

The Power of Moments

This is a full, two-hour professional development session where participants learn how to become the author of richer experiences in their lives, and how to create extraordinary moments for students, as they plan their postsecondary education and career pathways.

This session can be modified to approximately 90 minutes, by omitting activity 1, Defining Moments in Our Lives, and combining activities 2 and 3, How to Create Moments from Milestones.

This session is adapted from the book, *The Power of Moments* by brothers, Chip and Dan Heath, which focuses on four elements of defining moments: elevation, pride, insight, and connection, understand what they mean and the importance of creating defining moments, and apply what is learned by creating defining moments, elevating the mundane, everyday events in our lives, and for students as well. This session also explores the elements of Thinking in Moments, transitions, milestones, and pits, and how we change our thinking, and understand how we heighten peak moments, from unexpected and unforeseen events that shape lives.

In connecting to a shared purpose to serve students, one could methodically and comprehensively help plan their postsecondary education and career path, make it an engaging experience, connect them with resources, and help build their human and social capitals. Thereafter, check on their progress and ensure the execution of their plans. This approach connects adults better with students, and could be more meaningful and memorable for them, as a result.

Participants will gain insight about how important moments are, and seize opportunities to shape, and make them memorable. Moreover, through activities, participants will realize how to have formidable connections with students, create defining moments, enrich their lives, emphasize, and recognize students' efforts, and enhance their experiences, thereby making memories.