

ΝΕΕΣ ΜΑΤΙΕΣ ΣΤΟΝ ΚΟΣΜΟ ΜΑΣ

Όραμα - Δύναμη - Δημιουργία

Πώς θέλουμε να είναι ο κόσμος μας και τι μπορεί να κάνει ο καθένας από εμάς για να συμβάλει στη δημιουργία ενός ομορφότερου κόσμου;

- ομάδες • συζητήσεις • βιωματικά εργαστήρια • καλλιτεχνικές εκδηλώσεις
- παράλληλες δράσεις για μικρούς και μεγάλους

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19,20,21 / 09 / 2014

ΠΝΕΥΜΑΤΙΚΟ ΚΕΝΤΡΟ ΔΗΜΟΥ ΑΘΗΝΑΙΩΝ
ΑΜΦΙΘΕΑΤΡΟ "ΑΝΤΩΝΗΣ ΤΡΙΤΣΗΣ" - ΑΙΘΟΥΣΑ "EUROPE DIRECT" • ΑΚΑΔΗΜΙΑΣ 50

ΠΑΡΑΣΚΕΥΗ 16:00-21:00 • ΣΑΒΒΑΤΟ 09:00-21:00 • ΚΥΡΙΑΚΗ 09:00-14:30

ΕΙΣΟΔΟΣ ΕΛΕΥΘΕΡΗ

ΜΕ ΤΗΝ ΥΠΟΣΤΗΡΙΞΗ:



ΧΟΡΗΓΟΙ ΕΠΙΚΟΙΝΩΝΙΑΣ:





*Πώς θέλω να είναι ο κόσμος
μας και τι μπορώ να κάνω
για να συμβάλλω στη
δημιουργία ενός
ομορφότερου κόσμου;*



FUTURE

PAST

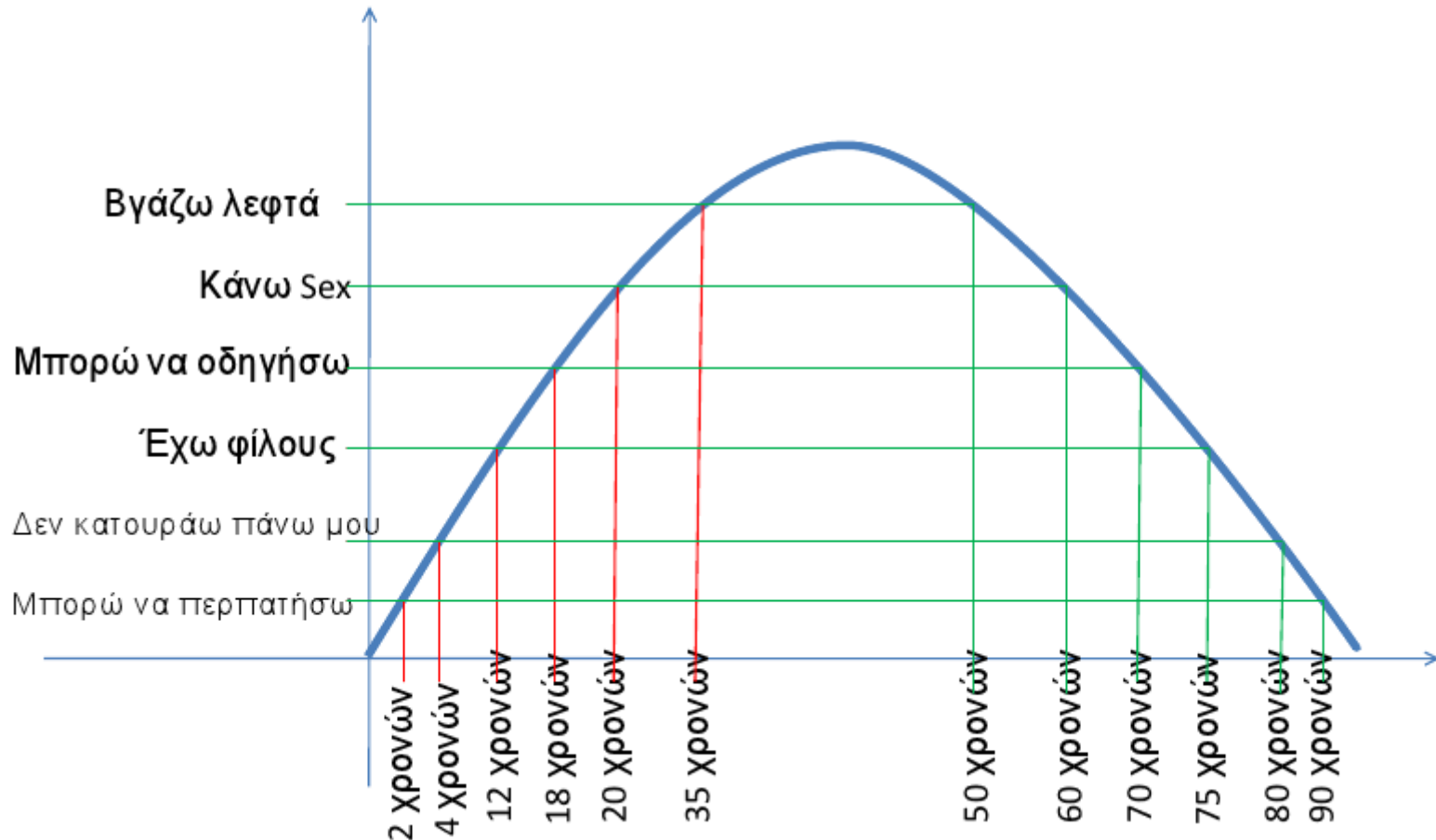
PRESENT

ΧΘΕΣ..ΣΤΟΧΟΣ Η ΕΠΙΤΥΧΙΑ

- ☑ Επιλογές με βάση το χρήμα...
«σπούδασε ότι βγάζει λεφτά»
- ☑ Η εικόνα μου και...
η κατσίκια του γείτονα
- ☑ Σύνταξη από τον ίδιο εργοδότη
- ☑ Συγκέντρωση στα μεγάλα αστικά κέντρα
- ☑ Όνειρο...
στέλεχος με κουστούμι (φιλόδοξοι)
ή δημόσιος υπάλληλος (έξυπνοι)



Πως ορίζεται η επιτυχία?



ΣΗΜΕΡΑ...ΑΝΑΖΗΤΗΣΗ ΝΟΗΜΑΤΟΣ

- ? Κρίση... αξιών, επιλογών
- ? Εκτροχιασμός... έχασα τη δουλειά μου και ψάχνω αυτό που ήξερα!!
- ? Επιλογές με βάση... ότι βρω!
- ? Αξίζει να δουλεύω για τόσα και να αφήσω την οικογένεια μου;
- ? Μαθητές... απαξίωση σπουδών
- ? Μηχανισμοί στήριξης δεν επαρκούν
- ? Υπάλληλος... αδιέξοδο
Ελεύθερος επαγγελματίας... φορολογία
Επιχειρηματίας... που θα πουλήσω;



What Women Want @ WORK



A Global **LinkedIn** Study

CANADA
USA
UK
FRANCE
SPAIN
BRAZIL



SWEDEN
GERMANY
NETHERLANDS
ITALY
INDIA
SINGAPORE
AUSTRALIA



Success, Then & Now

What does "success at work" mean to you now?

What did "success at work" mean to you now 5 or 10 years ago?

NOW



63%
Finding the right balance between work and personal life

THEN



56%
Earning a high salary

Would you say your career has been a success so far?

64%	SWEDEN	94%	INDIA
65%	ITALY	88%	BRAZIL
67%	SPAIN	87%	NETHERLANDS

Bottom 3

Top 3

LinkedIn



Flexibility Factor

LinkedIn asked

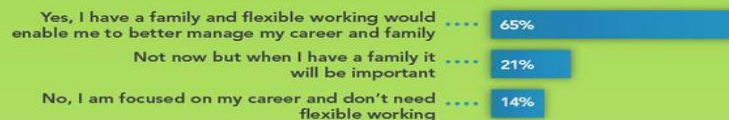
You can "have it all":
fulfilling career,
relationship and children

TRUE 74%

I am a career focused woman,
but as soon as I have
children, I plan to
slow down my career

FALSE 57%

Would you like a more flexible work environment?



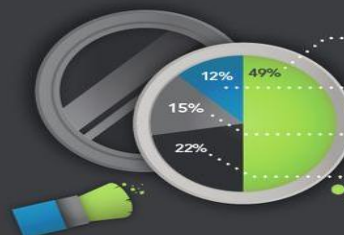
Career Challenges

What are the challenges that affect your career?



The Ugly Truth?

Do you believe that your appearance affects your career?



I'm *aware* that my physical appearance makes an impression but it has *not* had a major impact on my career

I'm *aware* that my appearance plays a part and I sometimes *use* it to my advantage

I'm *aware* that my physical appearance makes an impression and it *has* had a major impact on my career

No not at all my appearance is irrelevant to my career

LinkedIn

In February 2013 LinkedIn partnered with Cross-Tab to survey more than 5,300 working women across 13 countries in celebration and support of International Women's Day on March 8th. Over 400 respondents between the ages of 18-65 were surveyed in each market to better understand the challenges that women face in their careers, how women have viewed success in the past and what success means now, if professional women worldwide believe they can balance work and family and how online networks can help them with their careers.

ΑΥΡΙΟ.. ΠΡΟΟΡΙΣΜΟΣ Η ΕΥΤΥΧΙΑ!

- ☺ Επιλογή με βάση... ότι μου αρέσει
- ☺ Αυτογνωσία... δυνατά σημεία, επίγνωση περιορισμών, γνώση αγοράς και αναζήτηση ευκαιριών
- ☺ 7 διαφορετικά επαγγέλματα στον επαγγελματικό βίο
- ☺ Ανάπτυξη δεξιοτήτων ... transferable skills
- ☺ Νέες μορφές εργασίας
- ☺ Προτεραιότητες
- ☺ Διαχείριση πληροφορίας... γνώσης
- ☺ Ροή εισοδήματος
- ☺ Νέο σχολείο.. School for Life



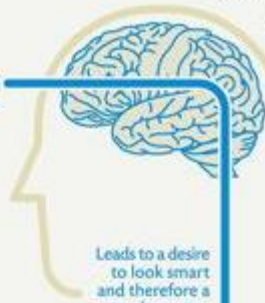


TWO MINDSETS

CAROL S. DWECK, Ph.D.

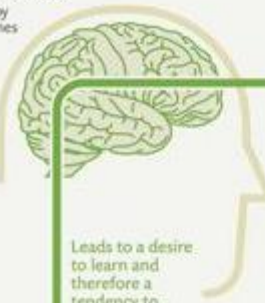
Graphic by Nigel Holmes

Fixed Mindset
Intelligence is static



Leads to a desire to look smart and therefore a tendency to...

Growth Mindset
Intelligence can be developed



Leads to a desire to learn and therefore a tendency to...

CHALLENGES

...avoid challenges



...embrace challenges



OBSTACLES

...give up easily



...persist in the face of setbacks



EFFORT

...see effort as fruitless or worse



...see effort as the path to mastery



CRITICISM

...ignore useful negative feedback



...learn from criticism



SUCCESS OF OTHERS

...feel threatened by the success of others



...find lessons and inspiration in the success of others



As a result, they may plateau early and achieve less than their full potential.

All this confirms a **deterministic view of the world.**

As a result, they reach ever-higher levels of achievement.

All this gives them a **greater sense of free will.**



be happy



Have a sense
of wonder.



Stay inspired.



Help others.



Do things you're
good at.



Read books.



Limit television.



Love your work.



Exercise.



Face your fears.



Believe in yourself.



Stay close to
friends and family.



Let your heart
be your guide.

BY MONICA SHEEHAN



7 Things Mindful People Do Differently

1

Approach everyday things with curiosity
—and savor them

Forgive their
mistakes—
big or small

2

3

Show gratitude for
good moments—and
grace for bad ones

Practice
compassion and
nurture connections

4

5

Make peace with
imperfection—
inside and out

Embrace vulnerability
by trusting others—
and themselves

6

7

Accept—and
appreciate—that
things come and go





Σήμερα ευχαριστώ ...

