If you can connect the dots between Who You Are, What You Believe, and What You Do, you can construct a story of meaning and purpose that encompasses your life and career. Your HR Career Development team is launching a pilot program for staff focusing on life design and career exploration. We welcome applications and nominations from exempt and non-exempt staff:

- we're accepting 10 staff members in our DYL Professional Fellows cohort
- applications are due July 10 and require your supervisor's approval to participate
- the program will take place for 12 weeks during fall semester, from August 31-November 17
- during the first half of the program, August 31-October 5, we will meet weekly every Thursday from 11:00am-12:00pm to focus on life design and preparation for your fellowship
- during the final half of the program, the weeks of October 9-November 17, you will participate in a professional fellowship, averaging 4-6 hours per week, in a department of your choosing
- since this experience is designed for your professional development, you will receive training credit for participation; no additional stipend will be provided by your fellowship host department

**Session One: Designing Your Professional Fellowship**
We'll offer feedback on the resume you submitted for the fellowship and suggestions for highlighting your skills, strengths, and accomplishments. We'll also discuss connecting with the department you identified for your professional fellowship. Prior to the next session, you'll have a conversation with that department to develop a shared understanding of the activities and projects you'll engage in during your fellowship.

**Session Two: Introduction to Life Design and Developing Your Workview/Lifeview**
Through a written reflection and small group discussion, we'll explore the following questions to help you identify what's important to you in your life and career and how they align:
- What's the purpose of work? Why do you work? What matters to you in work?
- What parts of work do you find fulfilling?
- What is the purpose of your life? What are your values? Why are we here?

We'll discuss how your Workview and LifeView fit together; are they coherent? Are there opportunities to make them more coherent?

During the next week, you'll keep an activity journal to note the engagement and energy you are deriving from your daily activities. We'll use this journal for reflection during our next session.
**Session Three: PERMA and Mind Mapping**

Reviewing your activity journal, we'll seek to identify **PERMA** activities:
- **Positive emotions** – feeling good
- **Engagement** – being completely absorbed in activities
- **Relationships** – being authentically connected to others
- **Meaning** – purposeful existence
- **Achievement** – a sense of accomplishment and success

We'll then engage in mind mapping to explore creative ways to increase our engagement.

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**Session Four: Odyssey Plans**

Odyssey Plans help us think broadly and creatively about future possibilities and then focus on specific aspects of our plans that we want to explore more fully. You'll develop 3 very different plans:
- The life and career you're living and working in today -- this could be your current role, current department, current division
- The life and career you imagine that may build upon your current role, but includes different possibilities -- or that is entirely different from your current role
- Your wildcard life and career -- what you would do if you didn't have to worry about financial constraints or what people think

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**Session Five: Prototyping**

Prototyping helps us try things out before we take action to initiate change. We're able to:
- Ask interesting questions
- Test our assumptions
- Begin building our life design team to support us in the future

Prototyping includes:
- Conversations (informational interviews)
- Research and training
- Experiences (job shadowing, departmental projects, committees, volunteering)

Each of us will choose one idea from our Odyssey Plans that we'd like to prototype, then the group will brainstorm suggestions for how we can begin, including contacts at UT for conversations.

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**Session Six: Making the Most of Your Fellowship**

We'll discuss your fellowship and how to use what you've learned through life design to make the most of this prototyping experience. Your host supervisors will be invited to participate in this orientation to the fellowship program.

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*Life Design is a career development model created by Stanford University professors Dave Evans and Bill Burnett in their 2016 bestseller, *Designing Your Life*, and practiced at the Stanford Life Design Lab.*