



Who Am I? Boards

A Who Am I? board is a visual representation of key (defining) moments in your life that make you uniquely you. Quite simply, they are moments that impact your identity, allowing for deep learning opportunities. The board is a tangible way to help tell the story of who you are.

How do these boards relate to “Full Circle Thriving”? Thriving requires you to take time to reflect on your life and what has shaped you into the person you are today. It requires you to understand your entire person. With this understanding comes the ability to transform, grow, adapt, and thrive toward a purpose that is aligned with your strengths, relationships and values.

What's Required? Pre-Summit Work

Participants are asked to create a Who Am I? board in advance of the Summit and bring it with them on Day 2. We will each share our boards at our tables during the morning session. In the afternoon, we will each tell the story at our tables of a defining moment reflected on our boards.

How to Create *Your Who Am I?* Board

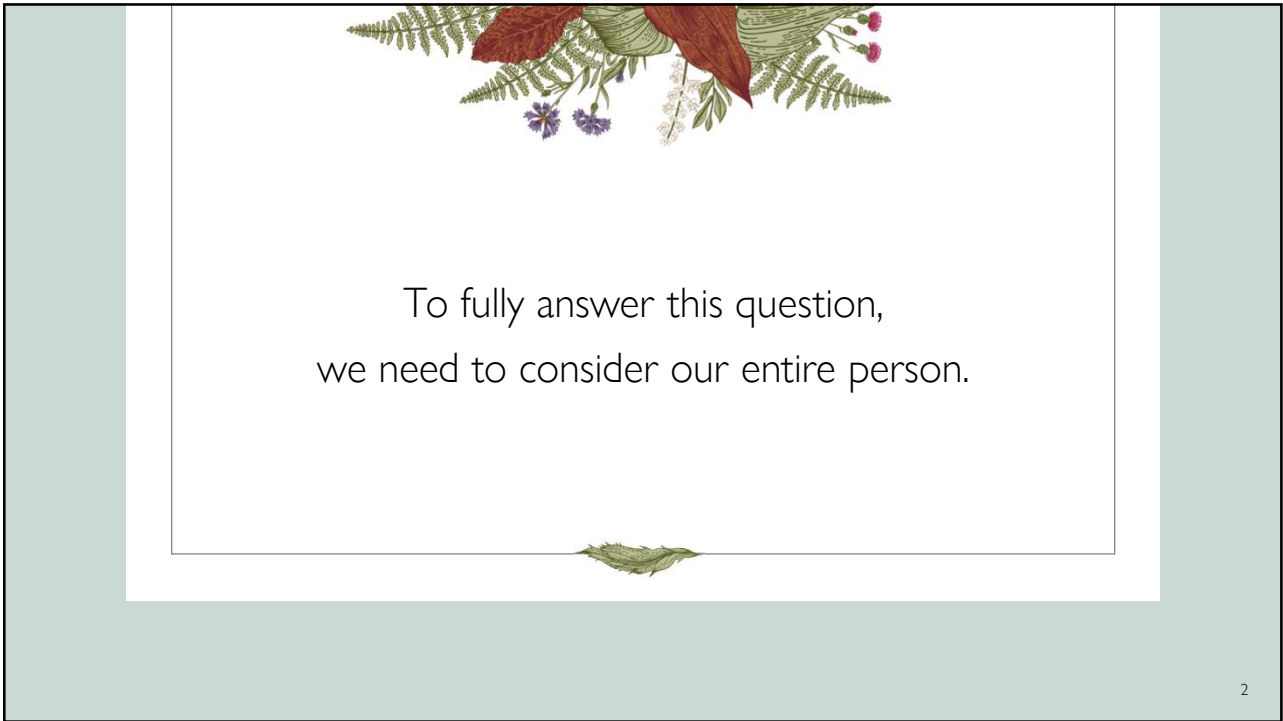
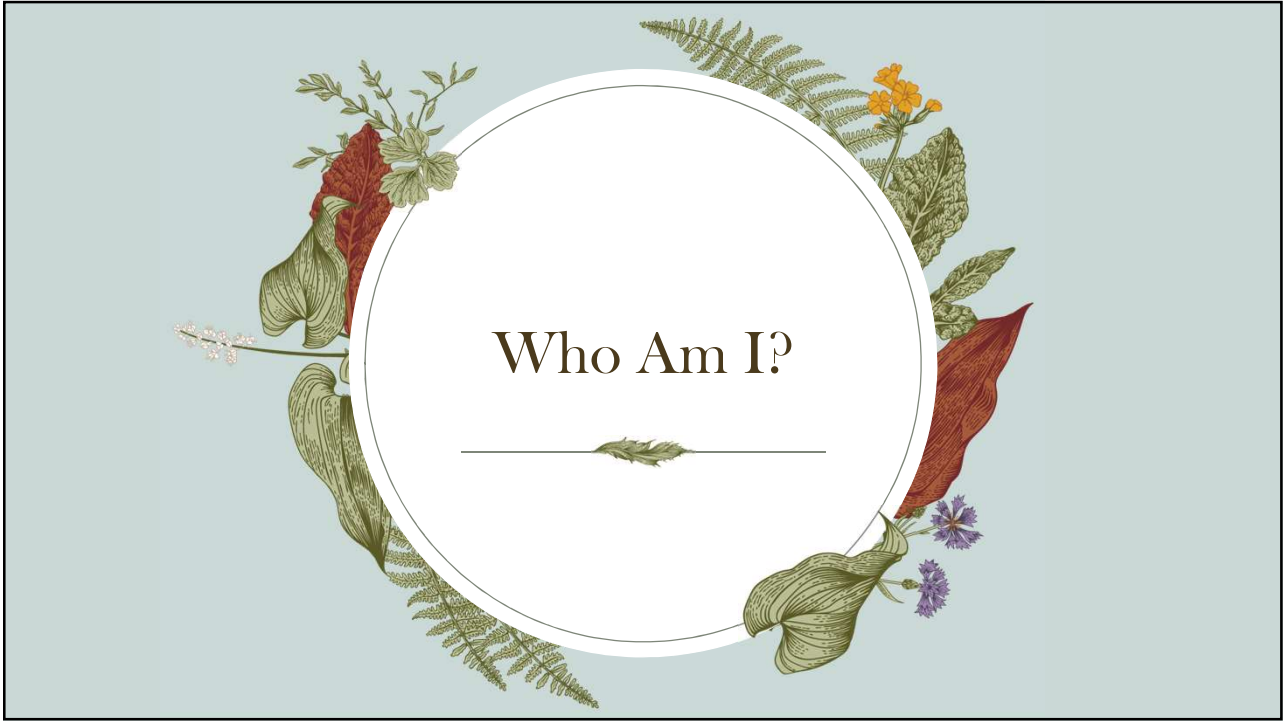
- Think about your entire person. Reflect on defining moments in your life.
- Jot down key words and phrases to express those moments.
- Design a board that is a visual representation of who you are.
- Get creative - use words, phrases, pictures, icons or simply draw. Some online tools you can use are Canva, Word Cloud, and Procreate but cutting and pasting from magazines works just as well. Whatever works for you.
- Pick up a blank 11x14 board in any one of these locations on campus and cut and paste or print your design onto the board:
 - President's Suite – Ground floor of Moore Library
 - Associate Dean of Students Suite – BLC 2nd floor
 - Career Services Suite – BLC 3rd floor
 - Norm Brodsky College of Business Dean's Suite – 2nd floor
- Bring your board to Day 2 of the Summit.
- The below presentation provides additional information and examples of colleagues' boards.

The Why

Our goal is for each participant to achieve the most learning possible from the Summit.

Studies show that prework:

- Increases the effectiveness of and your personal investment in training.
- Builds interest and preparedness for an interactive session.
- Keeps participants engaged during the session.
- Connects participants with others in attendance.





Entire Person

Everything that makes you uniquely you, for example:

- Ethnicity, nationality, race, identity, culture, heritage, traditions
- Roles
- Values
- Experiences



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“There are defining moments in one’s life when you learn about yourself, and you deposit that knowledge in the experience account, so you can draw on it at some later time.”

Best Kept Secret by Jeffrey Archer





What is a Defining Moment?

A defining moment is a point in your life when you make a pivotal decision, or when you experience something that fundamentally changes you and has a transformative effect on your perceptions and behaviors.

Moments that are truly defining will force you to ask "why," often challenge your beliefs/norms, and force you to behave differently.

A defining moment impacts your identity and allows for deep learning opportunities.



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Common Defining Moments

Getting married or divorced
Starting a new job or leaving an old one
Taking a trip
Finishing school
Retiring
Losing a loved one
Having a baby



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Defining Moments - BIG or SMALL

They will always change you in some way.
 They are not always readily apparent.
 They can fill a post-it note or an entire book.



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Learn from a Defining Moment

View the moment as an opportunity to learn and grow.
 Insulate the moment and find the purpose (why).
 Face the moment and act.

We often need to know why something occurred but sometimes can't identify our why quickly.

With stillness and reflection come clarity and answers.

Your why is the foundation for building your plan to move forward.

Take the time to find your why.



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Reflect on a Defining Moment

Every defining moment has three parts:

The Moment – The (Re)action – The Learning

And even if it takes years, can be summed up with:

Because of this moment, I _____.



“ When a defining moment comes along,
you define the moment,
or the moment defines you. ”

Kevin Costner in Tin Cup





Making the Connection



Full Circle Thriving: An Intentional Choice

- Thriving requires you to :
 - *Know who you are.*
 - Transform, grow and adapt toward purpose.
 - Clarify and pursue a purpose that is aligned with your strengths, your life-giving relationships, and your values.
 - Contribute to yourself, others and the world.



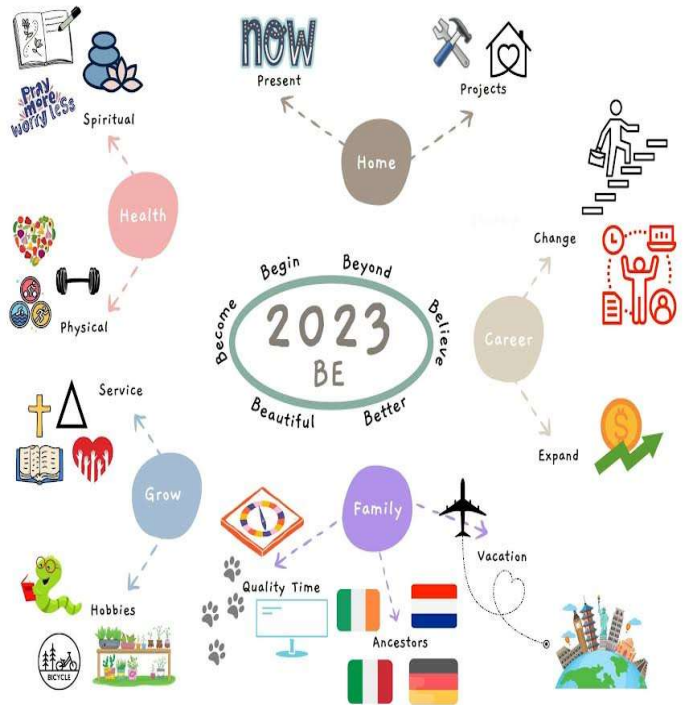


Committee Challenge

- Think about your entire person.
- Reflect on defining moments in your life.
- Jot down key words and phrases to express those moments.
- Create a board that is a visual representation of who you are.
- Get creative - use words, phrases, pictures, icons or simply draw.
- Share your board at the Luncheon.



Pam Durkin





Donna Disbrow





Summit Challenge

- Think about your entire person.
 - Reflect on defining moments in your life.
 - Jot down key words and phrases to express those moments.
 - Create a board that is a visual representation of who you are.
 - Get creative - use words, phrases, pictures, icons or simply draw.
 - Share your board at the Summit.
 - Be prepared to tell the story of one of your defining moments.
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