

## **Exercise**

### **Your interests**

#### ***What are your interests?***

*In today's labour market, we are often expected to constantly be learning new things and developing our professional role, our organisation and ourselves.*

*Working with something that you are genuinely interested in will naturally make it easier for you both to feel engaged and motivated in what you do, and to actively participate and contribute to developments. Sometimes it can be hard to identify what area or areas interest us the most. Draw on the questions below for help and reflect on your areas of interest.*

#### **Are there any areas that genuinely interest you? Is there anything you will be able to use in your current or future work?**

Imagine you are out at a function and meet somebody who is familiar with your favourite topics. What subjects would you most like to talk about?

If you got the chance to meet an expert within a particular field, what field would you choose and who would you like to meet?

What articles do you like reading?

What information channels, social platforms and/or other websites on the internet do you like the most? Do you listen to podcasts? What are the podcasts you listen to about?

What courses would you like to do if you could choose freely?

### **Reflection**

Go through your answers and summarise your interests. Do they affect your way of working today?

If so, specify how!