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Professional and Career Development

Career choice is critical in determining success in an individual's life. Personality, which constitutes an individual's dominant values and traits, plays a critical role in shaping their occupation. People spend most of their adulthood working. Therefore, personality should guide occupation decisions to choose jobs that will be enjoyable and which they can proficiently handle. With the above insight, the forthcoming paper will discuss my career path based on my personality test results.

Following a personality test, it was established that I possess an ESFJ personality type. These results associate me with extraverted, sensitive, feeling, and judging characteristics. I am attentive and embrace participating in social community activities. My willingness to help others and my decisive values guided the personality results. The results revealed my abilities, strengths, weakness, and motivations.

Communication skills are fundamental in workplaces. Following my personality, I can establish excellent and productive communication with my colleagues and clients in the workplace (Jankowski, 2016). By sharing feelings and ideas with my workmates, it is possible to develop proper solutions to issues at the workplace. Also, based on my consul personality, I have the ability to accomplish my obligations practically instead of delegating my duties to others.

My strengths include strong practical skills and management (Hancock, 2016). This implies that I am willing to be in charge and accountable for others when participating in various activities. Another strength I am associated with is the sense of responsibility, which implies that I strive to accomplish my obligations (Holley, 2019, p.20). Moreso, I encourage my colleagues to meet their mandates within stipulated standards. The other evident quality is sensitivity and warmth to others. This strength implies that I embrace helping others emotionally stabilize and care about people's feelings. Also, I am sensitive enough to avoid offending others through my actions. According to the personality test result, my other strength was hard work. It was evident that I am focused and possess the willingness to work to the best of my ability to ensure success at my workplace.

On the other hand, the test attached a few weaknesses to my personality. First, I am emotionally weak and easily hurt. For example, suppose there is a conflict within my workplace, I would be the first and most hurt individual. This is because I am sensitive and feel for others. This weakness may compromise my judgment leading to undesired outcomes within the organization. My other fault is being too needy. Ideally, I depend on compliments, and suppose my efforts are unnoticed; I tend to be demoralized and emotionally drained.

My personality type highly influences my motivation. I tend to be motivated by my previous accomplishments. Therefore, suppose I am rewarded following my success in a given project, I will be motivated to work even harder in my next assignment and vice versa. Based on my personality, I would go for careers that necessitate direct interaction with colleagues and clients within the workplace. I prefer occupations involving critical thinking and difficult tasks. Further, I would pursue careers revolving around social vigor, practical sense, and strong expression. In order of preference, below are the career paths I would follow:

1. Medical care
2. Administrator
3. Teaching
4. Social work
5. Religious counseling

Among the above-listed careers, I would pursue a medical care occupation. An opportunity in the medical field would allow me to help people, which is one of my strong values. Further, it would allow me to exercise my practical skills. Good listening and communication skills would also be vital in ensuring I become a proficient medical officer. The medical field is one of the most demanding occupations in contemporary. Moreover, people consider it a challenging career to pursue. Therefore, it fits my ability and strength to perform duties considered to be challenging to handle. Currently, I do not hold the required qualifications to practice in the field mentioned above; therefore, I intend to pursue a medical care course at one of the leading universities in the country. This will enable me to work in a field that aligns with my personality.

Career opportunity search and application is a hectic process that requires an informed and well-guided approach. The strategies I would apply in my opportunity search would proceed by being selective and focusing on the particular option and companies I am interested in. Customization of my resume is another essential strategy in opportunity. This necessitates that I align my cover letter and resume to fit every applied opportunity. Also, I would leverage my current professional relationship to build a network that would enable me to learn about job openings.

There are several emerging opportunities in contemporary work and workplaces (Lollar, 2002, p.131). I would deploy various strategies to leverage the opportunities that align with my abilities. One such strategy would be strengthening my strengths. This can be achieved by participating in advanced training to improve my skills, which will give me an advantage in emerging opportunities (Indeed, 2021). Further, I would show evidence of my abilities and strengths. Another strategy I would apply is setting professional goals (Indeed, 2021). This implies that I ask my supervisor to help me set objectives based on my abilities and review my performance (Indeed, 2021). These strategies will give me an upper hand in securing emerging opportunities in my career field.

Through to the mock interview at the university course, called: Professional Career Development, I gave myself the chance to thoroughly process and analyze my own CV and how to write my letter of recommendation correctly. Through the career advice offered by the faculty and the feedback I received, I had considerable and extremely useful help, easily explained to deal with this very important point. I believe that the CV implies the strong point in each person's career. Your CV is the one that tells your story, so it's important to make sure it's legible and organized.

Another effective method that has helped me get closer to what I want involves as the authors of (What are SMART objectives | PlanDeAfacere.ro, 2022) mention, the SMART method. SMART is an acronym for the characteristics considered essential in the formulation of objectives, namely: specific, measurable, accessible, relevant and time bound. Therefore, through it I discovered my own milestones and evaluated my results along the way. To begin with, I asked myself the right questions to understand if my goal is as specific and valid as it should be.

According to (Figliuolo, 2016) the first compartment, S, from specific, with includes and explains that it is more potential for everyone to have a specific goal than a general one, because it is well defined. Specific goals help you focus on exactly what you want to achieve and how you will get there. If the personal goal is. I will look for work opportunities, it does not imply a specific goal. There are a multitude of ways to search for job opportunities. This general objective does not provide any valid benchmark. It doesn't give constant hints about what to do to achieve the goal. The initial objective is very specific. It allows you to know exactly what you need to do to achieve the goal. Exact steps and directions measurable, this is the next point, M, from measurable. When a goal has a deadline, you'll know exactly when you've met that goal. Setting specific criteria for achieving a goal allows you to determine how close you are to achieving that goal and helps keep you motivated by your own progress. Next, A, from accessible. When your goals are under your control. If you set goals that are beyond your control and strength, the direction is towards failure. Some people might set the following goal: I will find five great job opportunities in the next week. At first glance that goal may sound good; however, that goal is certainly not being achieved. Reasonable control does not persist if you find five job opportunities in the next week. You may be able to find job opportunities online, but it's still not a complete control over how many great jobs you'll find in each time frame. Followed by, R, from Realistic. Effective goal setting requires you to consider the things you can accomplish in order to achieve your goals. For example, if the goal was: I will call twenty business contacts in the next three days, would that be a realistic goal? Maybe, it depends on who you are. If you have a large network of contacts and are not afraid of business networking, this could be a perfectly realistic goal. But if you don't personally own the contacts and you are afraid of telephone conversations, the goal is most likely very far from being reached. Push your limits a little, but don't set yourself up for failure. T, form timely even if your goals must have deadlines. Deadlines help determine how much time is left to achieve a goal and prevent you from stopping. Your goal might be, I will call five business contacts. If you're procrastinating, you'll immediately see the problem with this goal. When will you make those phone calls? Today? Next week? Next month? There is no deadline pushing you to finish the task. On the other hand, the example objective provides a deadline. You

know you have three days to make the phone calls, and this deadline will help you avoid the procrastination trap. When you practice SMART goal setting, you stay on track with your career goals. SMART goals can help you stay focused and achieve short- and long-term goals (Figliuolo, 2016) .

Life itself is the sum of all the choices we make every day, the choices of the present moment and the ones that follow inclusively. Being free, we have the beautiful opportunity to create our own conditions to follow. Creating a professional career is also an important process throughout life, which starts early with the educational path and continues with the professional one. Since I believe that career does not only mean prestige or a competent salary but represents a balance between the things that matter and consume you the most, regardless of the profession you have or have studied. Career is one of the main areas of life, along with family, friends and others. Because people spend a precious part of their time at work, and this is not the same as the feeling that you are doing well what you are doing at the moment, you are working with pleasure and everything corresponds to your needs, you are good at your work, you are appreciated by your boss , of colleagues or you do it only for an active income, without professional fulfillment. The satisfaction of the results depends on ourselves, on the ability of each of us to develop our own skills and interests, together with our personality and self-image (Hancock, 2016). Therefore, choosing a suitable career is a decision that deserves all the attention. Everyone is good or very good in a certain sphere, if you discover early what you are good at, you are already one step towards success. Being determined and having a good plan for your own career development is a good step towards success. True performance is achieved through careful preparation, planning and time. Professional guidance is not intended only for students or students in their last year of studies, but for all those who want something more. Self-knowledge, knowledge of the world of professions and guidance of professional choice are the key.

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