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Speaker at the Seoul, Korea Conference, July, 2017.

UNCERTAINTY: NATURE OF CAREER DEVELOPMENT

Joke: Old Man “do you know what clouds are made of?”
Grandchild “Sure, music files”.

“Nothing can be seen to be certain except death and taxes “ Benjamin Franklin.

Occupational Psychologists say “find a job that perfectly fits you – after learning about yourself and about occupations.”

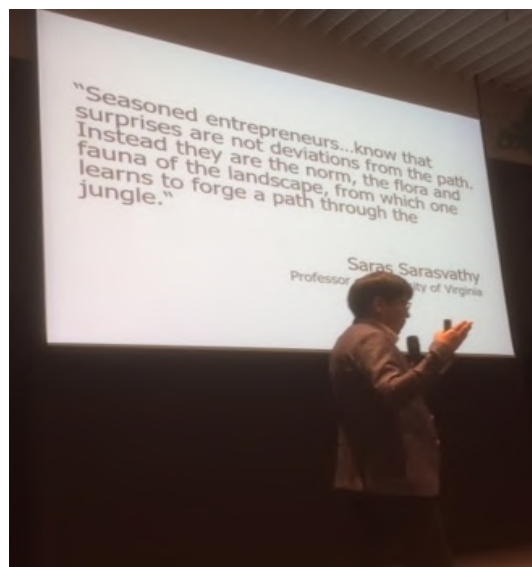
Reduce your irrational beliefs about careers then you will make a clearer decision. For example, I am going to be a celebrity!!?

Practice a rational decision making process, then you will have fewer mistakes – This can be difficult and not that easy to do in practice.

Develop confidence about yourself and you will have more crystalized ideas of your future. In other words, find what you like, develop your gifts, learn to believe in yourself.



ACCEPT UNCERTAINTY – IT IS REALITY



“Making it” one discovers how everything is to do with the acceptance of “not knowing”

In 1906, after the earthquake in San Francisco, marriages and divorces increased after this event. This focused people on what they really wanted in life. The same thing happened after the earthquake in Japan. Many people have a desire for closure and will often make life-changing decisions after trauma.

People try to reduce UNCERTAINTY in a stressful environment!

When people fail to accept uncertainty, they become more impulsive and therefore can make more mistakes.

Erich Fromm, German Psychoanalyst:

“Uncertainty is the very condition to impel man to unfold his powers.”

Uncertainty is part of our life.

Because we do not know what is going to happen in the future we

- Collaborate with others – for confidence, for sharing, for company
- Enjoy the process – work in teams, family, friends
- Are cautious – reflect, we don't take risks, look for the negative

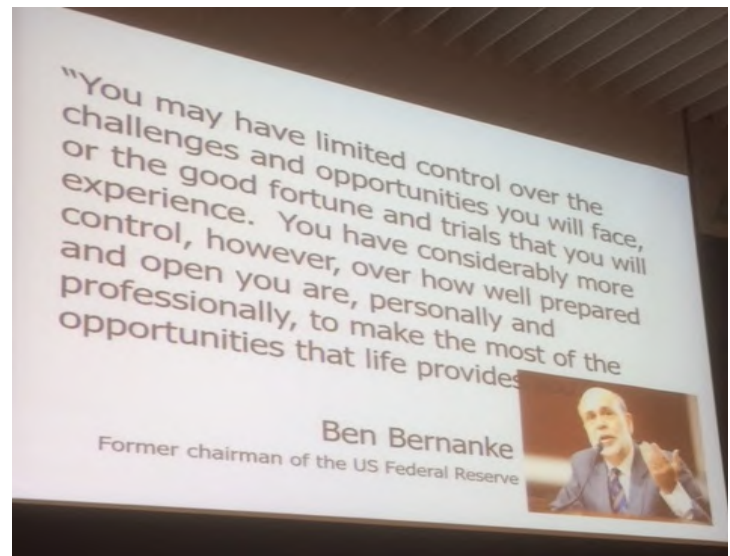
John Krumboltz – American Author and career theorist:

- It is not necessary to plan your life and decisions
- Expect unplanned events which change your career course
- Anticipate that you can change direction later

UNCERTAINTY PROVIDES YOU WITH MORE OPPORTUNITIES

SEIZE THE MOMENT AND CHANGE DIRECTION

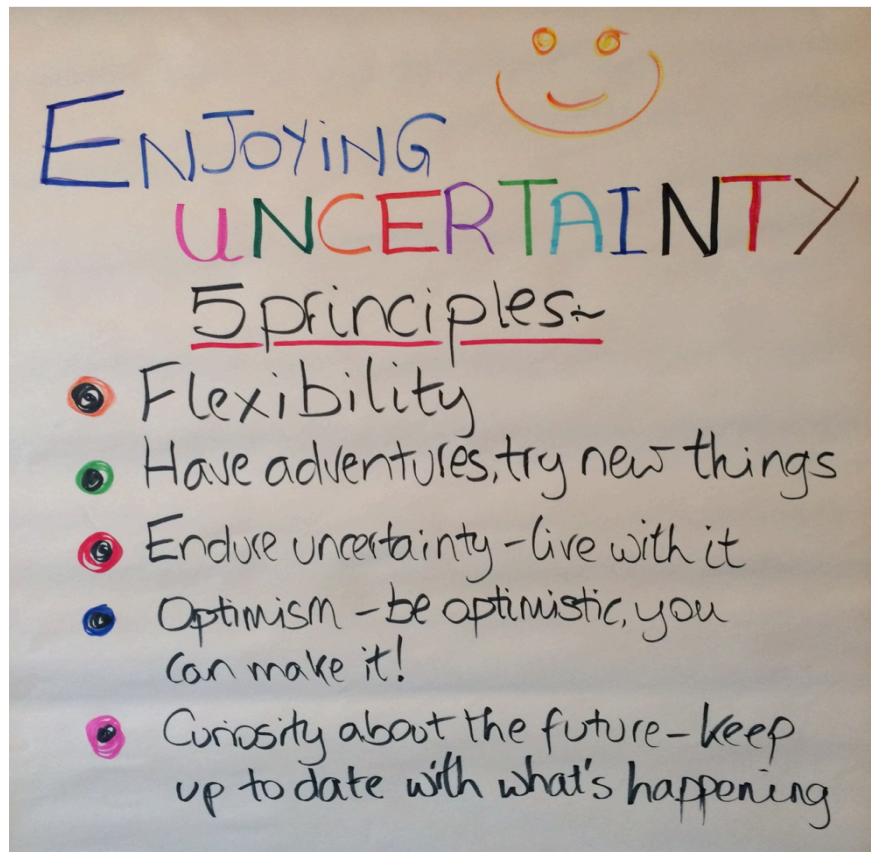
- Be prepared
- There is no wasted time or energy
- Success is measured by your own feelings of satisfaction
- Success does not come from the outside, it comes from the inside
- We cannot control Kim Jong-Un, we can control ourselves



“Chance favours the Prepared Mind” Louis Pasteur – French Biologist

FINALLY: 5 Attitudes to enjoy UNCERTAINTY

1. **Flexibility:** This is important for you to be able to change course should you need to
2. **Be Adventurous** – Take a Risk: - try new things
3. **Endure Uncertainty:** Live with it
4. **Optimism:** Be optimistic – you can make it!
5. **Curiosity:** Be curious about the future – read papers and keep up to date.



I trust you have enjoyed this report and have used it as a balance. It is certainly "Uncertain" as to where we are at the present, however there are good changes happening world wide with EduK/Brain Gym, which will benefit everyone. The pictures are from Donghyuk Lee's presentation at the Seoul Conference, 13th July 2017. Flip Chart picture by Niki Honore for the CPD Faculty at Work Session 2, 11th September 2017. Report by Kay McCarroll.