

# Aligning values with career

Course code: KORSLAD

If you feel exhausted without a clear reason, this full-day workshop offers you the opportunity to pause and look at your work, career, and life from a different perspective. This is not a motivational seminar filled with presentations, quotes, and general advice. The workshop is designed as an experiential and practical experience, with an emphasis on personal reflection and a human-centered approach. Through structured exercises, writing, and voluntary sharing, you will have space to better understand your current situation and explore answers that you may have been carrying within you for some time. The workshop focuses in particular on:

- long-term mental fatigue and inner pressure
- loss of meaning despite high work engagement
- distinguishing between the need to change jobs and the need to change perspective
- feelings of overwhelm and uncertainty about future direction

This workshop offers a safe and respectful space to name what truly matters, gain deeper understanding, and begin meaningful change.

## Who is the course for

- For anyone who feels dissatisfied at work but can't say why.
- For those who want more than just to earn a living. They want their work to be meaningful.
- For those who are looking for a new direction, a fresh start, or the courage to change.
- For leaders who want to understand themselves and their team.

## What we teach you

- Recognize what fulfills you at work and what drains your energy
- Map out your key values and how they align with your career
- Understand the signs of dissatisfaction before they turn into burnout
- Create a personal map of your career needs and barriers
- Find the first concrete steps that will lead to greater fulfillment

## Teaching materials

Gopas guide book for this course.

## Course outline

- Introductory reflection: Where am I now and what brought me here?
- Discovering personal values and their impact on job satisfaction
- Working with an emotional compass: How to recognize what my job gives me and what it takes away
- Diagnosing "energy drainers" – people, habits, systems, expectations
- Career fulfillment map: What do I need to grow at work?
- Mini coaching block: What can happen if I don't change?
- Creating a personal action plan: Small steps that lead to big changes

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