

Know Your WHY

This introspective session, entitled Know Your WHY, is three and a half hours. It is designed for adults to help students find their purpose, provide tools to ensure their principles align with their actions, support their contributions that impact humanity, and help them take steps to reach their self-actualization.

This session is designed from the books, Start With WHY and Know Your WHY, by Simon Sinek. In addition, a previous presenter, Robert Bullard, conducted research to inform this module. It can be modified to three hours, by eliminating or abbreviating the discussion relative to student advising, which is duplicative from Culturally Responsive Advising and Empowering Students to have Career Conversations, two other modules in this professional development series.

The presentation focuses on the importance of self-discovery and how understanding one's personal and professional purpose can enhance participants' effectiveness in educating, advising, teaching, coaching, and mentoring students. To accomplish these objectives, participants will reflect on their journey, relative to their postsecondary education and careers, and how their experiences can help students create and execute their postsecondary education, career pathways, and plans.

Adults will understand how to have students reflect, determine what drives and motivates them, and why they should embody the will and intrinsic motivation, to accomplish and achieve. One approach where effective leaders can inspire, is by following a pattern called The Golden Circle. Conceptualized by Simon Sinek who contends, it helps us understand why we do, what we do.

The Golden Circle is a perspective, why some leaders and organizations have achieved, motivated, and inspired others to act as catalysts who elicit change. Hence, the Golden Circle has three dimensions: the WHY is at the core, or the belief, the HOW, is the action one takes to realize that belief, and the WHAT, are the results of those actions.

This session is based on open and interactive discussions, individual and group activities, and videos. It culminates with excerpts from Disney Pixar's movie, Soul, defining one's Career Soul. The movie's aim, and the lesson to garner, is for viewers to realize, regular ordinary living, can be extraordinary. Our lives have meaning beyond mere wants, personal ambitions, or successes. In essence, when one seeks only wants, that can overshadow delighting in, and embracing, the actual journey of life. When we pause and become more thoughtful, and understand our WHY, this causes us to probe deeper in our "Soul" to find our purpose, make contributions, and have an impact on the world, as it relates to goals and our future successes. This is what we want to do for, and instill in, our students.