

(Re-) Designing your Own Personal and Professional Journey

PROGRAM OVERVIEW:

(Re-) Designing your Own Personal and Professional Journey is an interactive, virtual workshop that will help you reach your destination even if you are unsure where that is. During the workshop, you will work within a small community to identify the things that really matter to you, which will help you make decisions and take steps along the path that you uncover in the course. Perhaps you want to gain clarity on how your current job/role fulfills your purpose or perhaps you want to make a shift in a completely different direction. This course will support you in these or any variation of these as you learn to ask yourself the questions that will guide you to a life lived by design. You will find your place and refocus your future through interactive exercises, meaningful conversations, and personal reflection. What is your next thing? Can you make your current place more meaningful? What matters to you? Who are you saying “no” to when you say “yes” to others?

Topics include:

- Answering the question - How do we get from here to there? (and where is “there”?)
- Understanding our strengths, superpowers, personal and professional aspirations
- Identifying the hurdles to get from here to there
- Conquering and befriending fear and the Imposter
- Defining our desired purpose and impact, personally and professionally
- Learning to live by design, not default

Expected Outcomes:

- Renewed focus and clarity on next steps
- Greater understanding of who you are and how you can live and work the way you want
- Direction and tools for your personal and professional journey
- A strong community that will support you moving forward
- Connect, recalibrate and find joy