

NOW
2018

Staff Career Development
Conference

Inspiring
Sustainable
Opportunities

Designing Your Life

Workshop

Let's Make Lemonade!

Directions:

Share something tough from
your week with a partner

Have them turn that into a great
thing!

Switch!



 5 MINS

What is “Design Thinking?”

Different Kinds of Thinking

Engineering Thinking



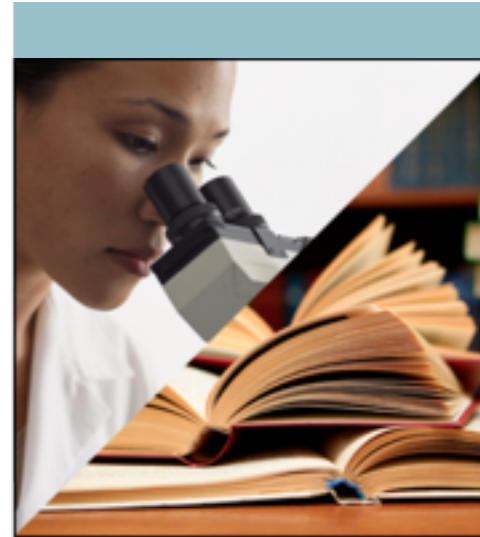
Solve your way forward

Business Thinking



Optimize your way forward

Research Thinking



Analyze your way forward

Design Thinking



Build your way forward

Design Thinking

A good approach to wicked problems

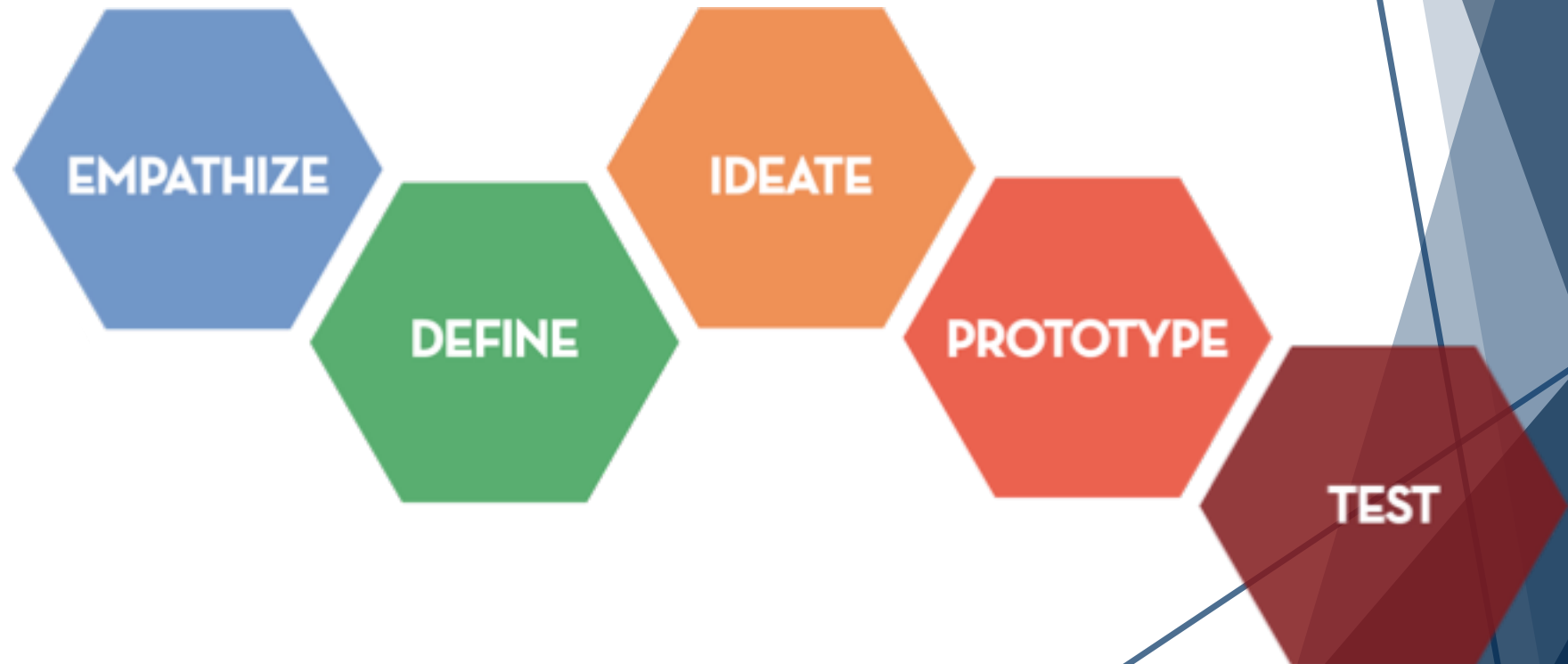


- Software
- Education
- Love
- Life and Vocational Wayfinding....



Design Thinking

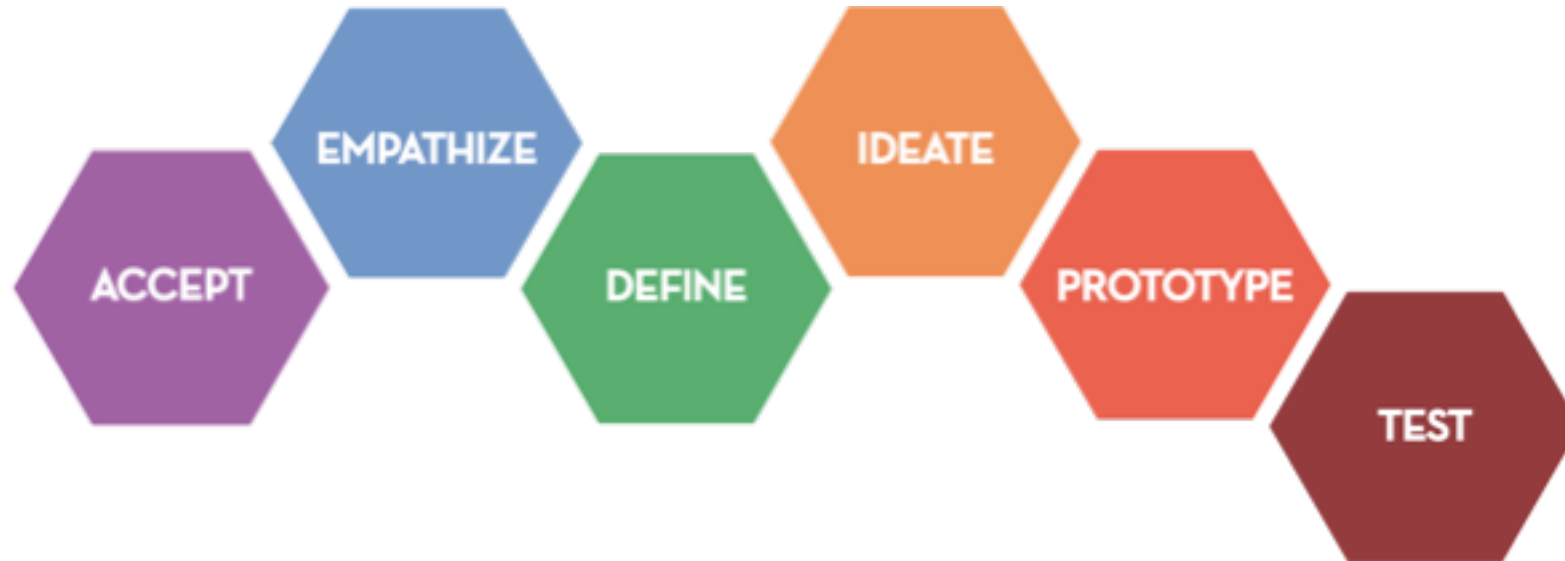
The Process



Life Design Framework

MEANING-MAKING

POV, Workview, Lifeview



DISCOVERY & SUPPORT

Practices, Discernment, Mentors, Community

Design Thinking

A Culture of Mindsets



**RADICAL
COLLABORATION**



REFRAMING



CURIOSITY



**MINDFULNESS
OF PROCESS**



**BIAS TO
ACTION**

It's time to:



30 circles

- You have a sheet of 30 circles and a pen.
- Turn the circles into something.
- You will have 3 minutes.



Go!



Stop!

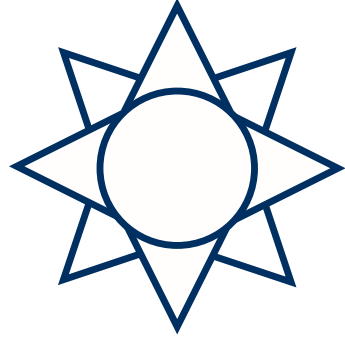


Questions

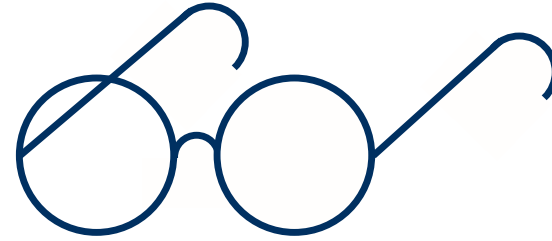
- Did you solve the problem?
- Did you do as well as you wanted to?
- Were you ever frustrated or stuck?
- What did that feel like?



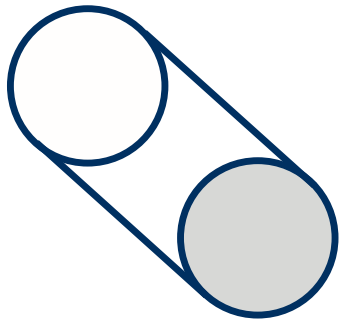
Schemas



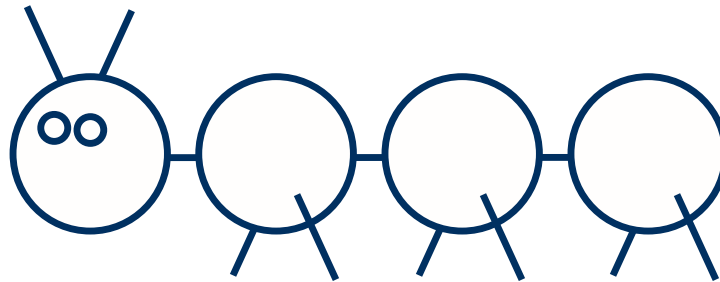
OUTSIDE THE CIRCLE



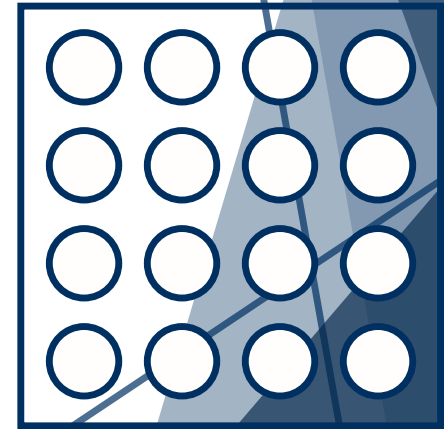
TWO CIRCLES



SOLID OBJECTS



MULTIPLE CIRCLES



CIRCLES AS TEXTURE

Go again!



Stop!



Takeaways

- This is what “getting stuck” feels like.
- This demonstrates how “unstuck” happens and feels.
- It is part of what we call “Design Thinking.”



Bias to action



NOW
2018
Staff Career Development



Energy – engagement map

STEP 1: List your top energy giving or draining regular activities/engagements:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

STEP 2: Draw a bar of each one's (+) or (-) energy effect, as it shows up in your typical week.

STEP 3: What do you notice about your energy patterns?

STEP 4: What accessible changes can you make to improve your energy flows?



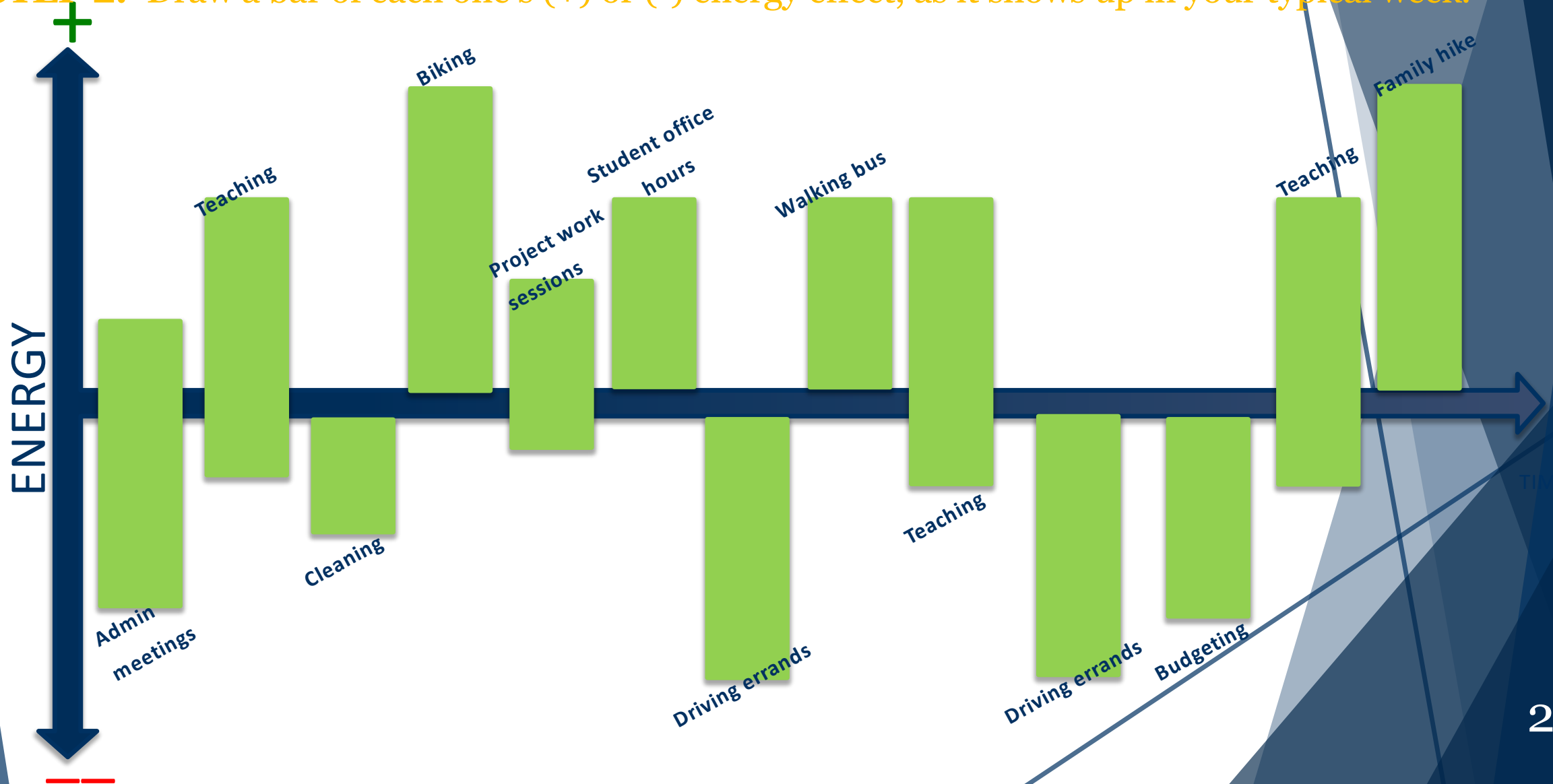
Energy – engagement map

STEP 1: List your top energy giving or draining regular activities/engagements

- Biking
- Admin meetings
- Student Office Hours
- Budgeting
- Driving errands
- Walking bus
- Teaching
- House Cleaning
- Family hike
- Project work sessions

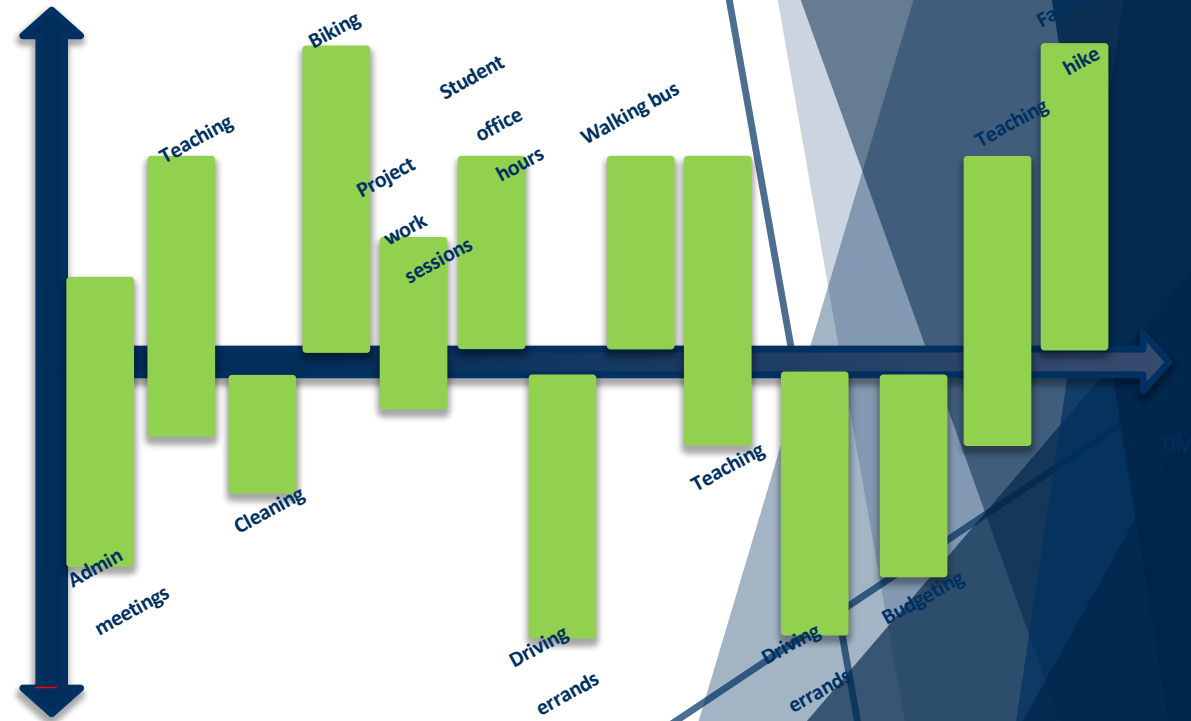
Energy – engagement map

STEP 2: Draw a bar of each one's (+) or (-) energy effect, as it shows up in your typical week.



Energy – engagement map

List and map your activities



Energy – engagement map

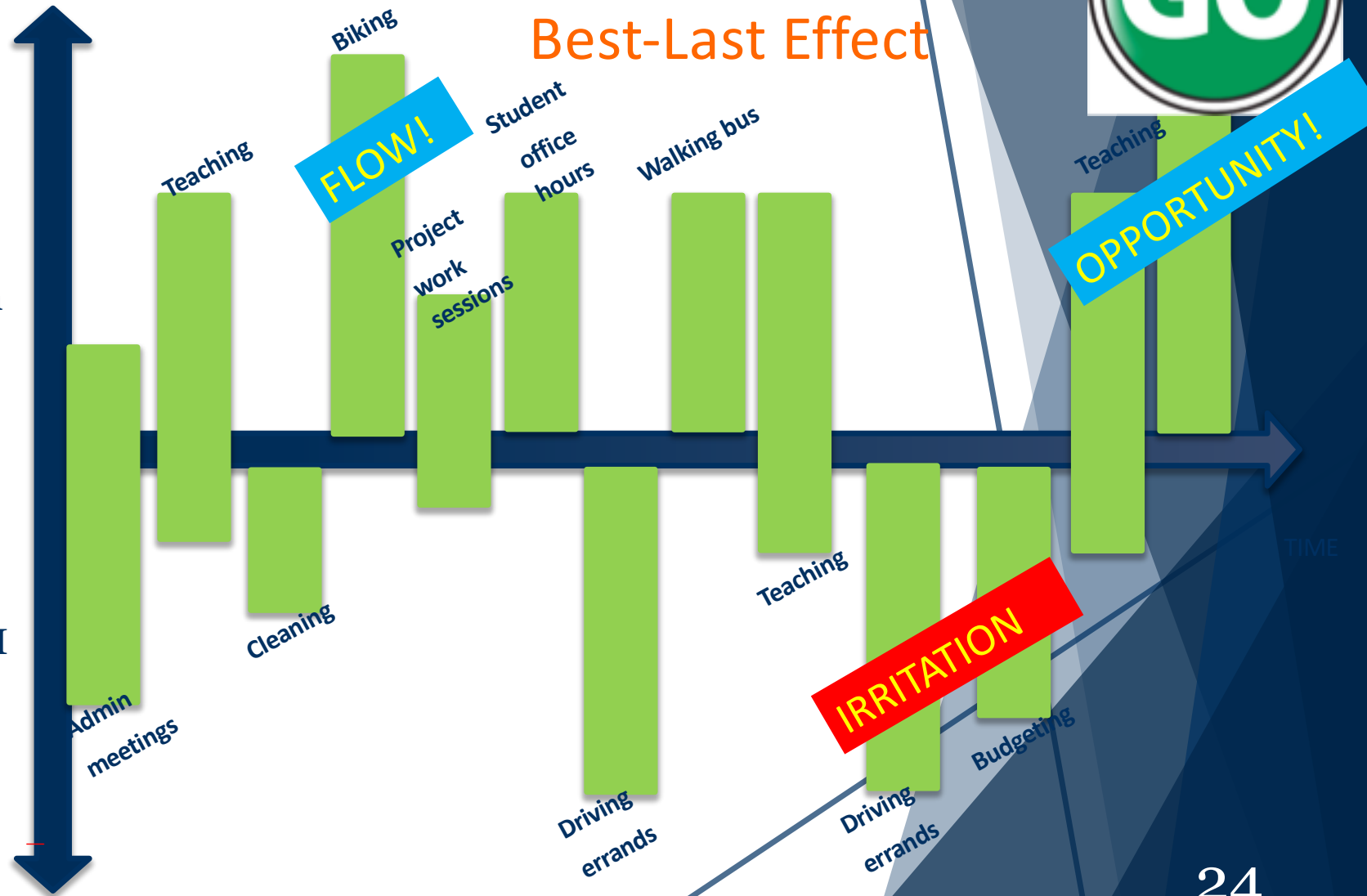


STEP 3: I NOTICE

- Three of the things that are really energy giving on my map are outside. And I wish I had more family hikes!
- I love teaching and working with my team – but being around large numbers of people is also draining.

STEP 4: ACCESSIBLE CHANGES

- Move admin meetings to walking meetings – or have breaks where I can take a short walk outside.
- Consolidate driving errands early in the week
- Make family hikes a priority – get them on the calendar!



Pair up and share

PERSON 1 :

Share your **Energy Engagement Map, and your reflections**

PERSON 2:

- Reflect back what you hear as the person describes their map and reflections.
- Comment generatively on anything else you notice as you look at their map and notes.

Pair up and share

PERSON 2 :

Share your **Energy Engagement Map, and your reflections**

PERSON 1:

- Reflect back what you hear as the person describes their map and reflections.
- Comment generatively on anything else you notice as you look at their map and notes.

Follow the energy

- Mapping your energy gives you a better sense of your engagement.
- Sequence is important
- There is a correlation between energy, engagement and meaning.
- You can use awareness of flow and energy to design your life.



You just started to build your way forward....

GET CURIOUS

TALK TO PEOPLE

TRY THINGS



Set the bar low, and clear it – everything you try teaches you something that informs your next step.

THANK YOU!

Designing Your Life for Women Retreats scheduled for:

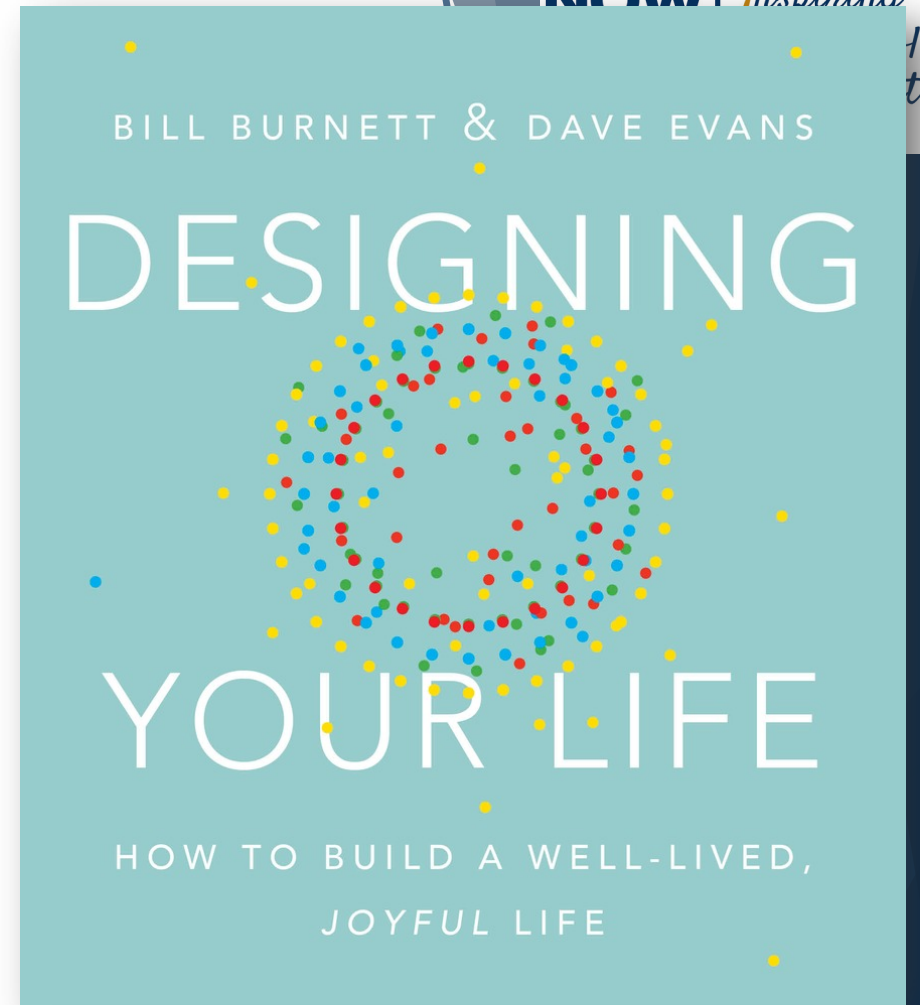
- October 13-14 in NY, Upper Story, Midtown Manhattan
- November 3-4 in SF

One Day Intensives:

- August and Sept in SF

Find out more.

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DesigningYourLifeTheBook



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29

Questions?

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