

Life-long learning

At any stage of life, taking part in stimulating learning experiences, such as refresher or training courses, is motivating. Moreover, no matter what degree or career has been reached, the concept that increasing competency should be a life-long process must be kept in mind, since a knowledgeable, skilled and well-trained workforce is critical to a company's success. Improving one's abilities, therefore, might give more chances to be selected among many competitive job applicants.

Competences may be either **work-based** (i.e. job-specific characteristics, skills and abilities, such as fluency in a foreign language or IT literacy) or **behaviour-based** (i.e. personal characteristics, such as interpersonal skills, attitudes, and motivation) and they can be achieved not only by attending courses but also from experience.

When job seekers or experienced workers realise that their competences are not up to the changing standards required by a very competitive working world, they only need to question themselves and seize any opportunity to improve. These are a few quick and easy ideas to follow:

- Face any challenge, circumstance, conflict, delay or frustration without any fear but consider them as an opportunity to grow and learn, even from your mistakes;
- Job shadow and surround yourself with top performers! People who are successful, competent and qualified guarantee an example and learning opportunities;
- Don't waste your time mindlessly, but exploit all the resources you are offered to attend learning seminars, language courses, e-learning programmes on the net and keep updated reading manuals, books or articles on the topics relevant to your sector.



- 1** Can you think of any other ways to grow more competent professionally and personally? Talk about it with your classmates.

