

## LIFS Professional Development Workshops 2020-21

Coordinator: Dr Ice KO (LIFS UG Advising Team)

Instructor: Miss Grace SIU (Senior Learning & Development Trainer, Career Center, HKUST)

- Target students: **LIFS undergraduates**
- **Quota: 60 per Workshop** (registration for more than one Workshops is allowed; due to limited quota, please register **ONLY IF** you can attend)
- **Registration due: Monday 14th December 2020**

**To register, please complete the online registration form [HERE](#).**

- The registration results will be announced via email by Thursday 24th December 2020.
- The Zoom meeting links & passcodes will be sent to the successful registrants by the end of December 2020 via email.

### **Workshop (1): Knowing Who You Are: Self-exploration using Lumina Spark Psychometric Assessment**

**Date & Time: Friday 8th January 2021, 10:30 - 13:00; via Zoom**

**Lumina Spark Psychometric Assessment** originated in the U.K. It provides a holistic view of your personalities and communication preferences including the underlying self, everyday self and overextended self. **HKUST is the first university in Asia adopting this powerful tool** to help students identify their strengths and weaknesses. It helps **increase self-awareness, reveal hidden potential and enhance teamwork.**

(Please spare 40 minutes for pre-workshop online assessment. The link of the online assessment will be provided after successful registration.)

***Bonus: Key Essence of CV Writing***

### **Workshop (2): See Me! Standing Out from the Crowd with a Powerful Self-Introduction**

**Date & Time: Friday 8th January 2021, 14:00 - 16:30; via Zoom**

**Your first impression at a job interview is critical.** Often a decision is made within the first couple of minutes. Therefore, a powerful self-introduction will make you stand out and is the key to interview success.

In this highly interactive workshop, you will have an opportunity to:

- Explore your **values, interests, strengths** and **visions** in life
- Understand **what employers are looking for** in a self-introduction
- Create a **powerful self-introduction** using your unique selling points and practice

### **Workshop (3): How to Reduce Anxiety before any Job Interview – a Neuroscience Approach**

**Date & Time: Friday 15th January 2021, 10:30 - 13:00; via Zoom**

In this workshop, we will **use neuroscience to understand the importance of and how to create psychological safety** for yourself in this stressful situation. In addition to this, we will also learn the basics of **online interview skills**, things that we need to be mindful of before the interview and how to answer some basic yet challenging questions.

### **Workshop (4): Top 5 Survival Basics in the Post-Pandemic Work World**

**Date & Time: Friday 15th January 2021, 14:00 - 16:30; via Zoom**

**Working with remote teams does come with some challenges.** Coordinating work across different time zones, different geographical locations, a cross cultural team to work with are just some of them. Come, join us for this workshop and learn **the right A.S.K. (attitude, skills and knowledge)** required for a great co-worker in the post-pandemic world. **How to present those “must-have” items on your resume?**