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?