



# A Well-Designed Life

A 4-week Virtual Masterclass

Powered by Western Alumni and Careers & Experience





# SUC·CESS

/sək'ses/

## WHAT IS YOUR DEFINITION?

*noun*

the accomplishment of an aim or purpose.

"the president had some **success** in restoring confidence"

Similar:

favorable outcome

successfulness

favorable result



- the attainment of popularity or profit.

"the success of his play"

Similar:

prosperity

prosperousness

successfulness

affluence

wealth



- a person or thing that achieves desired aims or attains prosperity.

"I must make a success of my business"

Similar:

triumph

bestseller

box-office success

sellout

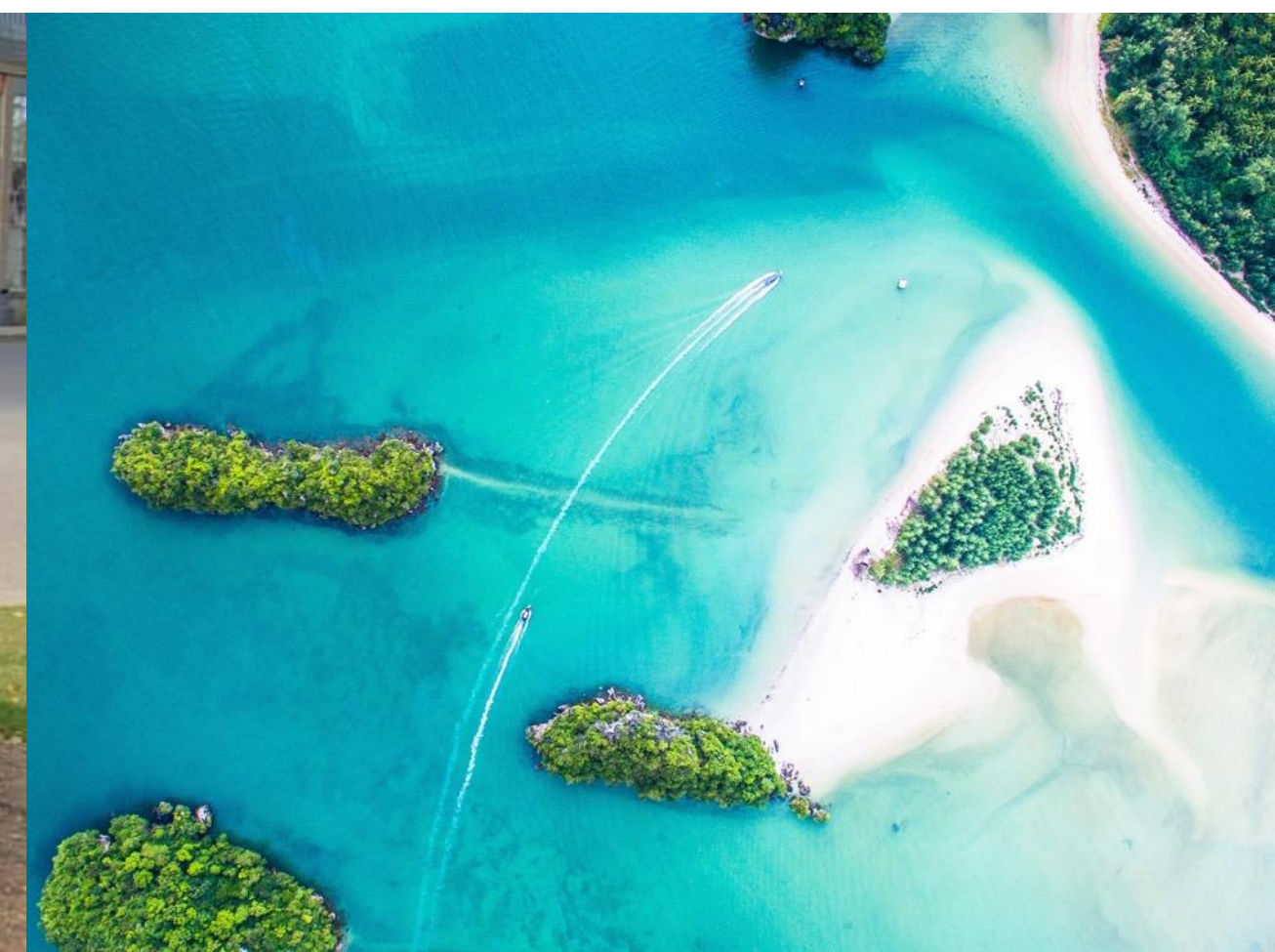
coup





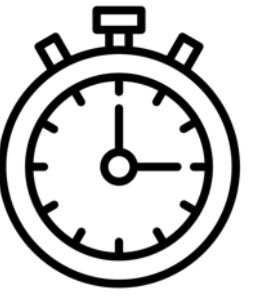


AND WHERE DID THAT  
DEFINITION COME FROM?





# SUCCESS IDEATION EXERCISE: **STEP 1**



3 min

Grab a piece of paper and a pen

List all the ways you have heard to define success

Identify the source of the narrative, note it

Making lots of  
money

My Friends

Get married and  
have children

My Grandmother

Global fame

Instagram



# SUCCESS IDEATION EXERCISE: **STEP 2**

Click the + to add your definition/source to the most applicable category.

WesternU ● 1m

**Success Definitions**  
Click the + to add your definition and source to the category that seems most applicable.

RELATIONSHIPS

+

PRODUCTIVITY

+

EXTERNAL REWARD /  
VALIDATION

Fame - Instagram

♡ 0

+

EXPERIENCES

+

INTEGRITY /  
CHARACTER

Being useful to people - My  
parents

♡ 0

+





CHAT

# SUCCESS IDEATION EXERCISE **TAKEAWAYS**

How does your definition of success  
relate to your worldview?

Your workview?

Any insight, ideas for further thought?





**DECISION**

**MAKING**

**PROCESS**









REFRAMING

# DECISION MAKING SUMMARY

~~I have to make the right choice~~

There is no right choice, only good choosing



GATHER & CREATE

Good at Being Lucky

NARROW DOWN

Choice Overload

CHOOSE

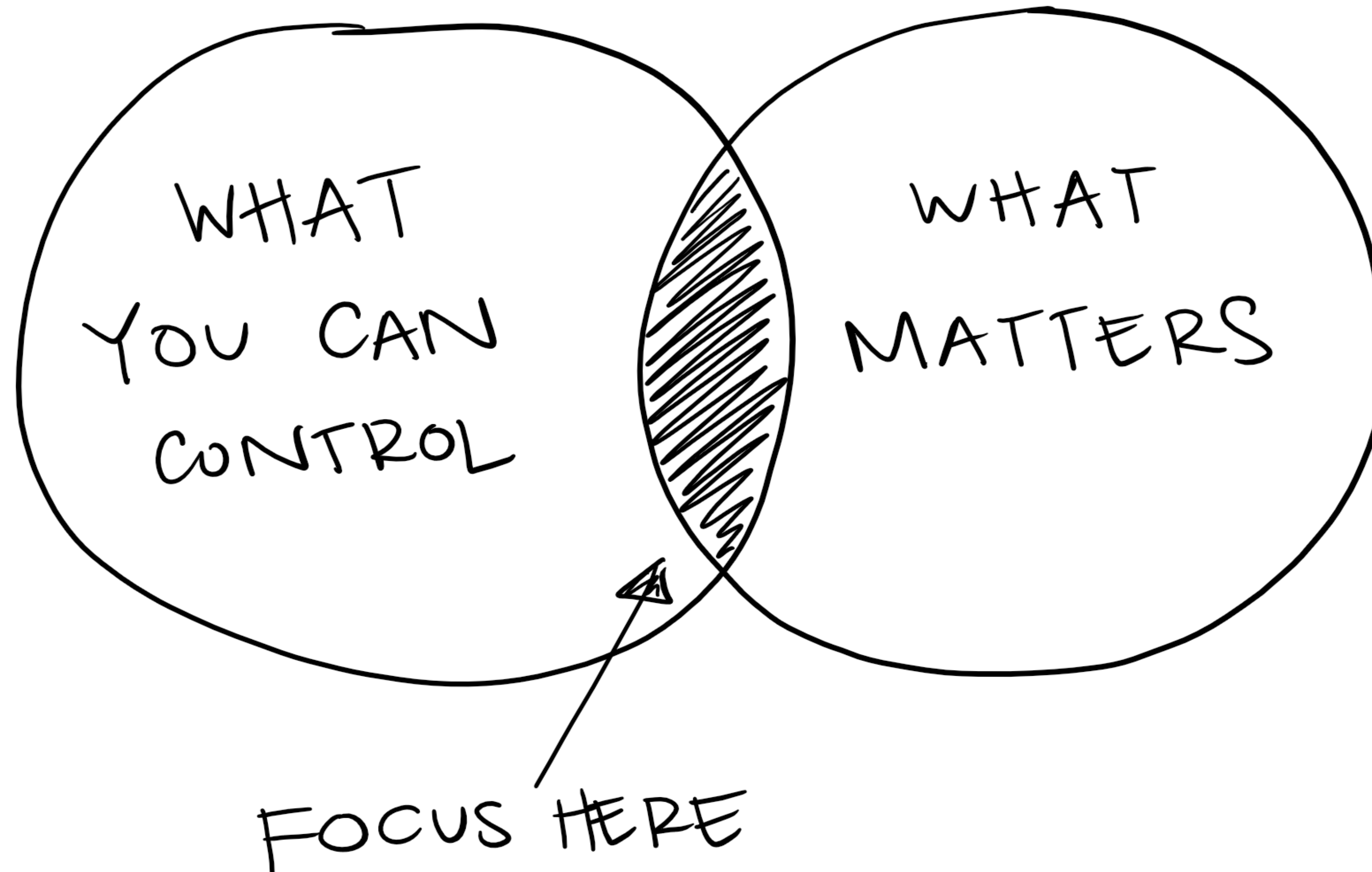
Emotional Intelligence

LET GO & MOVE ON

Synthetic Happiness



# WHAT MAKES A DECISION GOOD?



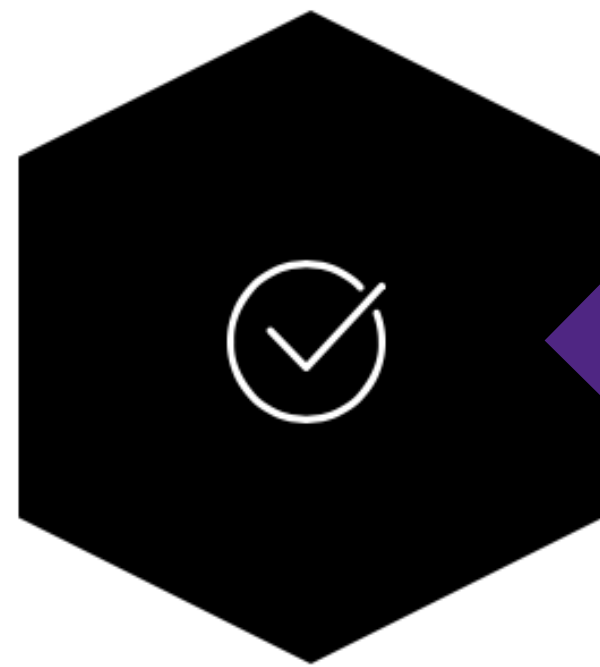




MINDFULNESS  
OF PROCESS

# IMPLEMENTING YOUR ODYSSEY: THE CHALLENGE OF CHOOSING

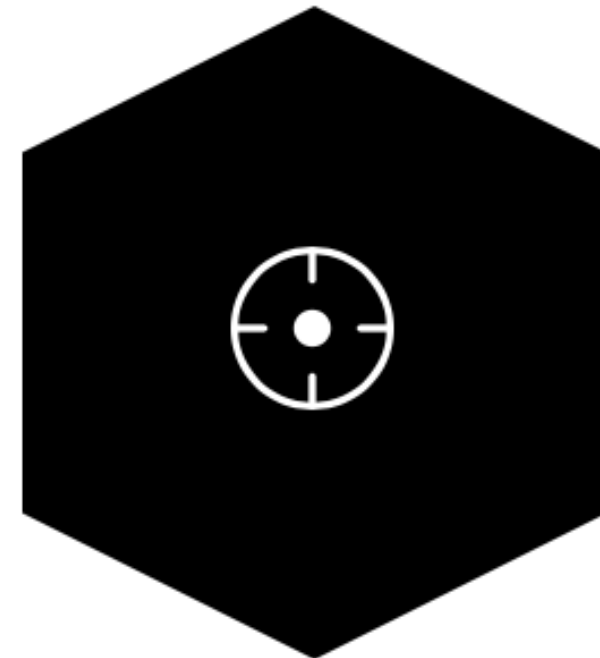
## MEANING-MAKING Workview and Worldview



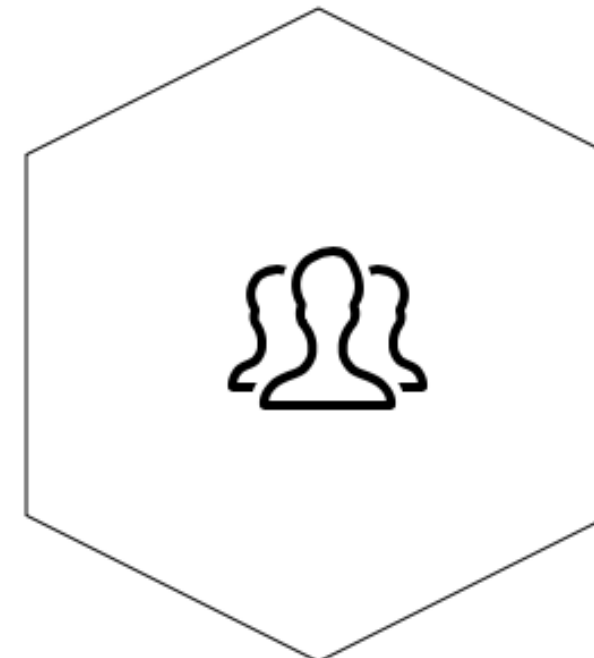
ACCEPT



EMPA



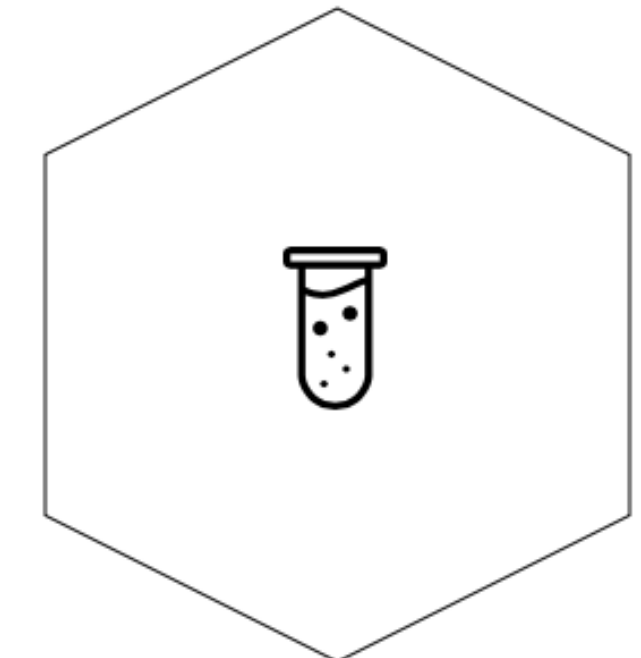
DEFINE



IDEATE



PROTOTYPE



TEST

CHOOSING

## COVERAGE & SUPPORT

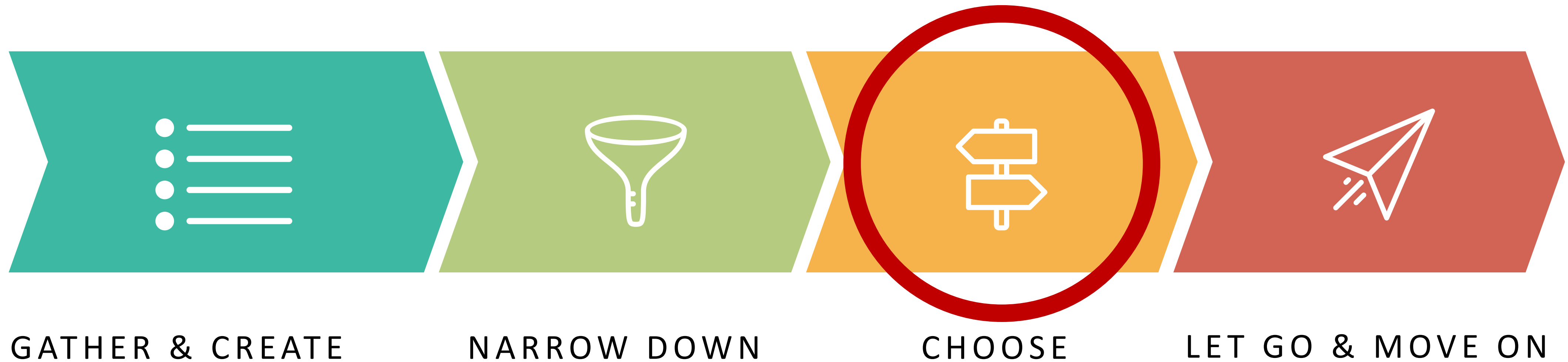
Practices, Discernment, Mentors, Community





BIAS TOWARD  
ACTION

# CHOOSING EXERCISE



“We depend on the wisdom of the emotions.. which has a lot to do with our imagination.”

Daniel Goleman, Psychologist



# WHATS YOUR STORY?



5 min

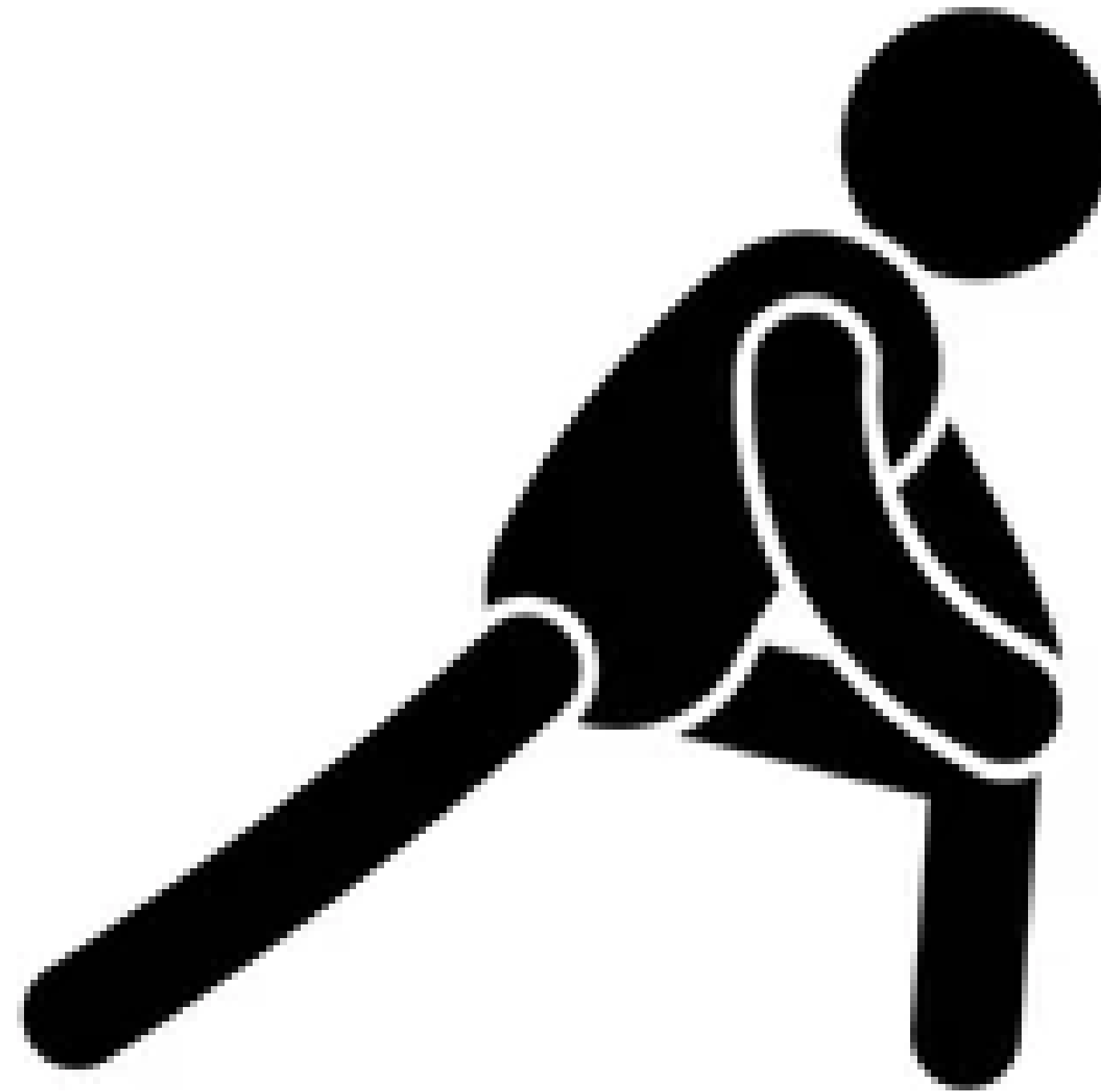
Imagine having made the choice to live each of your plans.



- ① IN YEARS, IMAGINE SOMEONE ASKS YOU: **HEY, HOW'S IT GOIN'?"** & YOU SAY **"REALLY GOOD."**
- ② AND THEY SAY, **"AWESOME! TELL ME ABOUT IT..."**
- ③ NOW WRITE YOUR ANSWER.



# TIME FOR A STRETCH





# WELCOME BACK!

## IT'S YOUR 10TH REUNION!



BREAKOUTS

One at a time, give a **quick** update of your life in the past 10 years

**Discuss the following questions:**

**ROUND 1** - Hey! I haven't seen you since the masterclass.  
What have you been up to?  
How is it going?

**ROUND 2** - "News updates." Each person pick one from the list below (it's okay if you all pick the same!). Share how this "update" has altered your plan.

- You are about to be offered a major promotion with more responsibility and more money, but it requires travelling 30% - 50%.
- Your employer has offered you a 3-year transfer to another country. You and your significant other (and kids?) are very involved in your local community and you just got the house the way you like it.
- You have just learned that a distant, childless uncle of your mother has died and left you an inheritance of \$1 million, which you'll receive in 1 year.

**ROUND 3** - Discuss the following questions related to letting go and moving on:

What are some things that got away from you and aren't coming back?  
How do you feel about that?





# WELCOME BACK!

## HOW WAS YOUR 10TH REUNION?



CHAT

WHAT DID YOU GET FROM A BRIEF VISIT TO  
YOUR DISTANT FUTURE?







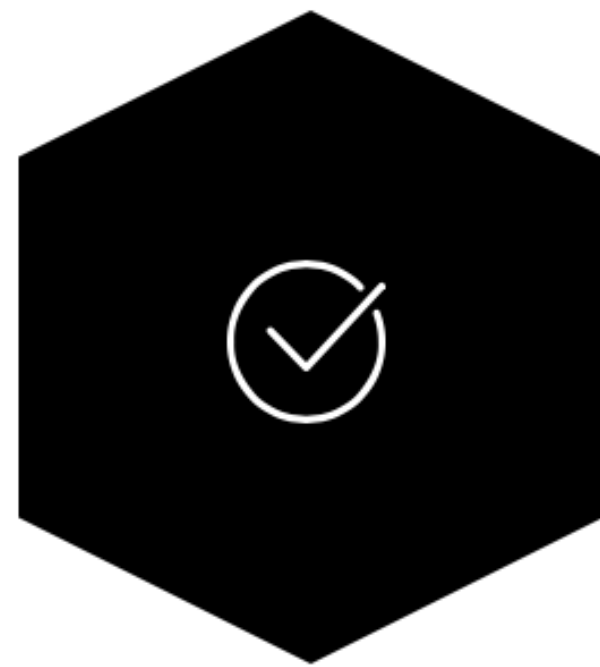
CHAT

- You won't know how you feel about a decision until the decision is made
- Sometimes things happen in life that are unexpected
- Some things don't come to be and that is okay to
- It's important to practice letting go and moving on



# THE LAST LIFE DESIGN IDEA & TOOL!

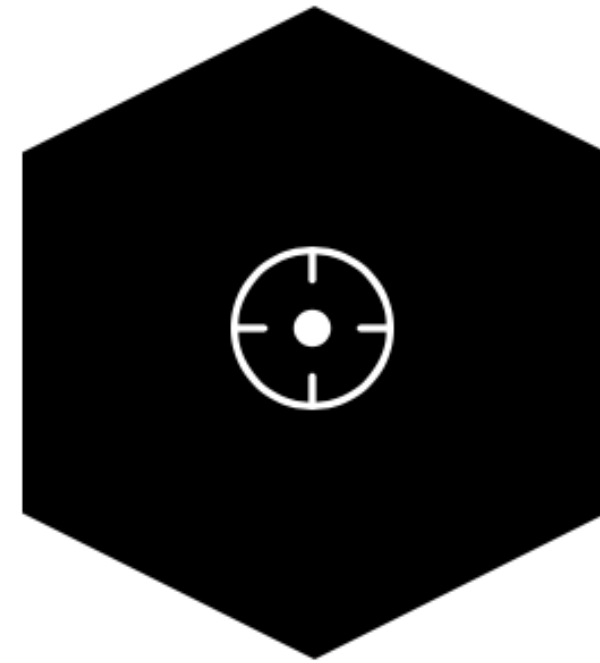
## MEANING-MAKING Workview and Worldview



ACCEPT



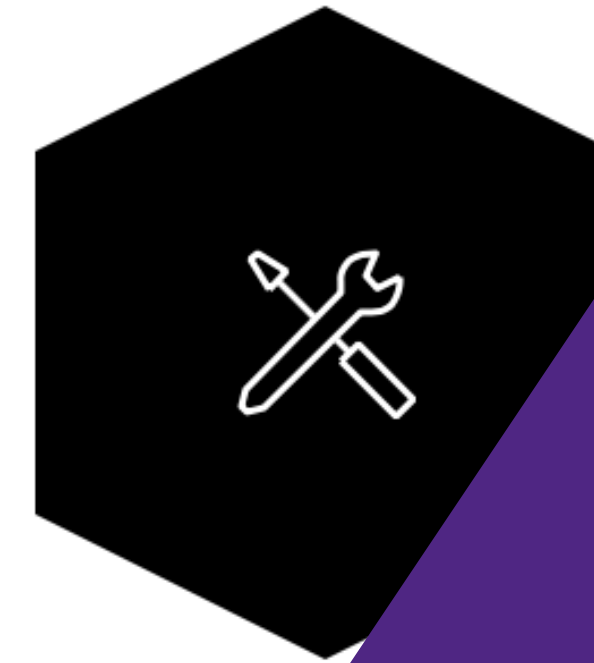
EMPATHIZE



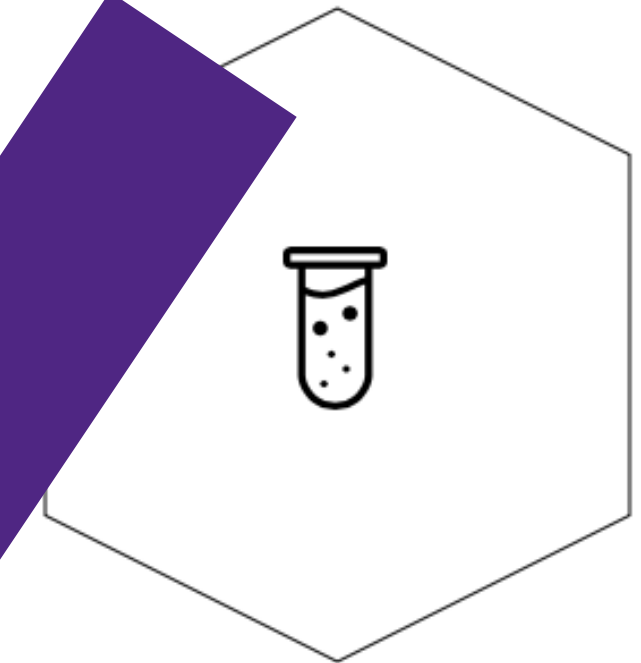
DEFINE



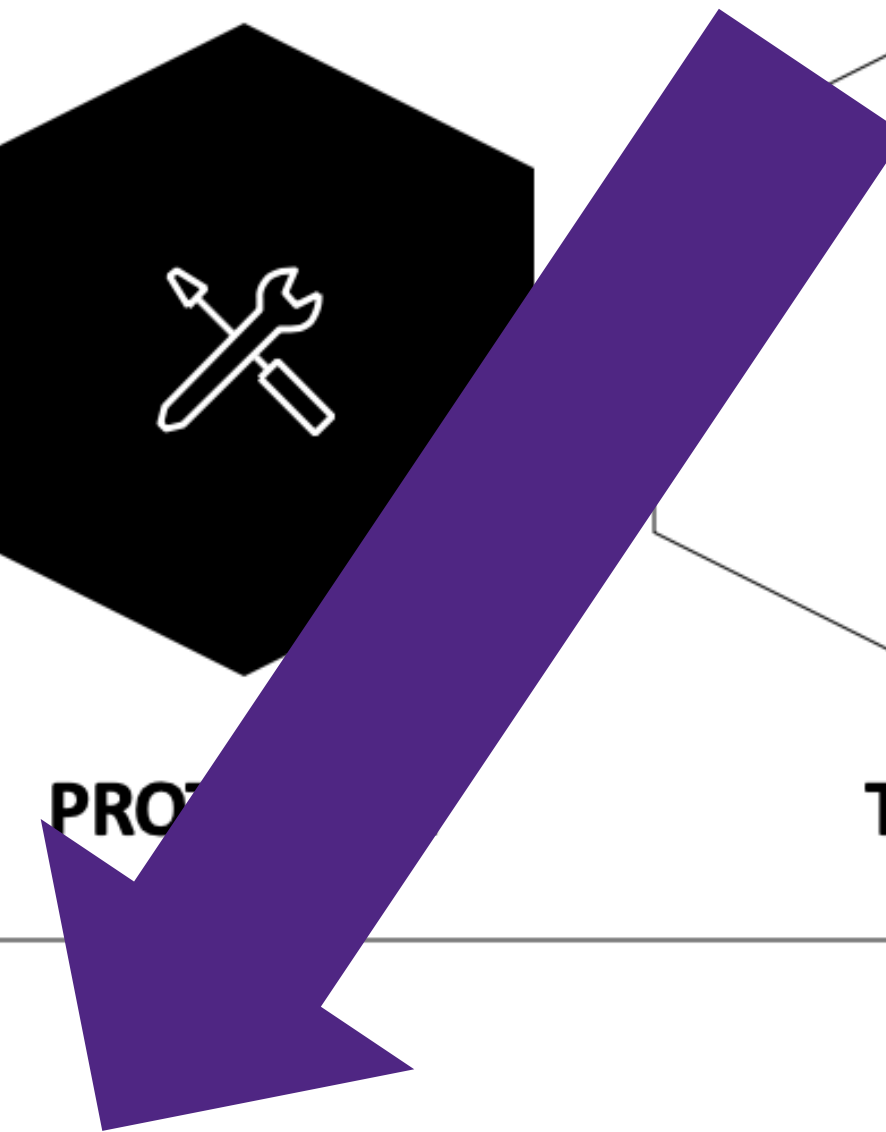
IDEATE



PRO



TEST



## DISCOVERY & SUPPORT Practices, Discernment, Mentors, Community





RADICAL  
COLLABORATION

# BUILDING YOUR LIFE DESIGN TEAM

Great design teams are radical collaboration efforts!

Life is collaborative journey...

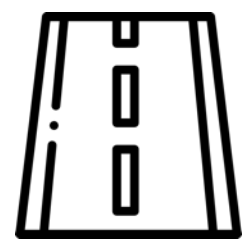




# MENTORS, ADVISORS AND SPONSORS



RAISE HAND



## MENTOR

Someone whose  
perspective and experience  
can be helpful to you



## ADVISOR

Someone who gives you advice  
about what they think you  
should do



## SPONSOR

Someone who supports you  
and advocates for you



# YOUR LIFE DESIGN TEAM – COMMUNITY



## WHAT IS A COMMUNITY?

Kindred group with regular gathering where you're known  
A place to have "this conversation"  
Living into similar worldviews and workviews

## WHY HAVE A COMMUNITY?

Life is a journey, and travelling alone is hard

## HOW DO YOU FIND COMMUNITY?

Join an existing community  
Invent your own community

## CHALLENGES

Not always easy to find  
Be prepared to innovate and create – bias to action  
You have to be vulnerable to connect to others





# DAVID BROOKS

THE ROAD TO CHARACTER

“ I find there is an amazing hunger to shift the conversation. People are ready to talk a little less about how to do things and to talk a little more about why ...

The task now is to come up with forums where these sorts of conversations can happen in a more modern, personal, and interactive way.”









# INDIVIDUAL REFLECTION



3 min



WHO, IF ANYONE, DO I CONSIDER A MENTOR?

HOW MIGHT I INTENTIONALLY BUILD COMMUNITY  
AFTER THIS CLASS?

WHO IN MY LIFE HAS CREATED A COMMUNITY THAT I  
ADMIRE? WHY?

WHAT CONVERSATIONS AND COMMUNITIES AM I  
PART OF NOW THAT I HOPE TO CONTINUE?



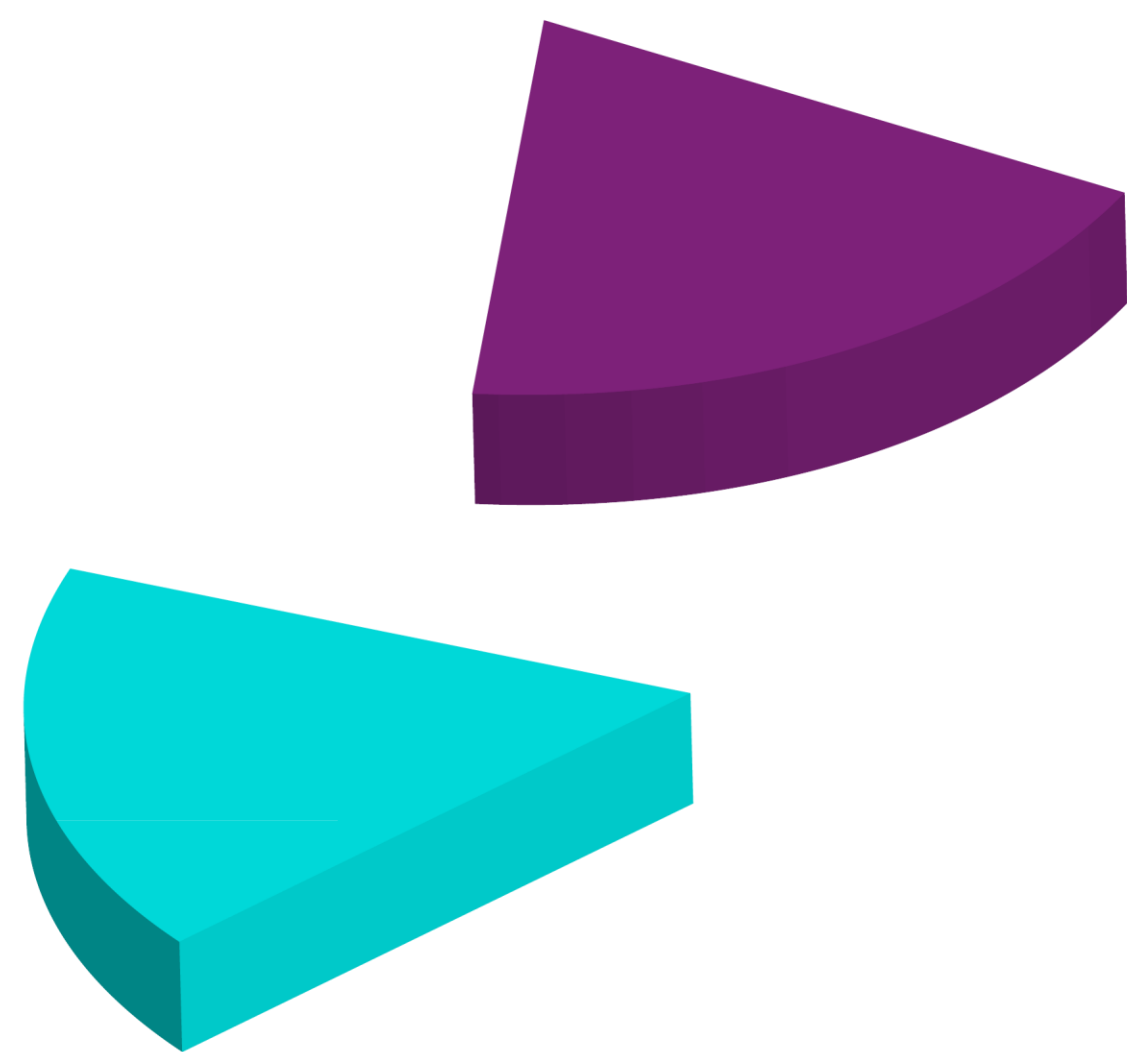
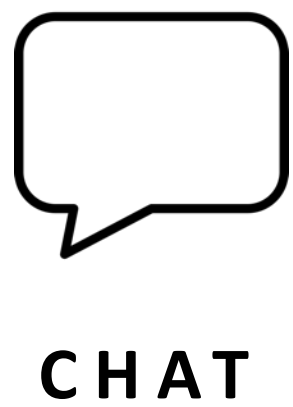


# YOUR WESTERN COMMUNITY ON

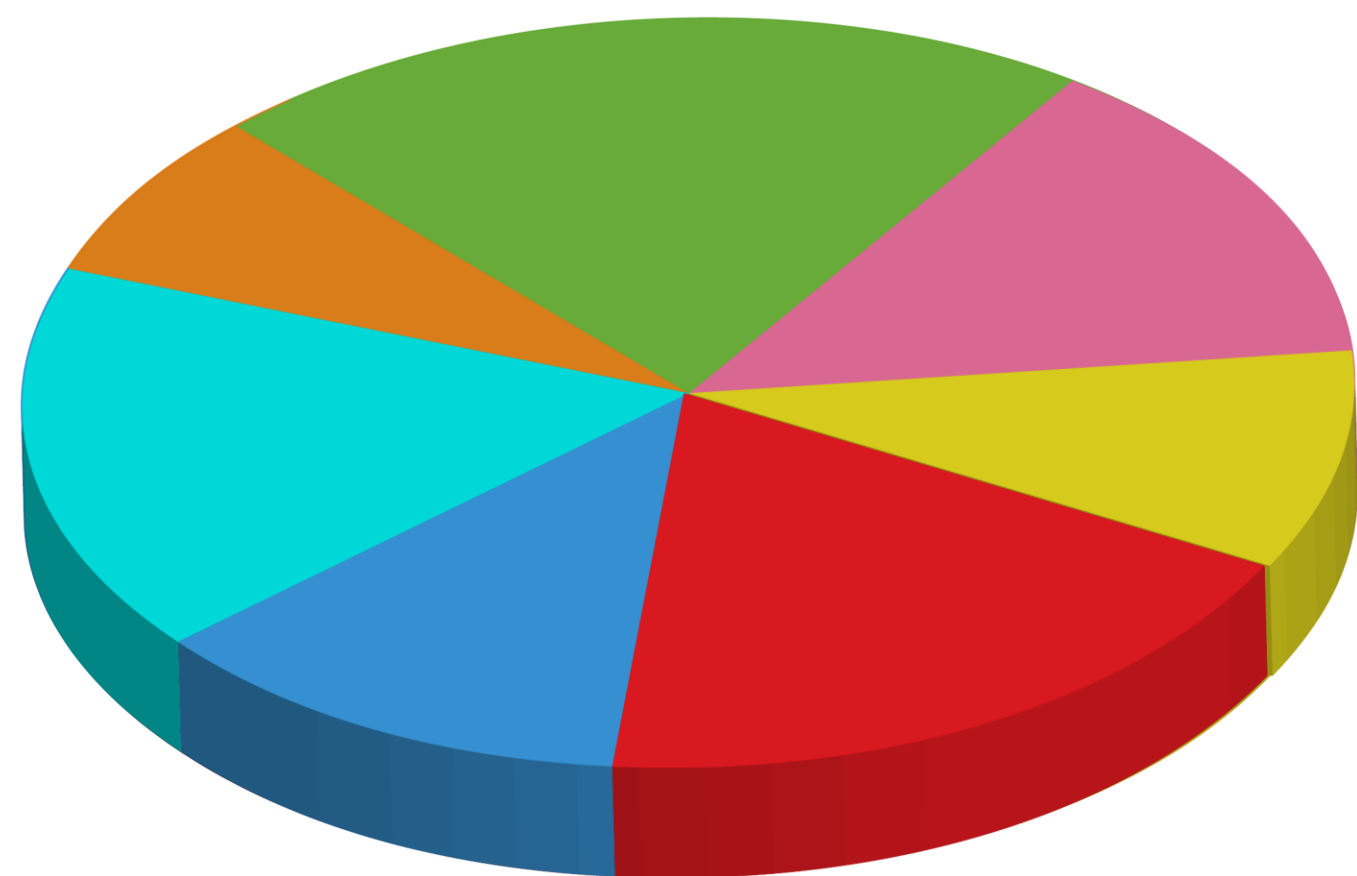
**LinkedIn**



# LEARNINGS & UNLEARNINGS



NEW STUFF



STUFF YOU KNOW

OLD STUFF



# RECAP

WHAT I THOUGHT I NEEDED TO  
KNOW TO GET STARTED

EVERYTHING

THE TRUTH

AND SOME THINGS  
YOU'LL NEVER  
REALLY KNOW

IT'S USEFUL TO HAVE  
AN IDEA OF WHAT  
YOU WANT TO DO

BUT YOU'LL LEARN  
A LOT JUST BY  
GETTING STARTED

AND YOU'LL KEEP  
LEARNING ALONG  
THE WAY

LIZ FOSSLIE  
@LIZ AND MOLLIE









BIAS TOWARD  
ACTION



2 min

## ACTION PLANNING & NEXT STEPS

What will I actually start  
DOING when I leave here?

Identify 2 specific steps you'll  
take in the next 2 weeks

Make an Accountability Buddy  
appointment to check in



# Life Design-Resource Hub

## MASTERCLASS ASSIGNMENTS

CLASS 1

- > Workview+Lifview
- > The Life Design Framework
- > Thinking Like a Designer

Class 1 Recording

Introduction: You Are Here

- > Read: 3 Reasons it's so hard to follow your passion
- > Reflect: Workview reflection exercise
- > Optional Watch: What makes us feel good about our work
- > Social Identity Reflection Grid
- > 30 Circles page
- > Breakout Room Guide

CLASS 2

- > Passion vs. Meaning
- > Degree-Career Linkage
- > Networking Reframe
- > Odyssey Planning

Class 2 Recording

Marketplace Realities

- > Read: What are you going to do with that?
- > Optional Read: Reclaim your Creative Confidence
- > Reflect: Worldview reflection exercise
- > Complete: Digital Challenge Card Assessment
- Click **Sign up**. Create a **Student** account.
- Insert Western's unique **code**: WesternU
- > Breakout Room Guide

CLASS 3

- > Odyssey Planning Con't
- > Challenges You Want to Solve
- > Ideas for Your Future
- > Prototyping Your Plan

Class 3 Recording

Ideation and Radical Collaboration

- > Read: Making the Connection
- > Read: Networking and Informational Interviewing
- > Odyssey Planning Instructions
- > Complete: Odyssey Planning Exercise
- > Optional Read: How to Persuade Anyone of Anything is 10 Seconds
- > Optional Read: The Right Way to Ask "Can I pick your brain?"
- > Breakout Room Guide

CLASS 4

- > Choosing well + Moving On
- > Curating Your Team
- > Learnings + Unlearning

Class 4 Recording

A Well-Designed Life

- > Complete: Prototype
- > Read: The advantages of closing a few doors
- > Read: The Quest for the Best
- > Optional: Meaning is healthier than happiness
- > Breakout Room Guide

## QUESTION BOARD

Do you have questions? Add them to our community question board by clicking the Questions post-it. If you see your question already posted, like it! Your instructors and facilitators will spend time over the course of the next 4 classes addressing these questions and posting additional resources

## WORKview BOARD



## WORLDview BOARD



## CHALLENGE BOARD

## IDEA BOARD



# CAREER EDUCATION

CAREER.UWO.CA

# EXPERIENTIAL LEARNING

EXPERIENCE.UWO.CA

# ALUMNI CAREER MANAGEMENT

ALUMNI.WESTERNU.CA / CAREER-MANAGEMENT



# THANK YOU!



SARAH  
DAWSON

Alumni Relations &  
Development



DAVID  
FEENEY

Careers & Experience



STEPHANIE  
HAYNE BEATTY

Careers & Experience



HEATHER  
WAKELY

Careers & Experience



JEFF  
WATSON

Careers & Experience



STEVE  
ARSENAULT

Alumni Relations &  
Development



JESSICA  
CAPPUCCITTI

Careers & Experience



CAM  
MALTHANER

Careers & Experience