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BUF 4900

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Professional Development Critique #2

1. Who? What? Where? When? Why? and How? Who presented this workshop? Where was it held? What was this workshop about? Why and devolve into details. And How was the workshop presented?

The speaker for this seminar is Jonathan Storch. The meeting is held on July 17, 2023, from 2-3 pm Wexbex Online. This seminar is about Emotional Intelligence (EQ). This seminar teaches us how EQ affects our life/work. For example, EQ can improve our social skills in life, including better understanding other people's emotions, communicating and resolving conflicts effectively, and building good interpersonal relationships. In the workplace, EQ helps us expand our thinking, cultivate creativity and innovation, and be more flexible in responding to challenges and coming up with new solutions. In addition, EQ helps to build more harmonious teamwork, enhance trust and mutual support among team members, and improve work efficiency and productivity.

2. What were the significant insights that you gained for professional development? How will this assist you in your future career?

The seminar mentioned controlling one's emotions, which is very important. This is very important because a stable sentiment can better solve the problems encountered in career development. It is also essential to avoid the negative impact of uncontrolled emotions on work and to keep calm and rational in decision-making. In my future career, EQ can help me build good interpersonal relationships with my colleagues, and good social skills and interpersonal relationships are paramount. People with high EQ are more likely to develop

good relationships with coworkers, clients, and supervisors and increase their willingness to cooperate and work as a team, which helps them to improve their work efficiency and gain more opportunities. EQ also helps to broaden thinking and develop creativity and problem-solving skills, which are essential when looking for opportunities, responding to challenges, and coming up with innovative solutions throughout a career.

3. How have City Tech and BUF courses prepared you for your career?

In City Tech's BUF 2203 Visual Merchandising course, I learned about the creation of specialty and department store displays and the visual design of walls and windows. I also learned about the effects of color, music, and lighting on consumer behavior. In class, I led a color wheel and color analysis project, through which I gained a deeper understanding of in-store environments, color, and lighting theories and explored how they work in practice. These designs and theories convey fashion brand messages and influence consumer psychology and behavior. This will help me to demonstrate a greater sensitivity to color design in my internship.

4. What would be the two top "topics" that you would share with your colleagues in this internship class?

The first hot topic I want to share with my colleagues is self-exploration. Self-exploration is the key to successful career planning. By understanding our interests, values, and skills, we can find a suitable career path that will give us more motivation and satisfaction in our work. This process also allows us to understand our strengths and limitations better, helping us find the right career path and achieve greater happiness and success in our future careers. Another topic is building valuable professional networks with others, which is integral to career development. These networks provide opportunities, resources, guidance, and support to help achieve career goals. Building good relationships with people in our professional network can help us develop our careers. They may refer us to new projects or opportunities, provide career advancement opportunities, or collaborate with us, all of which can contribute to our career growth.

