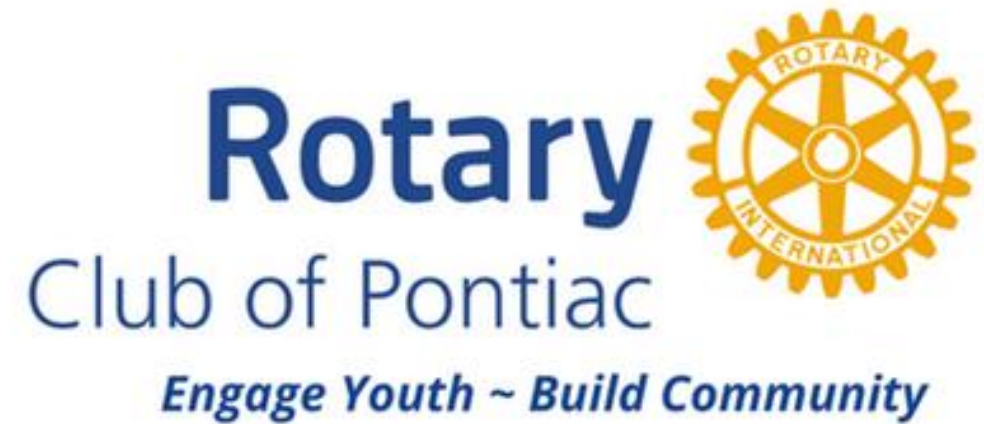


# Igniting the Spark: Coaching Teens & Young Adults to Discover Their Purpose



Jody Julien

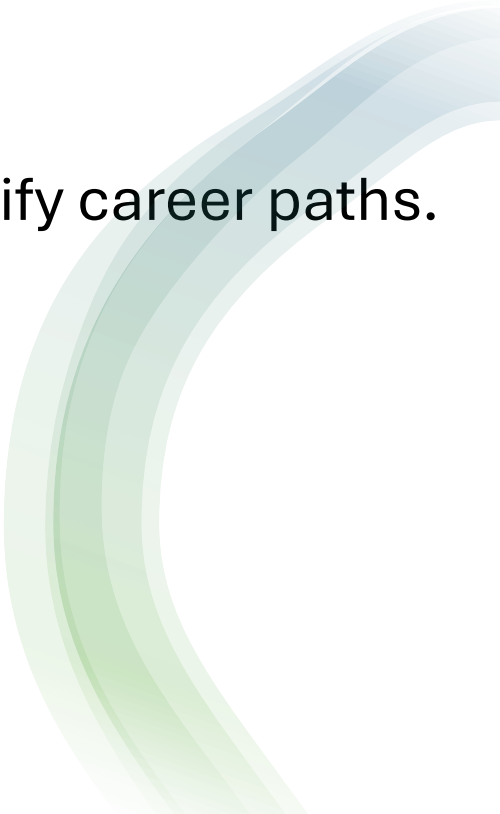
March 13, 2025

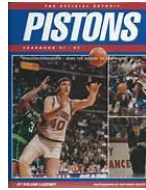




# **Igniting the Spark: Coaching Teens & Young Adults to Discover Their Purpose**

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- The importance of self-awareness in making career and life decisions.
  - How connecting youth with professionals in various fields helps demystify career paths.
  - The role of mentorship in fostering the next generation of leaders.
- 



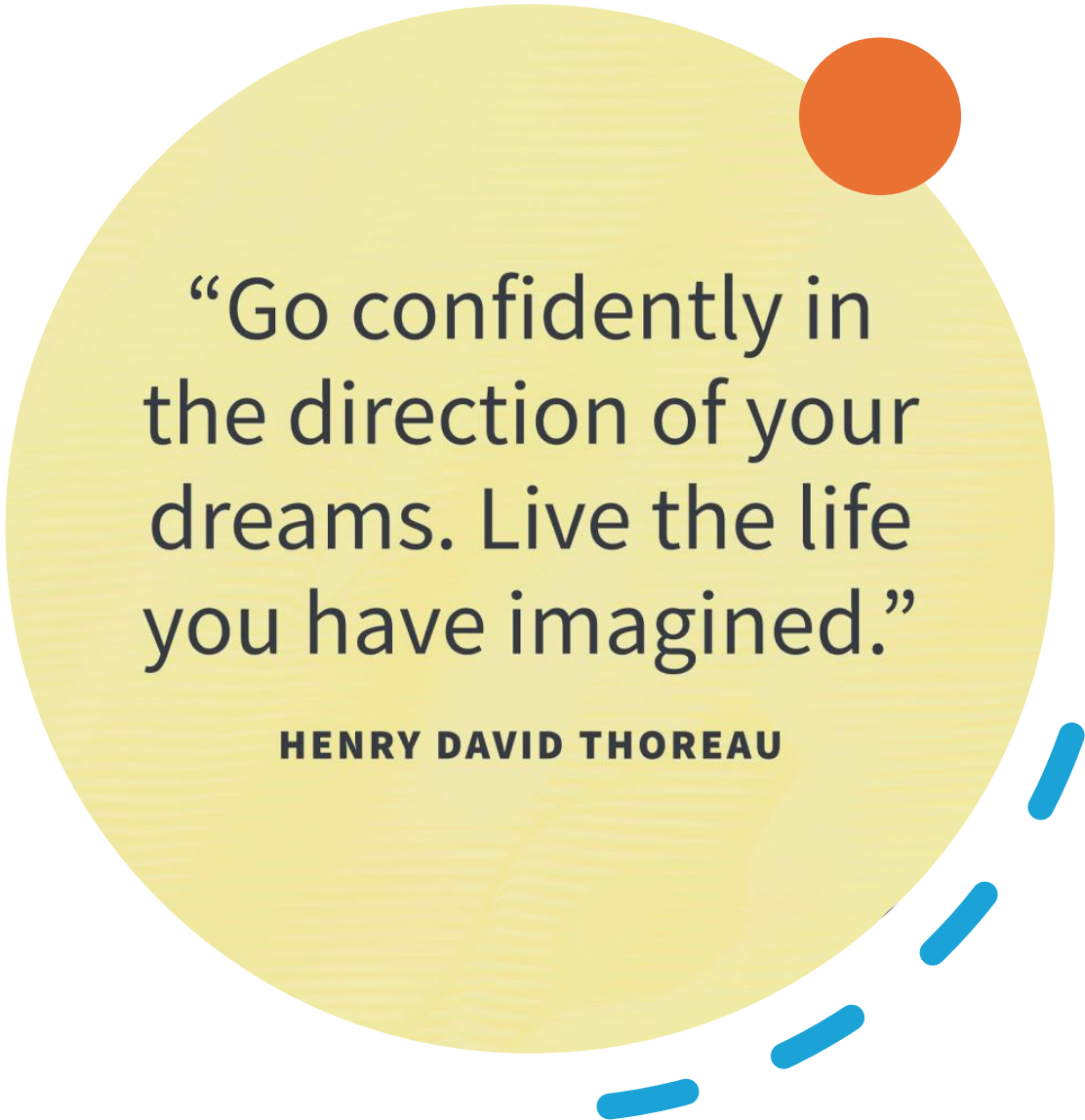
A little bit about me.....



# The Focus of Today's Talk



**Rarely do students**, or anyone for that matter, **take sufficient time** out of their day to step back and **assess the broader picture of their lives.**

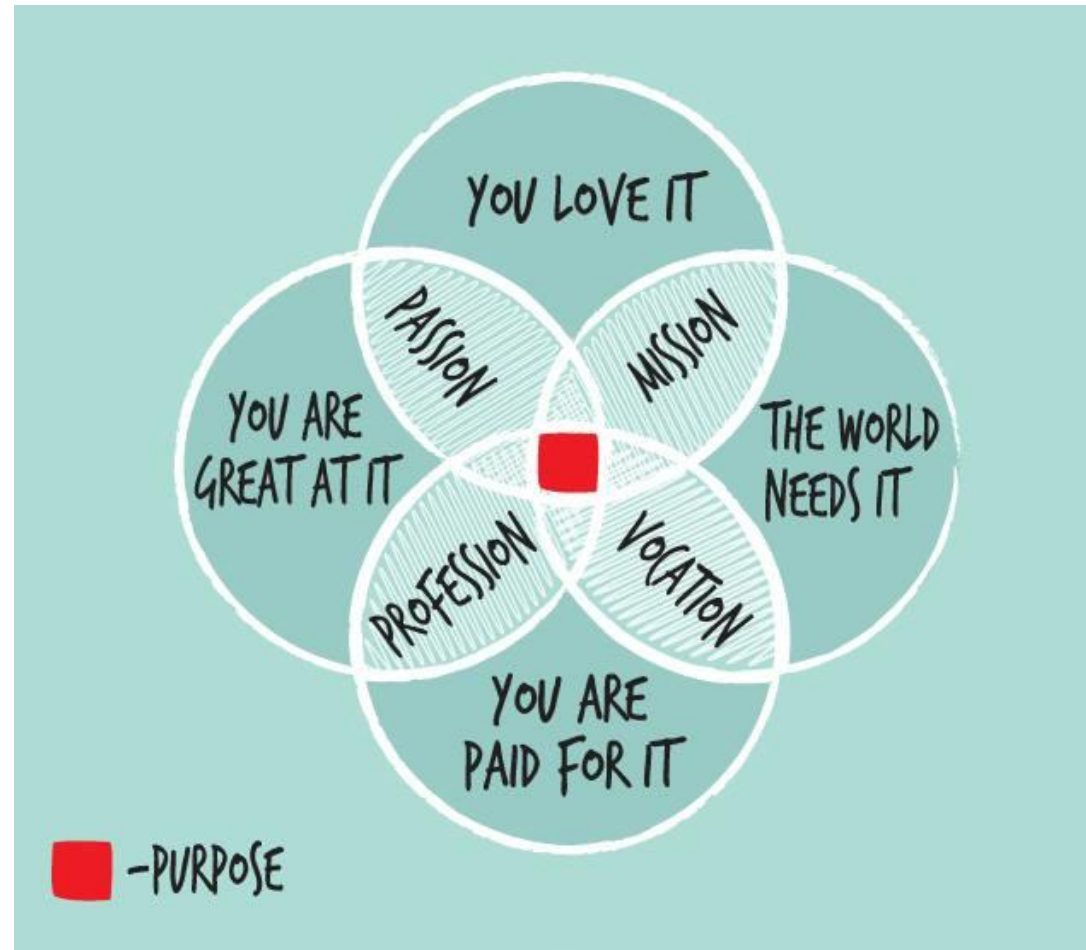


“Go confidently in the direction of your dreams. Live the life you have imagined.”

HENRY DAVID THOREAU



# IKIGAI - The Japanese answer to a life with purpose

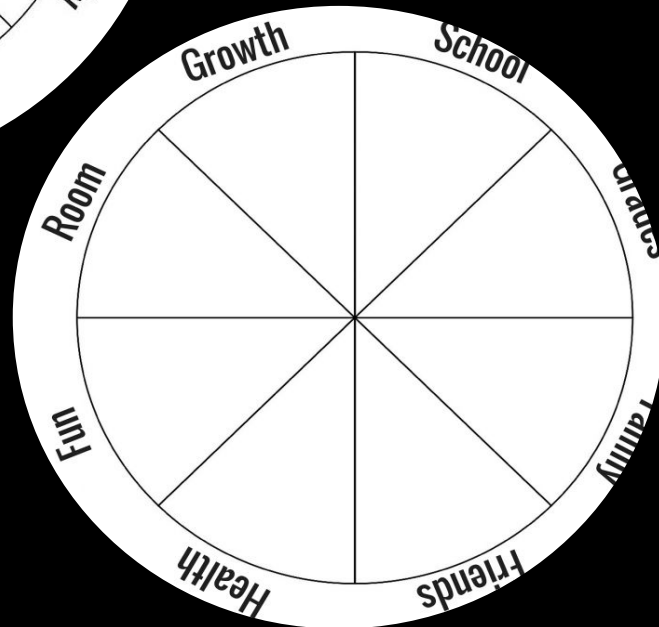
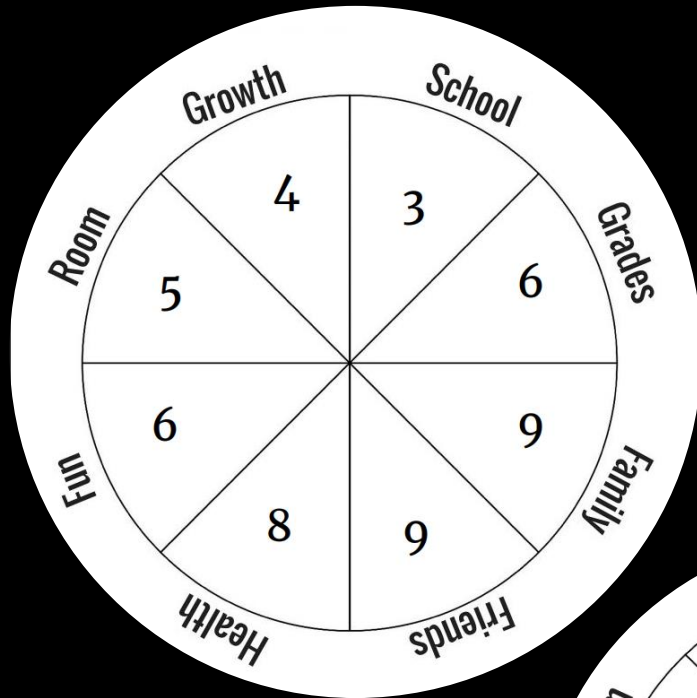


# Steps of the Youth Development Program

1. Wheel of Life Exercise – What might be missing? What is going well?
2. Talents+Passions+Values exercises
3. Putting words on what is important – Vision Statement
4. Finding people in our networks that can explain what they do « seeing is believing »
5. Mapping out the building blocks



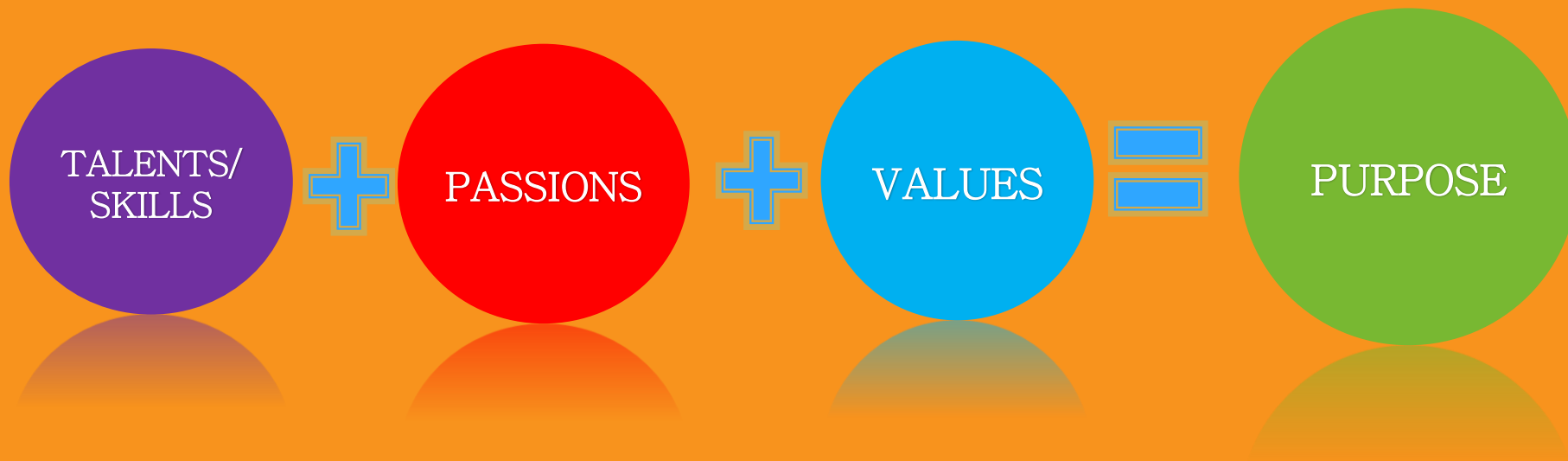
# Wheel of Life Exercise



- School: Your overall experience of being in class and being with your friends
- Grades: How happy (or not) you are with your grades
- Family: Usually your immediate family, and if you need to break this wedge into two (parents and siblings) that works
- Friends: Pretty straight forward
- Health: How healthy you feel, how much you exercise, and your diet
- Fun: How much fun you are having
- Room: How clean or messy your room is and how happy you are with it
- Growth: How you feel you are growing personally and spiritually



# PURPOSE



TALENTS  
/SKILLS

A SPECIAL ABILITY that allows you to do something really well. A stable mode of thinking, feeling or behavior that can generate positive results.

PASSIONS

A strong feeling of enthusiasm or excitement for something; VERY KEEN INTEREST

VALUES

Personal values form our identity and can be seen as GUIDE for decision making that help us connect to what really matters to us.

# TALENTS/ SKILLS

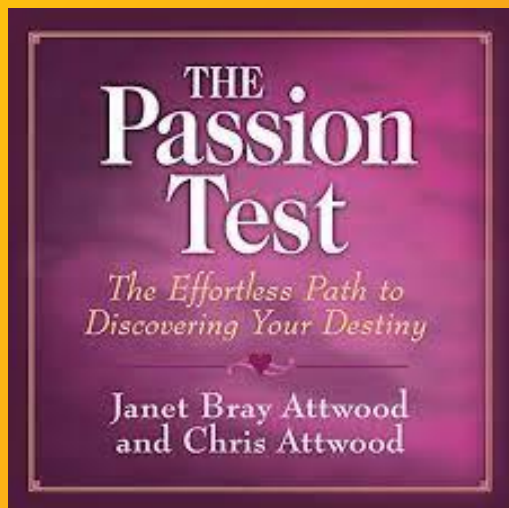
## INDEED CAREER GUIDE

Hard Skills	vs.	Soft Skills
<ul style="list-style-type: none"> <li>• Bilingual or multilingual</li> <li>• Database management</li> <li>• Adobe software suite</li> <li>• Network security</li> <li>• SEO/SEM marketing</li> <li>• Statistical analysis</li> <li>• Data mining</li> <li>• Mobile development</li> <li>• User interface design</li> <li>• Marketing campaign management</li> <li>• Storage systems and management</li> <li>• Programming languages (such as Perl, Python, Java, and Ruby)</li> </ul>		<ul style="list-style-type: none"> <li>• Integrity</li> <li>• Dependability</li> <li>• Effective communication</li> <li>• Open-mindedness</li> <li>• Teamwork</li> <li>• Creativity</li> <li>• Problem-solving</li> <li>• Critical thinking</li> <li>• Adaptability</li> <li>• Organization</li> <li>• Willingness to learn</li> <li>• Empathy</li> </ul>
Hard skills are technical knowledge or training that you have gained through any life experience, including in your career or education.		Soft skills are personal habits and traits that shape how you work, on your own and with others.

## GALLUP CLIFTONSTRENGTHS FINDER Test & Book

EXECUTING	INFLUENCING	RELATIONSHIP BUILDING	STRATEGIC THINKING
People with dominant Executing themes know how to make things happen.	People with dominant Influencing themes know how to take charge, speak up, and make sure the team is heard.	People with dominant Relationship Building themes have the ability to build strong relationships that can hold a team together and make the team greater than the sum of its parts.	People with dominant Strategic Thinking themes help teams consider what could be. They absorb and analyze information that can inform better decisions.
<b>Achiever</b> <b>Arranger</b> <b>Belief</b> <b>Consistency</b> <b>Deliberative</b> <b>Discipline</b> <b>Focus</b> <b>Responsibility</b> <b>Restorative</b>	<b>Activator</b> <b>Command</b> <b>Communication</b> <b>Competition</b> <b>Maximizer</b> <b>Self-Assurance</b> <b>Significance</b> <b>Woo</b>	<b>Adaptability</b> <b>Connectedness</b> <b>Developer</b> <b>Empathy</b> <b>Harmony</b> <b>Includer</b> <b>Individualization</b> <b>Positivity</b> <b>Relator</b>	<b>Analytical</b> <b>Context</b> <b>Futuristic</b> <b>Ideation</b> <b>Input</b> <b>Intellection</b> <b>Learner</b> <b>Strategic</b>

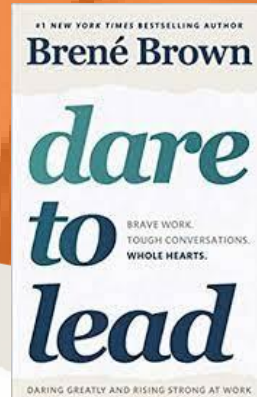
# PASSIONS



# VALUES



<https://www.inno-centre.fr/product-page/banque-valeurs>



## List of VALUES

- |                |                     |                      |                  |
|----------------|---------------------|----------------------|------------------|
| Accountability | Diversity           | Intuition            | Safety           |
| Achievement    | Environment         | Job security         | Security         |
| Adaptability   | Efficiency          | Joy                  | Self-discipline  |
| Adventure      | Equality            | Justice              | Self-expression  |
| Altruism       | Ethics              | Kindness             | Self-respect     |
| Ambition       | Excellence          | Knowledge            | Serenity         |
| Authenticity   | Fairness            | Leadership           | Service          |
| Balance        | Faith               | Learning             | Simplicity       |
| Beauty         | Family              | Legacy               | Spirituality     |
| Being the best | Financial stability | Leisure              | Sportsmanship    |
| Belonging      | Forgiveness         | Love                 | Stewardship      |
| Career         | Freedom             | Loyalty              | Success          |
| Caring         | Fun                 | Making a difference  | Teamwork         |
| Collaboration  | Future generations  | Nature               | Thrift           |
| Commitment     | Generosity          | Openness             | Time             |
| Community      | Giving back         | Optimism             | Tradition        |
| Compassion     | Grace               | Order                | Travel           |
| Competence     | Gratitude           | Parenting            | Trust            |
| Confidence     | Growth              | Patience             | Truth            |
| Connection     | Harmony             | Patriotism           | Understanding    |
| Contentment    | Health              | Peace                | Uniqueness       |
| Contribution   | Home                | Perseverance         | Usefulness       |
| Cooperation    | Honesty             | Personal fulfillment | Vision           |
| Courage        | Hope                | Power                | Vulnerability    |
| Creativity     | Humility            | Pride                | Wealth           |
| Curiosity      | Humor               | Recognition          | Well-being       |
| Dignity        | Inclusion           | Reliability          | Wholeheartedness |
|                | Independence        | Resourcefulness      | Wisdom           |
|                | Initiative          | Respect              |                  |
|                | Integrity           | Responsibility       | Write your own:  |
|                |                     | Risk-taking          | Quality          |
|                |                     |                      | Objectivity      |
|                |                     |                      | Diligence        |

15

NAME IT TO CLAIM IT!  
CLARIFYING YOUR  
CONVICTIONS...



**PERSONAL  
VISION  
STATEMENT**



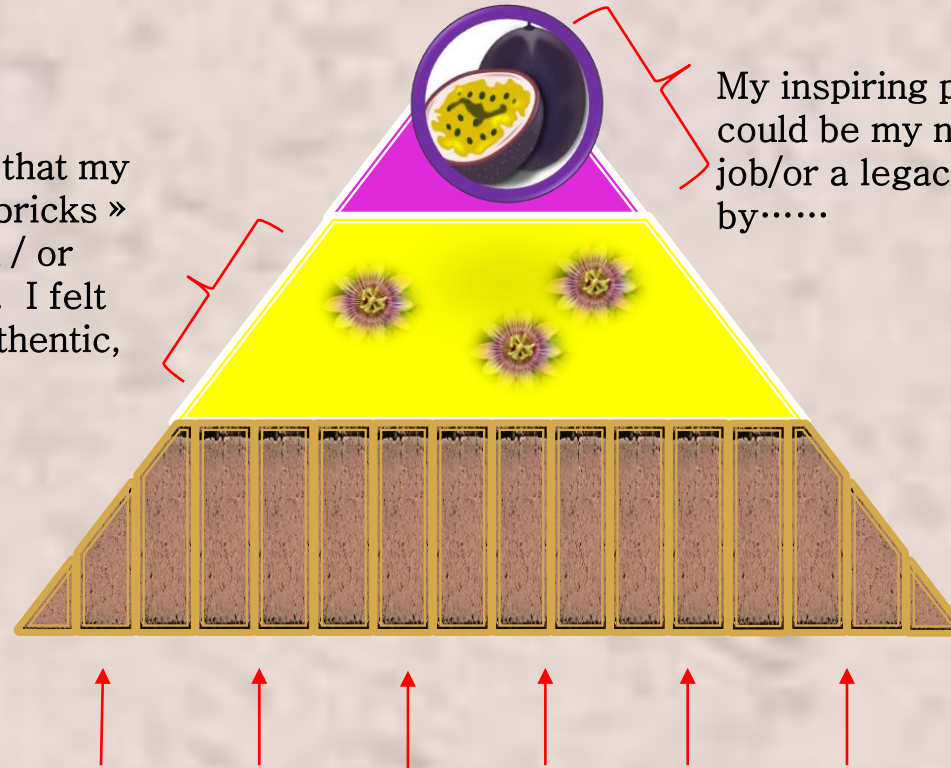
SEEING IS  
BELIEVING



# BRICK BY BRICK MODEL

## My Unique and Strong Foundation

Examples of when I saw that my unique combination of « bricks » brought me personal and / or professional satisfaction. I felt like I was in the flow, authentic, natural, thriving.



My inspiring purpose driven target: This could be my next bold challenge/ideal job/or a legacy I wish to be remembered by.....

My foundational “bricks” could include:  
My experiences, my technical and behavioral competencies, my talents, my values, my passions

Jody JULIEN

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SUPERPOWERS



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