

W I I F M

What's In It For Me

As a participant in the *Living miDream* process, you will have the opportunity to:

- Use reflective thought as a process for self-assessment and exploring career pathways.
- Fine-tune personal and career decision-making skills.
- Explore your personal vision and mission.
- Develop communication and presentation skills.
- Experiment with improvisation as it relates to interpersonal skills and your personal pathway.
- Apply technology in the creative process through digital storytelling.
- Develop a portfolio of processes and tools for personal and professional development in a world where collaboration, innovation, high-tech and high-touch skills are essential for success.

Life isn't about
finding yourself.

Life is about creating
yourself.

George Bernard Shaw

As you experience the Living miDream process, continually ask yourself:

1. In which of the 21st century skills am I most proficient?
2. In what area(s) do I need the most assistance?
3. What real-world experiences and tools will help me reach my goals now?

Essential Concept: “Autonomy”

Discovering Aptitudes and Developing Abilities

Focus

Finding your element, the point at which natural talent meets personal passion, is a process of discovering your abilities and can transform your life. It is a personal journey.

Guiding Principles: the urge to direct one’s life

- Developing ways of understanding yourself, your interests, how you think, and how you work best is an important skill.
 - Developing an “I can do it” attitude empowers you to meet challenges and accomplish your goals.
 - Developing abilities requires action that encompasses an awareness of opportunities, building knowledge and skills through experience and training, and is responsive to a rapidly changing world.
 - Mastery, being really good at something, requires commitment, time, and practice. Learning to accept internal and external feedback is a critical factor in developing mastery.
 - Learning from failure can be a valuable skill.
 - Creating opportunities for learning and developing an entrepreneurial spirit can support pursuit of your passion.
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Tools

1. **True Colors**
2. **Multiple Intelligences**
3. **Self-Talk/I Can**
4. **Bloom’s Taxonomy**
5. **Maslow’s Hierarchy**
6. **Digital Storytelling**
7. **Creativity/Innovation**
8. **Collaboration/Problem-Solving**
9. **Iowa Career Resource Guide**
10. *Living miDream Framework*

Phase I - Who am I?

Know Yourself

- Investigate your personality style using True Colors.
- Explore your multiple intelligences using Howard Gardner's framework.
- Assess your innate aptitudes, skills, values, and behavior traits and consider which of these you seek to develop.

Capacity Building focuses on developing your innate aptitudes and strengthening areas in which you determine you need further growth.

Knowledge - An understanding of the past, current conditions, future trends, and the desire to get better and better at something are more important today than ever before (mastery).

Skills - Creativity, innovation, collaboration, high productivity, problem-solving, and possessing an entrepreneurial spirit are essential in a rapidly changing, diverse, technologically driven world.

Attitudes - An open and curious approach to new ideas, cultures, and diversity is an important interpersonal skill set.

Knowledge I will need:

Skills I will need:

Attitudes that will support my success:

Who are the external experts that can help me build my capacity?



Reflection is a process for obtaining valid information about one's performance and the factors that influence it. The process helps identify areas of competence, areas for improvement and possible risks, and provides information for making decisions.

Reflection:

- enables us to evaluate our experiences;
- understand how we think;
- helps us learn from our mistakes;
- repeat successes;
- revise and plan.

Reflection - In - Action

Experiences the surprise, puzzlement or confusion in a unique situation and carries out “experiments” to generate new understandings and change the situation.

Reflection - On - Action

After encountering a unique situation we explore why we acted the way we did. This allows us to formulate questions and ideas about our actions and practices.

10 Questions for your reflective practice

Meredit Levinson has posted a series of excellent questions to identify change agents and innovators during a job interview that she got from Amanda Hite, founder and president of recruiting and human resources firm Talent Revolution. These six questions could be great thought starters for both individual and organizational reflective practice.

1. What do you do to build, manage and maintain your vision?
2. If I Google or Facebook you, what will I find?
3. What do you do to stay focused?
4. What do you do to stay relevant?
5. What innovative solutions have you created?
6. Walk me through a time when you experienced change.

To this list I would add:

7. What important problems or questions do you see facing your desired career pathway?
8. What do you do to expose yourself to new ideas and new thinking on a regular basis?
9. What big mistake have you made recently and what did you learn from it?
10. What matters to you? What are you passionate about? What gets you up in the morning or keeps you awake at night?

Change is a given, not a choice.
The choice you have is to whether or not you want to influence the change.