

Who are you? The answer is all about soft or life skills



*MBM students are offered the great opportunity to attend a **Motivational coaching session** held by **Rocio Ortega de Toro**, international PRH Coach and Higher Education expert who worked as MBM coordinator for over 10 years.*

Have a look at her article to discover something more about the importance of soft skills

If we meet for the first time we are likely to ask each other what we you do in life. This is a question we all feel fairly confident with because it touches areas of ourselves that are tangible, they are easily identified, and therefore we can find an answer easily enough.

In fact when we face job interviews despite acceptable levels of agitation due to the situation we still feel we can explain what we do, or at least what we have studied and prepared for in a future job.

But is this knowledge of ourselves enough nowadays? My experience says not any more. It used to be. In another era people learnt a profession and therefore they were what they did. In the digital era, where millenials prepare for jobs that do not even exist yet, a deeper knowledge of ourselves is required. In a fast changing job market where job descriptions are all about multidisciplinary approach and training is offered on the road once you join the company, what is it then that counts? What do human resources staff look for? The answer is YOU, in the deeper and wider sense of the word. It is all about the so called soft or life skills. They are skills that define you as a person, but that can have a key impact on your potential professional life.

So this is the right time to dedicate time to discover yourself, your passions, your qualities, they will reveal what your soft skills are or can be. This is all much less abstract than we may think and it is so worth the time investment.

In fact soft skills lessons are now part of some international schools and are becoming more popular in the education offer of world wide institutions. No wonder. In a world full of connections, should we be not start by connecting to ourselves?

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