Course Title: Building a Career of Meaning and Impact
Course Code: WSP 46
Instructor: Agnes Le

Course Summary:

Objectives of the workshop
• Gain more clarity on the work that energizes you, plays to your unique strengths, and honors your priorities
• Have a roadmap and learn 7 specific strategies that you can implement immediately
• Build momentum by taking actions now on a 30-day Career Life Project

At the end of the workshop, you will:
• Feel inspired by generating new ideas and possibilities around work that engages you
• Feel energized to take action over the next 30 days
• Feel more connected to others who share similar longings and challenges

*Please see course page for full description and additional details.

Grade Options and Requirements:
• No Grade Requested (NGR)
  o This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.
• Credit/No Credit (CR/NC)
  o Score will be determined by student attendance and participation.
• Letter Grade
  o All assignments will be graded on a completed / not completed basis

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

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Tentative Weekly Outline:

**Week 1: Get energized, Reframe the journey**

**Objectives**
- Reflect on your past, present, and future to uncover themes around what is meaningful and energizing in your work and life
- Learn practical strategies from a panel of guest speakers on how to incorporate more meaningful work in your life
- Identify ways to shift your mindset in order to manage limiting beliefs that get in the way
- Learn from a panel of guest speakers who will share their success stories

1. **Strategy 1: Discovery**
   Tool: Career Sweet Spot Framework. What are your unique talents? What energizes you? What problems do you want to solve and what do you have to offer?

2. **Strategy 2: Ideation**
   Tools: Values Decision Matrix. What are the different options A, B & C that you would like to explore?

3. **Strategy 3: Limiting beliefs**
   Tool: Reframing. What holds you back?

**Week 2: Be bold, Take action**

- Choose a 30-day or 90-day Career and Life Project (CLP) you want to explore and generate new ideas and possibilities
- Practice communicating a compelling story of who you are, where you are going, and what you need from others
- Develop an action plan and establish a support system for moving forward with your CLP project

4. **Strategy 4: Prototyping (Guest Speaker)**
   Tool: Small actions/Big Wins. What are the small wins that can help you move forward?

5. **Strategy 5: Storytelling**
   Tool: Importance of Why. How do you communicate your compelling story?

6. **Strategy 6: Connection**
   Tool: Personal Board of Directors. Who is your tribe? Who can help you support your goals?

7. **Application: CLP Action Plan**
   Tool: Merlin Principle. What are the next steps? How do you sustain momentum?