

DIA:

Discover, Intention, Act

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 Centre for Student Recruitment

 SU Library, 3 August 2018

Time Well-Spent



Centre for Student Recruitment and Career Advice, SU



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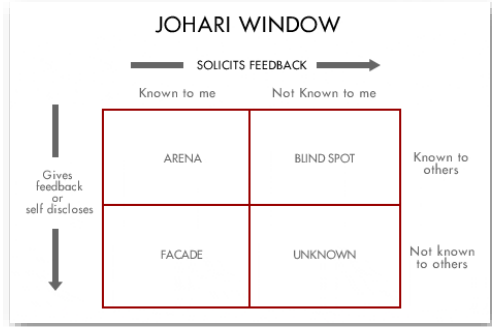
$$E + R = O$$



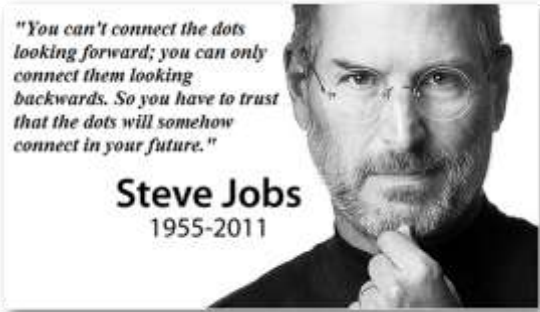
Rituals and Habits!



Relationships are KEY!



Centennial Narrative



PhD: Experimental Nuclear Physics



Discovering SELF



Who are YOU?



Discovery ...



There are ways in which people **misunderstand** me!
People often have **wrong** impressions/perceptions of me?



Accountability partner



Journaling ...



Benefits of Reflection

Expand your self-awareness

Strengths, Energizers, Derails

Clear perspective

Clarity precedes mastery

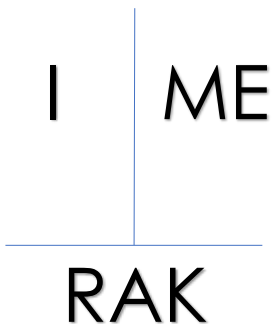
Manage stress

Personal and Workplace

Track your progress

What have I done

Distractions ...



Thinking Round

What is keeping you up at night?

What do you find meaningful?

What are you grateful for?

What is going well; what contributed MOST to your happiness this week?


What have I done



Thinking Round

What did you find MOST difficult, challenging or frustrating this week?

What needs your highest level of attention in the coming week?

What strengths do YOU notice in yourself? 

Thinking Round


What are you currently reading that INSPIRED or ENCOURAGED you?



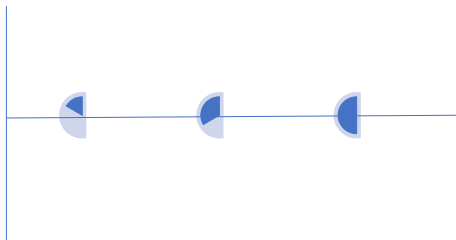
PURPOSE statement?



Thinking Round

What is YOUR **personal purpose statement**? Why do you exist? What are the kind of things that **ENERGIZE** you? What kind of environment do you need to bring your **A-game**? 

Personal Life-line



Momentum



Momentum



What are your short and long term career goals?
Is promotion the ONLY vehicle that will provide you with the recognition or the means of a lifestyle?

Calculated the cost?



Performance

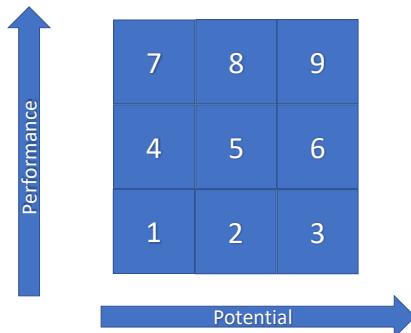


Performance



What are your most recent successes?
What are some of your major disappointments?
What lessons have you learned from the two situations?

Luck = Prep + Opp



Challenge ...



Dreams vs Memories!



 **S100**
1919-2019
Shared together... learn tomorrow... realize yesterday!

Thank you I Dankie I Enkosi

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