

TOPIC: Planning for the Future

●●●● * Dream Management (action planning) ●●●●

●●●● * Retirement Planning Basics ●●●●●●

●●●● * Leaving a Legacy ●●●●

Feedback:

Exposing young (young adults) people to different industries or shadowing opportunities to spark interests at a young age.

DREAMS
- be coherent
- Adam shall
to see successes that
will take you to
your big goals

Dream Manager
Break down -
explain what you
really want to do &
how to get there

ACTION PLANNING
TOWARDS
"Dream
Management"
- How to break it
- Set the goal
- Get one so
the

Leaving Legacy
is more than \$
- Being a contributing
citizen to society!
- example to family

Part of Action Planning
needs to cover the
time and commitment
it takes to reach goals.
Have to put in the
work and time to
achieve the goal
Doesn't happen overnight

Retiring Basics -
Understanding
that focusing
towards this goal
can give a type
of fulfillment.

Overlooked Part of
Goal Setting or
Retirement Planning
To Leave a Legacy
You Need Financial

Dream Not
Exposure to Career
Opportunities for
Young Adults to
Career Plan the Dream

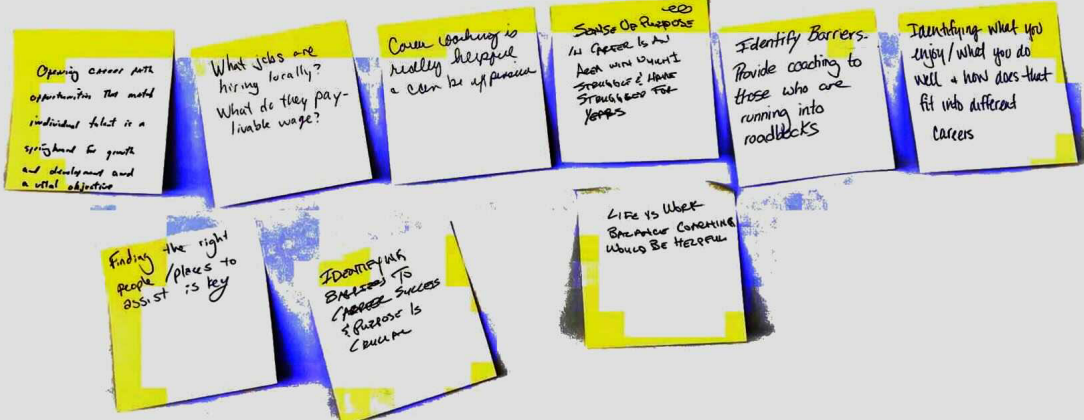
What
is your
Story and
how do you
Share your
purpose?

Action Planning to
Brainstorm different
ways to reach that
dream

TOPIC: Goal Identification

- * Identify barriers that hold me back from career and purpose success.
- * Identify my most compelling dreams for my future.
- * Identify who or what training/coaching will help me achieve career/purpose well-being.

Feedback:



TOPIC: Career Development

●●● * Resume and Interview tips ●●●

●●● * Performance Management ●

* Working well with your boss, co-workers, & customers

Feedback:

interpersonal skills
cannot be stressed
enough

Classes to teach
how to make/update
LinkedIn Profile +
how to use it to
to maximize connections
+ job search

11) Inter personal +
Communication
Skills are very important
in a work environment
and overall will help
you to be more
successful & happy

People in General
Need to have
better people skill
Listen! ^{Wait,} ^{not} talking

Working in
a GLOBAL
arena

face to
face
+
online!

TOPIC: Career and Purpose Well-being - liking what you do every day.

- * Utilizing your core strengths
- * Making a positive difference
- * Advocating for self and others

Feedback:

Monitoring new
entrants to
varying industries

People feel more
successful when
they do well.

Being able to
recognize what
your core strengths
are is a great
step towards
success

Becoming too
involved is making
a difference &
reflecting self

→ Purpose
our performance

All Needs &/
Knowledge for
Vague Perceptions
Perceptions.

Need to believe in
yourself and help
others see you for
your strengths

I love my job!
Love sharing my
purpose.
CNC Machining
MDT!

Learn how to
identify & grow
strengths
strengths further

Using core
strengths to
make a positive
difference in
career & purpose
well-being

Self
Understanding
your skills and
eliminating
imposter syndrome

TOPIC:

Physical Well-being - having good health and enough energy to get things done every day.

* Mental fitness

* Physical fitness

* Healthy eating

Feedback:

Improve access to healthy eating options in lieu of fast food -
-> salad places for lunch

Knowing how to manage stress and stay mentally healthy is vital in today's world

Being Mindful
Keep moving forward

Improve access to Mental Health resources.

There are tons of resources for healthy eating - but do ppl take advantage of them? Healthy bodies -> healthy minds

Great mental health also physical health
no stone

Impossible to find cancellations doctors to help with addictions, ADHD or other chronic mental issues

With a focus on how to cook a healthy meal at home. How to shop for a cooked meal together at home

Stress Management
Life vs Work Balance

Each All three of these strengthen the other two. They are a big part of negative feelings

TOPIC: Community well-being - enjoying where you live.

* Feeling safe and secure

* Community pride and engagement

* Welcoming others

Feedback:

Celebrating the many cultures of our community.

Safety -
at the base of
our basic needs

Improve interaction
and understanding
and cooperation to improve
community well-being

Stop assuming that
white Christian male
opinions are the only
ones that matter
+ priorities
(welcoming)

→ don't open public
meetings with
Christian prayers!

These are all
attached to each
other. Lacking one -
the rest suffer.

If you want change
to happen, become
engaged and be part
of the change. Too
many talk about
what they want, but
don't ever help it
make it happen.

Feeling Safe + Secure
is mostly external
from the community,
not so much from
a class.

Help PEOPLE
UNDERSTAND WHAT
IT MEANS TO
WELCOME OTHERS

COMMUNITY WELL-BEING/HEALTH
IN PLS = WE CAN
WE BECOME MORE
ACCOUNTABLE &
RESPONSIBLE
OWNERS

That's only a
one support
University BUT
DO IT!

All community aspects

The pervasive
assumption that
males are in
charge is toxic

Black Lives Matter
Back to the Future
For Safe In A
Welcoming Community
Have Conversations
Now to Transform
Racism Into Trust
Belonging Real
Relationships & SHES

Community
enrichment +
understanding
every group of
People within.
Openness + welcoming
to all People

Get members
connected w/
organizations that
promote/support DEI
- Orthodox Diversity Council
- WISE
- One Warsaw
- others

welcoming ALL
people +
points of view.

Warsaw is tight
knit in many
areas. Have meetings
for young adults
can be beneficial.

TOPIC: Social Well-being - having strong, positive relationships and love in your life.

* Personal Accountability

* Sense of Belonging

* Valuing diverse people and cultures

Feedback:

A LITTLE BIT OF
OF OUR COMMUNITY
IS TOO CONFORTABLE
DISREGARDING THOSE
OF DIFFERING
BACKGROUNDS

BECAUSE OF DIVERSE
BACKGROUNDS PEOPLE
SO MUCH TO
OUR COMMUNITY.

We lack commitment and
need to start holding
ourselves more
accountable. How
much could we accept if
everyone followed
through on what they
promised.

Some people on
boards and
community engagement
items. How to
broader?

activities
for community other
than church activity
our community is
so faith based it really
reduces options of similar
meeting others with similar
interests

Being able to
take accountability
for your self,
your actions, and
your life is a
trust people need to
have

Everyone should
be accountable
for his/her actions
Remembering
Your Values

Belonging is key
to all aspects of
life. Belonging
has been crippling
this year.

Belonging is
integral in
stress and achievement
- it's how you are
learning in DEI

Measures help
to achieve those
objectives

There Can Be
No Social Well
Being In An
Unwelcoming
Environment/
Community

There is many important
+ many young people
are lacking skills that
are truly when achieve
successful relationships

Need More
Cultural Awareness
Needs? Acceptance
Especially At
Country Convention
Level

Sense of belonging -
help members connect
+ get engaged w/
organizations - yes
- nice
- one person
Takes Juntos

Words when it
comes to
diversity. Yes.

TOPIC: Financial Well-being - meeting basic needs and managing your economic life.

* Income vs. Expenses

* Budgeting Best Practices

* Saving and Investing Essentials

Feedback:

Opportunities for
financial wellness
curriculum
(there are many
topics)

Meeting financial literacy
will turn up self direction
and be fundamental to
mental, social, + physical
fulfillment

Mentor that
they can be financially
successful but it's
work & takes time.

With a good handle
on your finances,
you give yourself
more freedom to
make changes in
your life.

Budgeting is the one
thing that people
tend to be bad at
that is essential
for success

Snowball
EFFECT

Too much
debt!
Early &
often!

Not good
skills taught
in school
anymore

Rise of inflation lately
is something many
aren't preparing for.
Going to affect many.

TOPIC: Knowing Myself

* Emotional Intelligence

* Personality & Interpersonal Preferences

* Developing a "Personal Brand"

Feedback:

Understanding yourself
leads to increased
awareness and
identity is "market"
who you are

If we understand
ourselves and others
better, we are much
more patient, receptive,
and accepting of those
we interact with on
a daily basis.

Emotions gives
a person a reaction
Meditation
is best

Knowing when
to say NO
and not get
burnt out

Understanding we all
have challenges and/or
disabilities, but they
don't have to limit
our success. What
resources are available?
Cardinal act
multitask

Understanding
needs of others
Unusual ones
Here -
not just a
"me"

Inclusivity and
Empathy are two
pillars of a strong
community.