

Design Your Life Keynote Address

Discussion Guide

Kathy Davies, Managing Director, Stanford Design Lab

General Discussion Guidelines

Actively engaging with the video's content is central to an effective watch party. Good discussion questions are a major tool. They get people started talking with each other in a way that adds value to their experience of the video. Ask "open-ended" questions. These are questions that don't have "one right answer," and they can't be answered in one or two words like "yes" or "no."

Acknowledge your role at the outset. You likely want to participate in the discussion like everyone else. To reduce the risk of being seen as the "expert," acknowledge your role as a participant, in addition to posing discussion questions. Consider how to address information requests or action items that may arise. (For example: Will you ask for volunteers to research and report back?). Otherwise, people may assume that you'll take responsibility.

Plan an intentional sequence of questions to offer for discussion. The following sequence follows the natural path the mind takes with new information. It's a good idea to start with an "objective" question. Each level of question (1-4) builds on the preceding discussion. It's rare to have time for more than a few questions, so be selective about which questions you plan for your group.

1. **Objective Questions** give participants a chance to focus in on the content. These give everyone a chance to quickly participate from the start. One quick objective question is often enough.
2. **Reflective Questions** call up listeners' impressions, reactions, and thoughts.
3. **Interpretive Questions** get people thinking about the meaning the content holds for them. Making connections between the content itself, and their broader world.
4. **Decisional/Action Questions** stimulate participants to commit to doing something differently or something new (big or small).

See [6 Steps to Hosting a Watch Party](#) for sample questions that apply across many topics using this sequence. You can also engage participants through a relevant exercise or skills practice. (Active engagement is key to people's consolidating what they've learned.) Consider a short discussion first.

Designing Your Life Keynote - Suggested Discussion Questions

Objective Questions:

- What "big idea" from design thinking caught your attention?
- What struck you about the dysfunctional beliefs that Kathy described?

Reflective Questions:

- When you thought about yourself at age 10, what impressions did you recall? How did you think about your future at age 10?
- What came up for you when Kathy described "dysfunctional beliefs" in relation to life design?
- Kathy talked about two ways we "prototype" in life design: informational interviews and prototype experiences. What interests you about either of these tools?



- How did you understand the idea of “creating your compass?” How would someone do that?

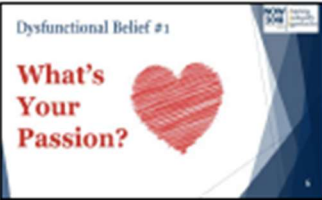



Interpretive Questions:








- Kathy Davies introduced her talk by describing the Design Lab’s work to help college-age people figure out “What they want to do when they grow up.” How does her talk apply to people at your career stage?
- What issues did the idea of [one of the following] raise for you?
 - Creating your compass
 - Reframing to get unstuck
 - The power of multiple alternatives
 - Prototyping
- How can you see this idea being helpful going forward?
- What questions do you have about this idea?







Action Questions

- What would you like to try out after seeing and discussing Kathy’s talk?
- How could you prototype a career move you’ve been thinking about?

NOW Conference 2018 Recorded Session Timeline		Session Title: Designing Your Life Keynote - Kathy Davies		
Start Time Min:Sec)	Duration	Slide	Segment Theme or Main Point	Facilitation Suggestions
0:00:00	00:34	1-2 	Topic: today: Design Thinking, an effective innovation process	
0:00:34	00:25		Close your eyes & think about yourself at age 10	
0:00:59	01:10	3-5 	Open your eyes. Stanford Design Lab (dlab) addresses the question of what you want to be when grow up.	This recorded session is concise, and lends itself to viewing all the way through, followed by discussion.

0:02:09	01:24	6 Dysfunctional Belief #1 What's Your Passion? 	Dysfunctional beliefs related to life design. # 1 is the question, "What's your passion?" Only 20% of people can identify a single passion. More realistically, passion comes 2nd. Engagement comes 1st.	This recorded session is concise, and lends itself to viewing all the way through, followed by discussion.
0:03:33	00:54	7 Dysfunctional Belief #2  You should know where you're going by now!	# 2: "You should know where you're going by now."	
0:04:27	00:47	8 Dysfunctional belief #3 BE THE BEST VERSION OF YOU! <small>• Are you SETTLING like the OLD BENT LEAF? • Are you worried you're SETTLING?</small>	# 3: "Be the best version of you" (Implies there is just 1 "best" version.)	
0:05:14	01:49	9 	Anecdote illustrated by image of child as hairdresser. We start judging really early about the "best choice," which creates anxiety.	
0:07:03	01:34	10 Design Thinking <small>a culture of thinking</small> 	Need to think like a designer. Culture of innovation requires talking with people unlike themselves	
0:08:37	00:23	11 DESIGN THINKING FOUR BIG IDEAS	At Stanford, "Designing Your Life" is a 10-week class. Goal of this talk is to convey 4 ideas from the course.	

0:09:00	01:56	<p>12 - 13</p> <p>Idea#1 Creating Your Compass</p>  	<p>1. Creating YOUR COMPASS. Connecting the dots [about what's important to you] increases meaning-making. DLab students write 2 reflective pieces & compare them.</p>	<p>This recorded session is concise, and lends itself to viewing all the way through, followed by discussion.</p>
0:10:56	01:49	<p>14</p> <p>Idea#2 Reframing to Get Unstuck</p> 	<p>2. Reframing to get unstuck & brainstorming. Precursors are accepting as a problem they want to work on, and how we define the problem.</p>	
0:12:45	02:50	<p>15</p> <p>Idea #2 Reframing to get unstuck</p> 	<p>Sometimes the way we frame the question has just 1 possible "anchor" solution embedded in it. (Example: Brad & "Where I can move to find love?")</p>	
0:15:35	05:13	<p>16-18</p> <p>Idea #3: The Power of Multiple Ideas</p>   	<p>3. The power of multiple ideas: Odds of a positive outcome increase with more than 2 ideas. DLab students create 3 unique different lifeplans (Odyssey plans) Pieces of "wild card" life might be incorporated.</p>	

0:20:48	01:51	19-20	 <p>Once you have some ideas, it's time to...</p> <p>Idea #4: Prototyping</p> <p>PROTOTYPE TO:</p> <ul style="list-style-type: none"> • reduce risk • ask interesting questions • expose assumptions • involve others with your ideas • think up on the future. 	<p>4. Prototyping. Test things.</p> <p>"Sneak up on our future."</p> <p>People don't often chuck everything & go for "plan 3."</p>	<p>This recorded session is concise, and lends itself to viewing all the way through, followed by discussion.</p>
0:22:39	07:34	21	 <p>Life Design Prototypes</p> <ul style="list-style-type: none"> • prototype conversations • prototype experience 	<p>Two ways to prototype in life. 1. Prototype conversations (informational interviewing.) 2. "Felt, embodied experience"</p>	
0:30:13	00:54	22	 <p>Four Big Design Thinking Ideas</p> <ul style="list-style-type: none"> • Build your compass • Believe to get Unstuck • Learn Multiple Alternatives • Prototype 	<p>Recap: 4 Big Design Thinking Ideas: 1. Build your compass. 2. Reframe to get unstuck. 3. Ideate multiple alternatives. 4. Prototype.</p>	
0:31:07	00:23	23	 <p>HOW CAN WE BE MORE MORE MORE</p> <p>possible, STEM-capable, connected, human, innovative, world-leading, dazzling</p>	<p>Reframe the idea of becoming "More". Maybe this process can help us be more human.</p>	
0:31:30	00:43	24	 <p>You can do this!</p> <p>Get curious Talk to people Try things</p>	<p>Remember that you can do this. Hundreds of students have done it. Thousands have read the book.</p>	
0:32:13		End			
Total	0:32:13				