

## **PERSONAL AND PROFESSIONAL ASSESSMENT**

### **Pause, reflect – and realign**

A personal and professional assessment is a conscious pause to reflect on whether your current career path still fits your goals and values. It's common at key transition points: after graduation, around age 30, mid-career, or before retirement. Those who have taken time to reflect early on often find it easier to adapt later. Often, no major shift is needed – just a focused adjustment.

### **Let your strengths guide you**

Career choices are often based on trends, peers or job security. But none of these are reliable in the long term. What remains stable are your personal strengths and interests. A personal and professional assessment identifies these – along with your needs in terms of job content and job environment. The result: realistic, meaningful career goals and more autonomy in navigating your path forward.