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Helping Adults Identify and Get on the Right Career Path

CURIOSITY AND INQUISITIVENESS

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Module about Career management
skills #6



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Conclusion what Curiosity and Inquisitiveness is about



1. INTRODUCTION | CURIOSITY AND INQUISITIVENESS

Curiosity is the desire you feel to learn more about something. You experience a 'gap' in your knowledge, understanding or skills and you would like to know more about it. To do this, you actively search for information, knowledge and explanations. It is also about the extent to which you embrace novelties and can live with the unpredictability and contradictions in new situations.

We are therefore talking about inquisitiveness and curiosity and not about a 'curious person' or someone who is interested in the latest office gossip. Curiosity is an important driver for learning, growth and change and for new solutions and innovation in the workplace. Every person is curious; it is innate to us. The extent to which varies only per person.



2. THEORY | CURIOSITY & INQUISITIVENESS INFOGRAPHIC



The Curiosity and Inquisitiveness process...

Curiosity is a valuable competency for almost all professions. In any profession you will have to be able to collect bits of information to do your job as well as possible. You are open to what is yet to be discovered. However, there are professions where a curious attitude is necessary to be able to perform your work properly. For example, the process described in attachment.

Source: <https://crushschool.com/blog/how-to-reawaken-curiosity-or-remain-curious-forever>



Curiosity & inquisitiveness theoretical resources?

1	2	3
Articles	Podcasts	Publications



3. PRACTICE | Games about curiosity & inquisitiveness ?

DOODLING TOGETHER

[TRY IT HERE!](#)

Drawing, collaboration, and creativity go hand-in-hand. In this creativity exercise, invite the group to first draw a shape on a postcard or piece of paper before then passing it on. The next person then makes an object from the shape before passing it on. After several rounds of iteration, the postcard grows collaboratively from a single shape into a finished product. The results of this game are often amusing, varied and creative, and it's a great way to help a group connect and build creative confidence too!

THE TIME MACHINE

[TRY IT HERE!](#)

In this creative game, ask participants to share where they would like to time travel to, who they might like to meet and whether they would just want to visit or stay. By using a clear framework with scope for creativity, you can enable a group to communicate easily while also bringing themselves into the conversation.

QUOTES

[TRY IT HERE!](#)

Looking to others for inspiration is a key aspect of thinking creatively. This creative icebreaker helps a group tap into existing wisdom while also helping them get to know one another.



More inspiration for practical activities needed?

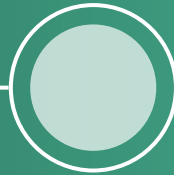
Start :)



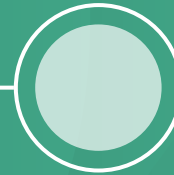
sessionlab.com



thriveglobal.com



playmeo.com



actuallycurious.com

End :)



04. Conclusions

Research shows that curious people are happier, healthier, have better relationships, live longer and are more intelligent. Your interested attitude ensures that you learn more easily in the area you are interested in and your memory improves in those areas as well. You are open to what is yet to be discovered. By spending time and attention on new things, you make more neurological connections in your brain and those new connections make it easier for you to place new information. You are open to the world around you and view others and yourself from multiple perspectives. Not only an important skill in your career, but actually in your whole life!



Just keep in mind...
**“Curiosity is a mind in
search of knowledge”**

By Thibaut



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