NIEUWOLDA TRANSIT SKILLS

You are growing up in a world characterized by rapid change, complexity, and ongoing transitions. Increasingly often, you will encounter situations where there are no clear paths to follow and where uncertainty, ambiguity, and constant adaptation are part of everyday professional and personal life.

In education, you learn a great deal about a specific professional field: theories, methods, skills, and ways of working. At the same time, you also bring yourself into this work — with your own values, motivations, strengths, pitfalls, and ways of relating to the world.

In these times of rapid change, it becomes increasingly important to learn how to shape and organize your work in a way that not only functions professionally but also remains personally sustainable over time. In other words: how to build a sustainable practice. Transit Skills gives attention to both the external and inner dimensions of this process.

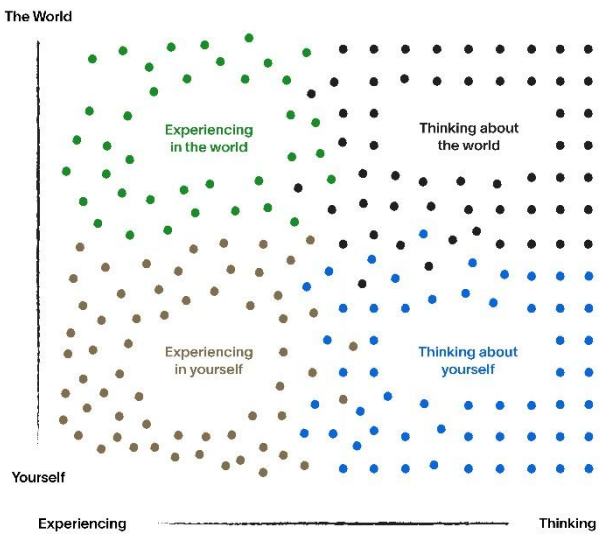
Too often, young people set extremely high goals while constantly comparing themselves to others. This can lead to stress, insecurity, overwork, and eventually burnout. While this may sometimes result in temporary success, it is often difficult to sustain in the long run.

Building a sustainable practice therefore means getting to know both your professional field and you: your values, motivations, strengths, limitations, and ways of working.

Transit Skills Canvas

To support this, Transit Skills works with a canvas with four quadrants that help you explore both the inner and outer dimensions of learning, as well as the relationship between thinking and experiencing.

The framework invites you not only to reflect on your experiences, but also to grow through them. You learn through direct experience, embodied awareness, interaction with others, critical reflection, and engagement with the real world. In this way, you gradually develop a better understanding of both yourself and the systems, people, and environments you work within.



The four quadrants help you grow in:

- navigating and experiencing the outside world,
- understanding complex situations and systems,
- becoming more aware of your inner world,
- and developing insight into your identity, values, motivations, and purpose.

When it comes to the "world", think of aspects such as:

- Mapping out your segment of the business side: for example, networks, knowing who is who, important players and systems in the world, and understanding how these systems work.
- Creating opportunities for yourself through design-oriented work (e.g., Design Thinking): making your project come alive in the world in small steps.
- Collaborating with other professional groups.

More on the personal side we'll address:

- Purpose: What excites you and what doesn't? What drives you?
- Understanding what you experience: Do you recognize when you're in a good flow? And do you know when you feel stress or tension?
- How do you handle new situations? How do you present yourself? What is your internal dialogue? Do you tell yourself that you can't do it, or that you can? How do you handle criticism? Where in your body do you feel it?
- Setting your own goals and boundaries.

Planning:

MEETING NR.	DATE	TIME	LOCATION	CONTENT
1	21 March	3 hr	Zuiderdiep or …	Regular class
2	28 March	3hr	Zuiderdiep or …	Regular class
3 – 9	**3 – 5 April** **(Thursday - Saturday)**	3 April 14:00 – 5 April 15:00	De Olde Stoeve Nieuwolda	**3 day intensive**
10	11 April	3hr	Zuiderdiep or …	End Presentations