

PERSONAL AND PROFESSIONAL ASSESSMENT

At some point, almost everyone asks themselves: Does this still fit – what I do, how I work, where I am heading? This moment of reflection is not a sign of weakness, but of maturity. A personal and professional assessment gives structure to that moment.

The need for orientation often arises at transition points: after graduation, after the first years in a career, at midlife, or before retirement. Those who reflect on their professional situation early and regularly gain clarity and room to act. And often it becomes clear: what is needed is not a radical change, but targeted adjustments.

Many people base career decisions on trends, on others – or on perceived job security. Yet the only things we can truly influence are our own strengths and interests. In a personal and professional assessment, we work these out together – along with the requirements for the role and the working environment. On this basis, realistic goals emerge that truly fit – and that create independence from short-term labour market trends.

A personal and professional assessment is not traditional career counselling – it is the starting point for actively shaping your career and, where necessary, for professional reorientation.

Articles on career assessment (all articles)

- All roads lead to Rome – even if some take a little longer
- My job has to be fun. Well then – enjoy!