



THE UNIVERSE OF ARTISTS AND CREATIVES:
TAKE SOME TIME FOR SELF-REFLECTION

Become aware of your break-in potential and mission

Let us start our exciting walk 

Carry out a personal and critical reflection on your prior experience and learning. Identify any skills and competences functional to promote facilitation, innovation processes, working life development and skills training.

Have you ever reflected on your social, personal and professional skills?

FOR YOUR BREAK-IN ACTION TO BE SUCCESSFUL, YOU WILL HAVE TO COMBINE YOUR ARTISTIC "CORE" WITH YOUR KNOWLEDGE AND SKILLS!

Don't you think that it might be exciting for you to motivate your employer for entering the unknown with you, demonstrating courage, leadership, empathy and many of the personal competencies?

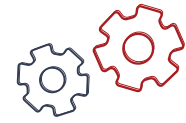
Your **social competencies** will enable you to **engage managers and employees in your break-in action** in an environment that differs from your artistic background. If you are a good communicator, you will gain trust to motivate for change and innovation processes that you facilitate!

Finally, **your break-in action is a creative PROJECT** and leading and managing projects requires plenty of foresight, strategic thinking, planning, budgeting, organising, negotiating, supervising, reporting and so on. For this reason, professional, entrepreneurial or business skills, which we all know are not usually part of classic curricula for artists, are essential if you want to produce break-in actions yourself!

Try to remember and keep in mind your attitude and behavior in those situations you are going to describe because their positive memory will definitely help you to replicate them in your break-in actions.



The easiest way for you to be prepared to all this is to self-reflect **on your social and personal skills.**



Motivation

If you are motivated, it will be much easier for you to move toward your goal, to engage interest and involve others!

Empathy

If you are empathic, you are aware of the feelings and emotions of other people, you are “linked” with others, because you as individual understand what others are experiencing as if you were feeling it yourself.

Open-mindedness, flexibility

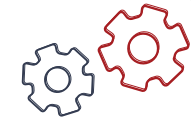
If you are open-minded, you are willing to consider or receive new and different ideas, you are flexible and adaptive to new experiences and ideas and you are willing to change your views when presented with new facts and evidence. If you are not and are resistant to change, you will find life less rewarding and satisfying.

Self-confidence

If you are self-confident, you are self-assured, you show self-reliance, you are not anxious or nervous, but you are able to think positively, keep your strengths in mind and you do not allow self-doubt to swamp you with negative thoughts and feelings. You are assertive too and get what you want standing up for yourself and, if you like, you regard yourself as equal to others and to behave in a way that reflect this.



Non-self-centeredness



This is a key attitude for successful break-in actions, because if you are self-centered you basically look out only for yourself: conversation and actions are lacking in consideration and respect for others while your own personal, profit, and pleasure lie completely in yourself. Very simply, if you are self-centered you will not be able to interact with your employer, with managers and employees, because you will be preoccupied with yourself and your perspective, which will be only directed in your favor.

Maturity

Surely, intellectual and emotional maturity is not connected to your age! There are different interpretations, but you are a mature person if you are emotionally independent, able to take care of yourself, aware of and able to take your responsibilities, self-disciplined and respectful.

Ability to think critically

You are thinking critically and in a problem solving mindset when you: rely on reason rather than emotion, evaluating a broad range of viewpoints and perspectives; maintain an open mind to alternative interpretations, accepting new evidence, explanations and findings; are willing to reassess information; can put aside personal prejudices and biases; consider all reasonable possibilities and avoid hasty judgments.

Resilience

If you are resilient, you adapt well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means that you are able to “bounce back” from difficult experiences.

