

Welcome to...

“Design Your Future”



Reflection

What are you doing
no matter what
you're doing?



Icebreaker

Choose one name from each of the three baskets.

- For each person, note what you “see them doing no matter what they’re doing.”
- Deposit your slips into the bag with their name on it.



Retrieve your bag and open your messages.



Group share:

Is there a surprise?

A common theme?



Purpose/Outcomes

Purpose:

- To explore and define your values, skills, interests and what gives you meaning and purpose.
- Clarify **“What’s next?”** following your Newman’s Own fellowship.



Outcomes

- ✓ A sense of responsibility and authorship for designing your future.
- ✓ Understanding of the six dimensions of the world of work and the occupational themes and jobs associated with each.
- ✓ Appreciation for where you have come from and the elements you want to carry forward as you plan your future.
- ✓ Clarification of your values, interests and strengths.
- ✓ Ideas for how to use your strengths based on the occupational recommendations featured in your MBTI and Strong assessments.
- ✓ A vision board of your future beyond NOF program.
- ✓ Excitement that comes with taking charge and making plans for “What’s Next?” in your lives.



Outcomes

Thursday

What it Means...



A silhouette of a man and a woman standing back-to-back, holding hands and raising their arms in a gesture of triumph or joy. They are positioned in the center of the frame against a background of a sunset or sunrise sky, with the sun low on the horizon. The overall mood is one of empowerment and shared success.

What does it mean to have
an Empowered Relationship to Life?

Group Exercise: Divide Into Two Groups



Group# 1:

Describe or give examples of **self limiting** attitudes, characteristics and behaviors.

♪ What theme song captures this?

Group #2:

Describe or give examples of **self empowering** attitudes, characteristics and behaviors.

♪ What theme song captures this?

For me to have a more empowered relationship to my future, what do I need to ...



Journal
Exercise



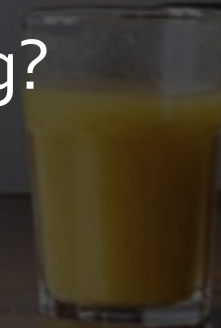
STOP doing?



START doing?



CONTINUE doing?



A hiker wearing a bright yellow jacket, a green beanie, and a large black backpack is shown in profile, looking towards the right. He is holding an open map and appears to be consulting it. The background is a vast, snowy mountain landscape with scattered evergreen trees under a clear, blue sky. The overall scene conveys a sense of adventure and navigation.

...To Lead Your Life

Which elements do you most need to work on in order to truly own and author your future?

A night sky filled with stars and the Milky Way galaxy. In the foreground, the dark silhouette of a mountain range is visible, with a person standing on a peak on the left side, looking towards the stars.

The Journey

Mary Oliver



Discover your own truth and endeavor to possess it with clarity. – Juan Goytisolo

Break



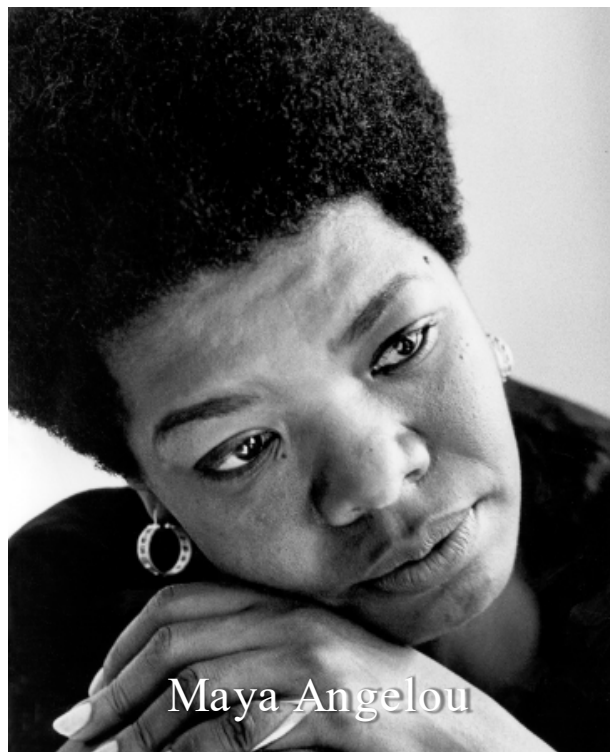
Thursday

Looking Back





Aadithi Arusu



Maya Angelou


“Everyone is
a poet at 16
but how
many are
poets at 50?”

Where I Am From Poem



Reflections

- What was it like to hear others' poems?
- What about your poem was most meaningful to you?
- What from your past would you like to carry forward as you plan your future?

A person is seen from behind, sitting on the edge of a boat on a calm lake. The person is looking out at a range of mountains under a twilight sky. The water reflects the light from the sky and the mountains. The overall mood is serene and contemplative.

The great thing about a song or a poem is that no one has to know your story. But if you tell it in a way that has clarity and means something to you, then others can relate it to their story.

– Amy Grant

Thursday

Looking at Today



What's on Your Plate?

Current Role Exercise

- What three things are most exciting about your current role?



What's on the other side of your plate?

Current Role Exercise

- What you would like to do more of
- What you would like to do less of





Share what's on both sides
of your plates. Discuss.



Lunch



Thursday

Looking at the Future



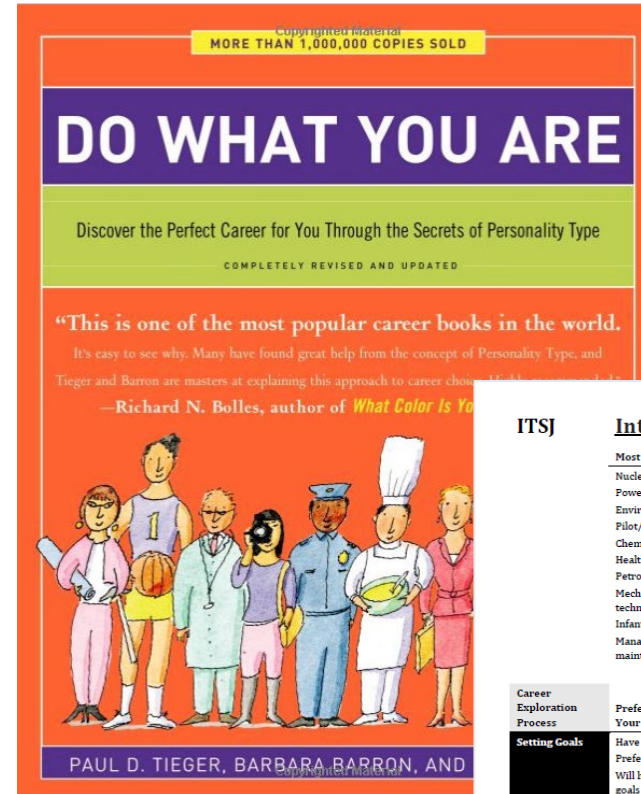
Looking Ahead



Read about your
MTBI Career Type



Highlight what
resonates most



ITSJ

Introverted Sensing with Thinking

Most Popular Occupations	Career Trends	Potential Strengths
<ul style="list-style-type: none"> Nuclear engineer Power generating plant operator Environmental engineer Pilot/copilot Chemical plant operator Health & safety engineer Petroleum engineer Mechanical engineering technician Infantry member Manager: building/grounds maintenance 	<p>There are two trends in the top occupations that are most attractive to ISTJs. One is a strong trend toward engineering, allowing ISTJs to use objective analysis and problem solving to produce tangible outcomes. The other trend involves an interest in being in a management or supervisory position.</p>	<ul style="list-style-type: none"> Ability to organize tasks Decisiveness Follow-through Can get things done Maintain and preserve what works

Career Exploration Process	Preferred Method for Your Type	Potential Obstacles	Tips
Setting Goals	<ul style="list-style-type: none"> Have immediate, tangible goals Prefer fairly traditional goals Will have action plan to achieve goals 	<ul style="list-style-type: none"> May have trouble utilizing unexpected opportunities May be upset by unscheduled chance events 	<ul style="list-style-type: none"> Consider long-term goals—those for five or ten years Plan time to brainstorm about entirely new jobs
Gathering Information	<ul style="list-style-type: none"> Consult career library or databases for job-related facts and statistics Collect just enough facts to make a decision 	<ul style="list-style-type: none"> May miss the long-term potential of the job May miss the “life” of the job by focusing only on facts 	<ul style="list-style-type: none"> Ask people on the job what they like and dislike most Explore the long-term outlook for the job
Making Contact	<ul style="list-style-type: none"> Contact only carefully selected experts or don't network May not want to network but will logically see the need to do so Present detailed picture of experience in specific areas 	<ul style="list-style-type: none"> May miss opportunities because of reluctance to network May appear too quiet in interview; hesitate to “sell” strong points May appear overly task-oriented or impersonal to potential colleagues 	<ul style="list-style-type: none"> Start with close friends and then gradually widen the network Role-play interviews; speak up and “sell” your strong points Prepare for hypothetical interview questions Don't overwhelm intuitive interviewers with too many details Establish some personal contact with interviewers
Making Decisions	<ul style="list-style-type: none"> Conduct a logical analysis of career alternatives; weigh pros and cons of each 	<ul style="list-style-type: none"> May neglect most important values by focusing only on what is logical May make hasty decisions 	<ul style="list-style-type: none"> Consider what is truly important to you or others, not just what makes sense by logical criteria Plan a “cooling off” period before making a decision

A man with short dark hair, wearing a light blue long-sleeved shirt, is sitting and looking down at a brown journal he is holding. He is holding a black pen in his right hand, poised to write. The background is a blurred indoor setting with light-colored walls and a window. The entire image has a dark, semi-transparent overlay.

Private
Reflection
Time:

Complete the questions on
pages 14, 15, and 16 of your journal.

Discussion in Triads:

Each person take 15 minutes and share

1

What you have **learned** about the **kind of roles that are most interesting** to you and **why**.

2

A **natural strength** you will bring to any role.

3

A **new skill** you would like to develop.

4

A **weakness** that you want to overcome to avoid it limiting you.

Break





1

What “Career Profiles” or stories from “Do What You Are” are **most appealing** to you and **why**?

2

For your type, **what resonated** with you from the section “Career Satisfaction Means Doing Work That...”

3

What popular occupations associated with your type are **most appealing** to you?

4



Record responses in your workbook.



Simplicity,
clarity,
singleness:

These are the attributes that give
our lives power and vividness and
joy as they are also the marks of
great art.

—Richard Holloway



Your Vision Board

Include a poem, vision statement, top five values, favorite quotes and/or images, etc.

Dinner



Friday

The Holland Career Framework



Holland Personality and Career Types:





1. Realistic (R) “The Doers”

THINGS – A person who lives in his/her body

- ✓ Independent/practical/physically strong/often aggressive/conservative
- ✓ Uses hands/eyes to explore things
- ✓ Uses body skillfully, rather than words, thoughts or feelings
- ✓ Requires physical coordination, strength, agility, logic
- ✓ Enjoys risk, excitement, being outdoors, concrete problems, money, using tools, large machinery
- ✓ Solves problems by doing



2. Investigative (I) “The Thinkers”

DATA – A person who lives in his/her mind

- ✓ Independent/curious/intellectual/introspective/unconventional
- ✓ Uses reading/instruments to explore ideas
- ✓ Uses mind/information to achieve, rather than association with people and things
- ✓ Requires mental ability, logic, insight
- ✓ Enjoys challenge, variety, and complicated abstract problems
- ✓ Solves problems by thinking



3. Artistic (A) “The Creators”

DATA/THINGS – A person who lives in his/her mind, body, and feelings

- ✓ Creative/sensitive/aesthetic/independent/introspective/expressive/not outwardly social
- ✓ Uses hands/eyes/mind to create new things
- ✓ Requires good eyes, ears, intelligence, perception of color, form, sound and feelings
- ✓ Enjoys beauty, unstructured activity, variety, interesting and unusual sights and sounds, textures, people
- ✓ Solves problems by creating something new



4. Social (S) “The Helpers”

PEOPLE – A person who lives in his/her feelings

- ✓ Concerned leader/sensitive/humanistic/supportive/responsible
- ✓ Uses feelings, words, ideas, to work with people, rather than physical activity or things
- ✓ Requires empathy, tact, perceptiveness, insight, genuineness
- ✓ Enjoys closeness, sharing, groups, unstructured activity, being in charge
- ✓ Solves problems by feeling



5. Enterprising (E) “The Persuaders”

PEOPLE – A person who lives in his/her project

- ✓ Energetic/independent/enthusiastic/confident/dominant/political
- ✓ Uses mind, words, feelings to deal with people and achieve
- ✓ Requires sensitivity, verbal ability, assertion
- ✓ Enjoys organizing, persuading, leading, managing, excitement, variety, status, power, money
- ✓ Solves problems by risking



6. Conventional (C) “The Organizers”

DATA – A person who lives in his/her orderliness

- ✓ Placid/orderly/careful/accurate
- ✓ Uses mind, eyes, hands to carry out tasks
- ✓ Enjoys order, certainty, security, identifying with power, status
- ✓ Solves problems by following rules

A photograph of three business professionals (two women and one man) sitting around a table in a meeting, looking at documents and smiling. The image is dimmed to serve as a background for the text.



Group Exercise: In Triads

- Ones: Realistic
- Twos: Investigative
- Threes: Artistic
- Fours: Social
- Five: Enterprising
- Six: Conventional



Each group takes the assigned theme and brainstorms careers that align with that dimension. List as many as you can with as much variety as you can. Each group presents to the room.


Private Reflection: The Strong


Review pages 5-7 in your **STRONG** report in the **LEFT** hand columns

-  Note any new insights into what will bring you career satisfaction.
-  Refer to your **workbook page 15** and record any additional insights on the bottom of that page.

Review pages 5-7 in your **STRONG** report in the **RIGHT** hand column.

-  Note occupations which interest you.
-  Refer to your **workbook page 14** and record any additional jobs that interest you at the bottom of that page.



 strong


iStartStrong™
Report

Your Career Information Powered by the
Strong Interest Inventory® Assessment

Report prepared for
JAMES GILCHREST

1.10.2018
Developed by Judith Grutter

Provided by
Jennifer Purdon

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Lunch



Friday

Private Reflection Time



Clarity Matters!



Review

Review your workbook and reflect on your values, purpose, skills, and occupational themes.



Write

Write a paragraph about "What is becoming more clear to you about your desired future?"



Share

Share with your assigned buddy.
Provide one another with feedback.



One important
step you can take
to move toward
your vision

Closing Circle



Help One Another

Light Tomorrow with Today!

Thank You!

