

CAREER

In our transient world, you keep up or you're left behind. Some actively retrain for skills that will be important in the future (hello, healthcare!) while others engage in meaningful pursuits like educating a new generation of working professionals. Life coaches Theresa Ong and Kenneth Oh reiterate that being able to look inwards and embrace change is just as crucial.

How do I identify my personal strengths and weaknesses?

THERESA ONG Ask yourself: "What kind of compliments have I received from others?", "What self-limiting behaviours or thoughts do I have?", "What kind of negative comments have I received?".



From there, determine the qualities that have helped you become who you are today (such as perseverance or optimism) and uncover what is important to you (integrity, teamwork, freedom?).

KENNETH OH From there, understand what works and what doesn't, to better react to different situations you face in life.

TO A strength might not be a strength at all times, and vice versa for a weakness. The best way to leverage a quality is by assessing the right thing to do in any situation. For example, if you have an issue relating to a colleague, use your curiosity to uncover his or her personality for better understanding.

How do I know if my skills are being maximised to their full potential?

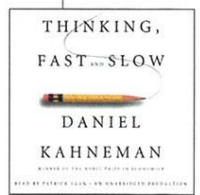
KO The yardstick always moves. External gauges such as pay, titles or salaries give a match of one's skills to what the world offers, but do not necessarily co-relate 100 per cent. Rely on an internal gauge of your personal progress instead. Are you doing things faster, better, with greater efficiency and accuracy? Be aware of these things, to slowly and consistently better yourself each day.

READ ALL ABOUT IT

Pick up one of these *New York Times* bestsellers and start your journey to self-discovery.

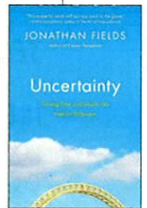
THINKING, FAST & SLOW BY DANIEL KAHNEMAN

Take a tour of the mind and discover the two systems that drive the way we think.



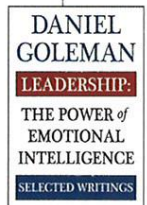
UNCERTAINTY BY JONATHAN FIELDS

Speaking from his experiences, Fields makes the case for embracing instead of rejecting change.



LEADERSHIP: THE POWER OF EMOTIONAL INTELLIGENCE BY DANIEL COLEMAN

Learn how the way you work with people shapes excellence and success.



tips & tricks: lifestyle



STAY SOFT

Don't underestimate the importance of soft skills, because degrees or MBAs are a dime a dozen these days. Manage anger, get enough sleep, learn to network, eat breakfast!

GET BRAINY

Turn your grey matter into a super force by getting your "neurobics" on. Experts suggest learning to play an instrument, playing chess, or tackling the *New York Times* crossword puzzle.

KEEP LEARNING

That's the only way to stay relevant or keep your options open, even if it means switching careers. As 21st-century skills become more valuable, it's time to hit the books, attend training workshops or go back to school.