 1: Least important
- 2: Less important
- 3: Important
4. Very Important



Eliminate



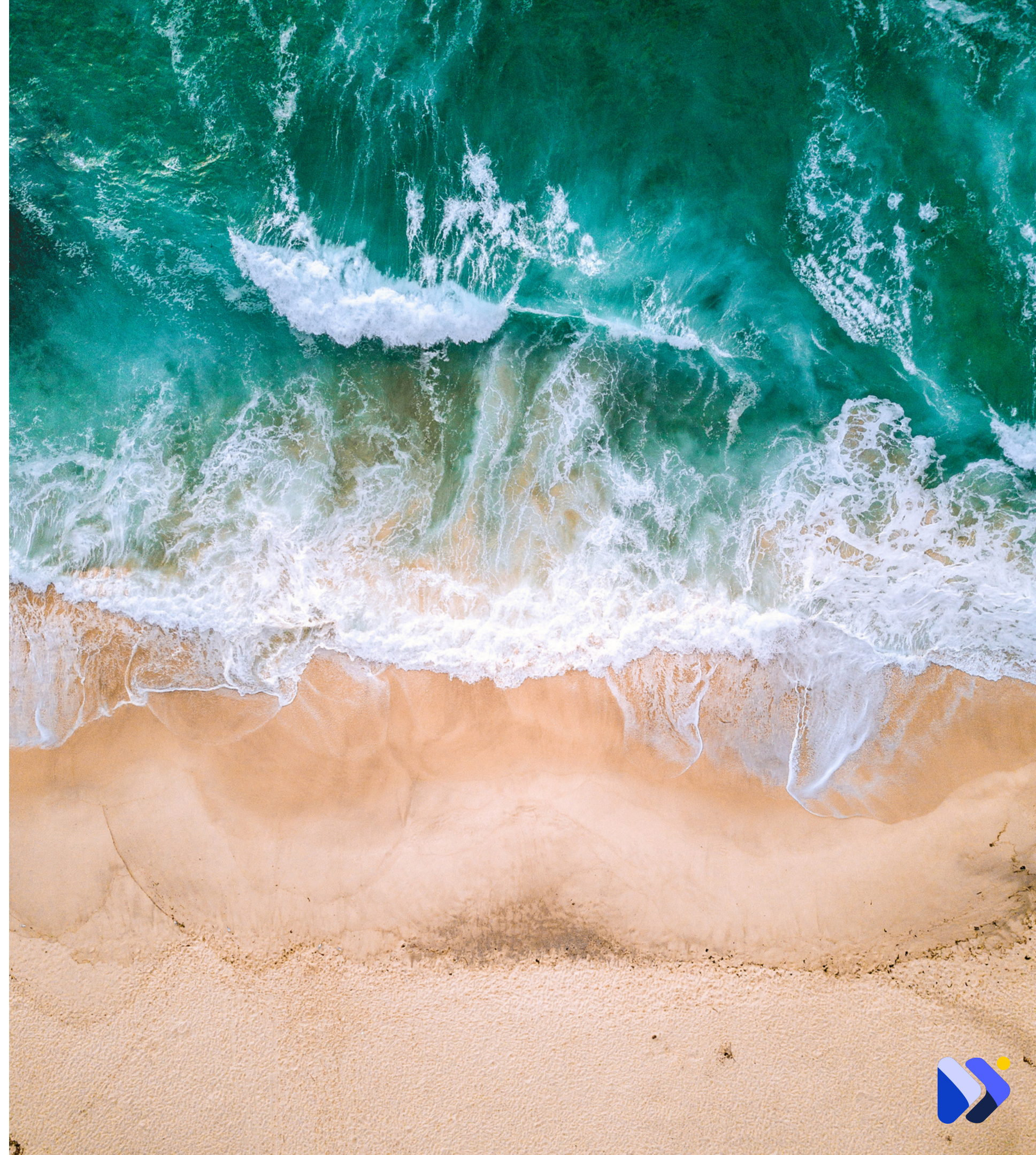
Industry **vs** function

- Industries are more difficult to change than functions
- Different industries will fulfill different motivations
 - Local vs MNC
 - Remote vs Hybrid vs In-person
 - Software dev
 - Agency
 - Bank
 - FMCG
 - Teaching
 - NGO/Development sector



Big 5/OCEAN **personality test**

- Most preferred
- **O**penness to Experience
- **C**onscientiousness
- **E**xtraversion
- **A**greeableness
- **N**euroticism
- **Link given in description**



MBTI

- Myers-Briggs Type Indicator (MBTI)
- Popular in work settings
- Relateable
- We don't always behave the same
- **Link given in description**



Steve Jobs



Gordon Ramsay



Margaret Thatcher



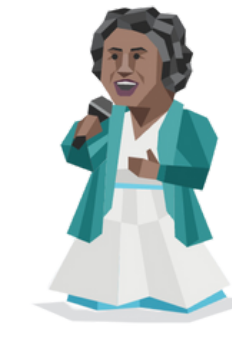
Franklin D. Roosevelt



Beyoncé



Queen Elizabeth II



Aretha Franklin



Vin Diesel



More on MBTI

Extroversion (E) vs. Introversion (I):

- Extroversion: Preference for drawing energy from the outside world of actions, people, and things.
- Introversion: Preference for drawing energy from one's internal world of ideas, emotions, and impressions.

Sensing (S) vs. Intuition (N):

- Sensing: Preference for perceiving the world through concrete, actual information that is perceived by the senses.
- Intuition: Preference for perceiving the world through patterns, impressions, and possibilities.

Thinking (T) vs. Feeling (F):

- Thinking: Preference for making decisions based on objective principles and impersonal facts.
- Feeling: Preference for making decisions based on personal values and how actions affect others.

Judging (J) vs. Perceiving (P):

- Judging: Preference for a structured, organized, and planned approach to life.
- Perceiving: Preference for a flexible, spontaneous, and adaptable approach to life.



DISC

- Dominance (D), Influence (I), Steadiness (S), and Conscientiousness (C).
- Popular in workplace
- Lacks holistic approach
- **Link given in description**

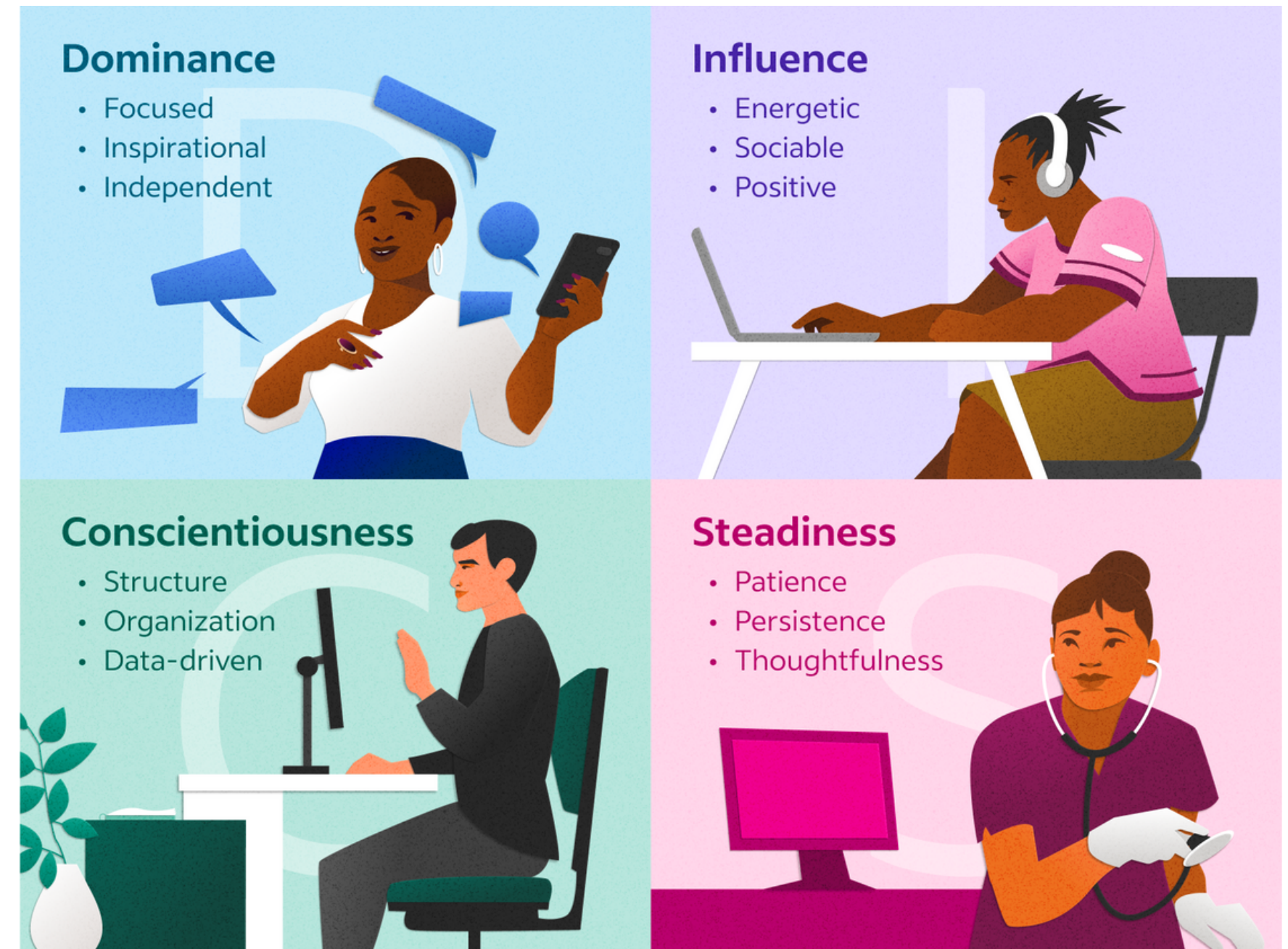
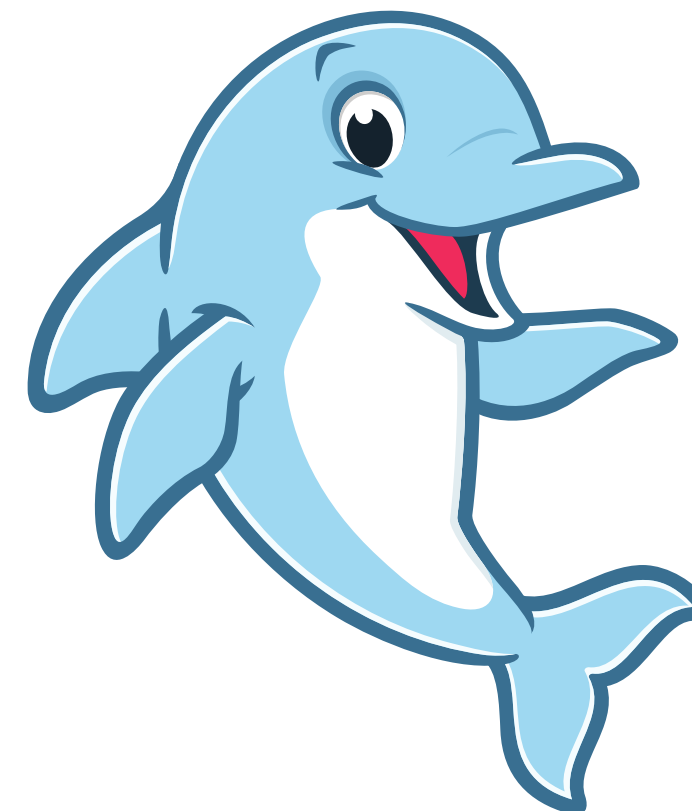


Image source: Indeed



U Zoo

- Which animal would you be in the zoo?
- Similar to DISC.
- More about the workplace.
- **Worksheet given in exercise files.**



SWOT Self-assessment

Positive

Negative

Internal

Strengths

1. Strong Analytical Skills
2. Effective Communication
3. Adaptability
4. Leadership Qualities

Weakness

1. Procrastination
2. Impatience
3. Overcommitment
4. Perfectionism

External

Opportunities

1. Networking Events
2. Professional Development Courses
3. Emerging Industry Trends
4. Mentorship

Threats

1. Rapid Technological Change
2. Economic Fluctuations
3. Competitive Job Market
4. Work-Life Balance



SWOT self-assessment



Your hero

- Be your own hero.
- Heard it from Matthew McConaughey. Also in EOS.
- 10-year vision -> 5 year -> 3 year -> 1 year -> quarterly -> weekly
- **Link given in description**



Image source: Inc. Magazine



Did you learn anything **new about yourself?**

Post your learning in our
[Facebook Community](#).

and get feedback from me and other members.



One thing to remember:
**Know yourself
first**

