



**Course Title:** Building a Career of Meaning and Impact  
**Course Code:** Bus 266  
**Instructor:** Agnes Le

## Course Summary:

Objectives of the course

- 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 30/90-day Career Life Project

At the end of the course, you will:

- Feel inspired by generating new ideas and possibilities around work that engages you
- Feel energized to take action immediately
- 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)
  - 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)
  - Score will be determined by student attendance and participation.
- Letter Grade
  - *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:

We will cover 7 key strategies over the 7 weeks.

### Week 1: Discovery

- Demystifying 3 career myths that keep people stuck
- Focus on what matters most to you. Reflect on your past to uncover themes around what is meaningful and energizing in your work and life

### Week 2: Ideation Strategy

- Clarify your current values to prioritize what is important to you
- Develop working hypothesis on your career and life vision
- Generate different options for your career and life

### Week 3: Limiting beliefs

- Verbalize your limiting beliefs that hold you back
- Identify ways to shift your mindset and leverage the power of reframing
- Stepping outside your comfort zone

### Week 4: Pilot and Prototyping

- Craft a 30-day or 90-day Career and Life Project (CLP)
- Use the power of small wins/steps
- Learn practical strategies from guest speakers on how to incorporate more meaningful work in your life

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### Strategy 5: Connection

- Identify your tribe and establish a support system
- Expand your circle to connect with people who represent who you want to become
- Practice the power of gracious asking and receive

### Week 6: Storytelling

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- Leverage the power of stories in your key message
- Incorporate your Why to communicate your new story
- Practice communicating a compelling story of who you are, where you are going, and what you need from others

**Week 7: Building Momentum**

- Present your projects
- Identify ways you can continue the journey
- Build accountability and support

Class sessions will not be recorded.

**Tools:**

As part of the program, you will receive more than 10 tools and resources:

- Career Sweet Spot Framework
- Superhero Profile
- Brand Venn diagram of your 3 key themes
- Peak Moments exercise
- Top Values Exercise
- Purpose draft statement
- Values Decision Matrix
- Prototyping Worksheet for your 3 career ideas
- Limiting Beliefs
- Letting Go
- A Career and Life Project
- Merlin Reverse Engineering Plan
- Personal Board of Directors
- Ask and Receive exercise