

My 5Ps of Life

NUCB
NAGOYA UNIVERSITY OF
COMMERCE & BUSINESS **JAPAN**

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My Passion

I was 15 years old when I start playing rugby and I can say that my personality and the person I am today have been build on the sport. Rugby brings me many values that I still use in my personal life as in my professional life. I learned important values such as effort and self-sacrifice to make my team win. One of the rugby's golden rules is that players should never let a teammate running forward alone with the ball. Another player must always "support" the player carrying the ball to protect him but also to protect the ball from the opponent. It is a value that I apply in my professional life: the team prevails over the individual and support is essential.

I know I would not be the same person without rugby and I am thankful about what this sport brings me everyday.

Being truly happy: After four years of hard work, long training hours and thousands evenings spent at the gym, my team and I won the biggest French Federal Championship. I was so proud of myself by even more proud of my team. We knew where we were from and the personal scarifies we made to get here. During this competition, we were able to show 2 things that were so important for us: we were able to win the championship and that rugby is not only for men.

RUGBY

Self-giving

Surpassing yourself



Respect for your team and opponents

My Passions

TRAVELING TO DISCOVER NEW CULTURES

I love traveling because, as Rugby, traveling helped me to become a better person. By traveling I learn a lot from myself: how I behave in society, how I can handle difficulties and lonely times. I also learn to become a better version of myself: I am more confident, more curious about people and more socially intelligent. I know myself and I can understand other people from a different culture. More you travel and more you want to travel because there is nothing more glorifying and satisfying than discovering who you really are by confronting living in a totally different environment from your comfort zone.



COOKING



Cooking makes me feel inspiring and relaxing. When I cook I create and I innovate without thinking about anything else. Passion takes you to another dimension where all your senses are stimulated and it is what I like with cooking. There is nothing else than me and my feelings.

My Purpose

20 years

Working in another country for the French government as a Country Director of the Netherlands for Business France



Business France is a French Government Agency that promotes French exports and French investments abroad by providing tools for the export strategy of French companies.



What is it aligns to my purpose?

- **International and culture:** Ability to work in a different country, with people from different culture by promoting France all over the world
- **Team dimension:** Working in a team with partners and French companies for a common purpose

Why the Netherlands?

- **Quality of life in the Netherlands:** working atmosphere, green country, many sport activities
- **Professional opportunities and interesting projects:** fast-growing market = growth opportunities for French companies and for Business France
- Big community of international workers: the Netherlands is **expat-friendly country**



A short overview of me, once my purpose is achieved

My Potential Purposes

Build a strong and healthy family core



Rejected because I do not think family is something that will determine me in the future. I am a family person and I want to build a strong and healthy family as I grew up myself in such a beautiful family. However, I do not want people to consider me through my family and through my personal life but rather through what I have built professionally

Feeling that I am at the good place with the good people

I am convinced that it is something I will reach anyway. With the years, I am convinced that I will take enough maturity and confidence to be able to make the choices that are good for me in order to feel good and surrounded by good and inspiring people anywhere I will be.



Feeling that I inspire people as I'm inspiring by them



Simone Veil

This is deeply important to me. However it is only a small part of what I want to achieve in life and of my main purpose.

My SMART Plan – 1 month

GOALS

Get a job position for a **Graduate Program** (a three-years contract in a company with three rotations in three different European places at three different job positions) in **Europe** for a **Agrifood and Distribution Company** that wants to develop its business abroad.



Nestlé



ACTIONS

For my Short Term project:

- Wait for the email of an Agrifood company that I already met for an interview about my potential Graduate program position in their company
- **Apply on LinkedIn**, depending on the offers
- **Contact my network** and especially my mentor that helped me many times to determine what I wanted to do in life and to find internships
- Change my resume and adapt my cover letters
- Keep on **improving my Business English**, especially focus on the Agrifood vocabulary

Long Term project:

- **Find a Mentor in Business France**: contact on LinkedIn someone that works for Business France (as a Country Director or close to this position), to ask him for advices and mentoring

My SMART Plan – 1 year

GOALS

Work as a **International Strategy consultant** for my first rotation of **Graduate Program**, in one of the company's **European Headquarters**. Especially with a focus on **the local food strategy** of the business.



ACTIONS

- Develop my understanding of the **local food market**
- Learn Dutch at A1 level
- **Participate to Business France activities in the country** I will be at this time:
 - Subscribe on the Business France's news letters for this country
 - Meet Business France employees during their Events
 - Follow them on Social Media to be aware of new Events



My Partners – How do they benefit?

CURRENT PARTNERS



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NEOMA
BUSINESS SCHOOL

My mentor: He has many others "godchildren" so once I reach my purpose, I will help him back by supporting his "godchildren" thinking internships and/or job

My Double Degree co-workers: We learn from each other and it is a win-win relationship so I also support them in the job research by sharing my network, reading the resume etc...

My French school: Once I am graduated and I get a job, I will be a member of my French Business School Alumni network and it will be my turn to help the next student generation in their professional project.

FUTURE PARTNERS



A Mentor from Business France: I want to find a Mentor that is working for Business France. Once I reach my purpose of working for Business France, I can support him/her in his/her projects.

French Expat community: Since I plan to work abroad as an Expat before to join Business France, I will be a part of this exciting French Expat community. They can benefit from my international network and my support in daily life (since I already travelled a bit),

My Partners – How do they help me?

CURRENT PARTNERS



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NEOMA
BUSINESS SCHOOL

My mentor: Supporting me in writing cover letters and contacting his own network to find people that can help me to prepare for interviews and answer my questions

My Double Degree co-workers: They are in the same situation as me because they have to find a job for next September. They are full of tips about where I can look for job opportunities and how can I find companies that fit with my professional purpose. They are also really supportive and they understand my situation.

My French school: The administration has a large European Network that I can use for my researches.

FUTURE PARTNERS



A Mentor from Business France: Supporting me in writing cover letters and contacting his own network to find people that can help me to prepare for interviews and answer my questions

Expat community: It is a community really connected with the French Embassy (for the French Expat Community) and I can benefit from them for 2 reasons:

- Some of these French Expats launched or want to launch their business for, as a Business France worker I can help them in their project
- Some of them will be working for Dutch companies so they have good knowledge of the Dutch system and they can help me in my missions to support French companies exporting in the Netherlands.

Persistence– My tips to stay motivated

THINKS I DO



Looking to some motivating LinkedIn profiles

- People that reach the same kind of goal: working abroad with a high position in an International company and/or for Business France
- People that are working in the same business segment: Food industry, Export of French food products



Email my Mentor

I use to monthly talk with my Mentor through emails. He is really **positive about my Future and his energy is contagious.**

- He knows me well enough to motivate me and push me to pursue my dreams
- He is a Businessman so he has a smart vision of the Business world and he can understand my doubts and my questions and help me to refocus on what really matters: reach my purpose

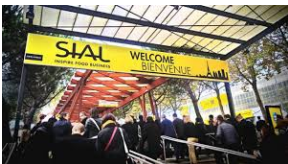


Keep up with successful people and people close to the French product/service export

- Meet know people from different offices of Business France all around the world
- Contact Business people on LinkedIn that work as expat abroad
- Follow on Social Media ambitious French companies that decided to export their services/products in the Netherlands and how they do it (which tools do they use, where do they export in the Netherlands, etc)

To Do List of things and projects I must do to reach my purpose

Write daily AND monthly To Do List of things I have to do to reach my Purpose. By writing down this list, it helps me to take a step back from the things to do to reach my purpose. I can realize that it is not as tough as I thought and that I am able to achieve my goal by giving me daily and monthly misisions and things to do.



Example of my daily list in 1 year (based on my 1-Year Plan):

- Read one Dutch article
- Contact a Business France worker based In Stockholm that is responsible of the Food industry unit
- Buy a ticket for the International trade Business Events: The SIAL (Salon International de Alimentation) in Paris

Persistence – Why I know I will succeed?



*“A goal without a plan is just a wish”
Antoine de Saint Exupéry*

Why Mr. Katagi should believe I will get my Purpose done

Dear Mr. Katagi,

Through this letter, let me explain you why you can be sure I will get my Purpose done.

First, my purpose has been maturely thought, evaluated and established. Since it is based on my passions (what I like), my behaviour (my personality) and my aspirations (what I deeply desire) and my capabilities (what I can do), my purpose fit with the person I am and for this reason, it will be « easier » for me to reach my goal and get it done.

Secondly, I have a clear idea of what my purpose is and what my purpose involves. I am aware of the sacrifices I should surely make to reach for my goal and I know that it is not going to be easy or fast but I feel ready to overcome difficulties.

Thirdly, as Antoine de Saint-Exupéry said, people cannot reach their purpose if the did not establish a plan. My plan is perfectly establish and I have a good vision of what I must do at and what time. My 1 Month-Plan, my 1 Year-Plan but also my daily/monthly To Do List are important tools for my success. They will help me to refocus on what really matters and to have a clear idea of what I have to do. Planning the 20 coming years also give me to have objectives on the short-term and not only on the long-term and that is really important to stay motivated in the long-term.

Mr. Katagi, I deeply hope that when I will read this letter again, I will be in the Business France Office of the Netherlands and I will remember all of the dreams I had when I was 24.

Thank you for what you taught me and I hope to meet you again in the future.

Regards,

Mathilde