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# Finding Purpose: A Life Check-Up

Recommended Citation for this Session: Wanberg, C. & Rivera, M. (2020, October 22). Finding Purpose: A Life Check-up [Webinar]. University of Central Florida Rosen College of Hospitality Management.



# Targeted Research Training (TRT) Program

#### Housed in Department of Psychology at UCF



Cutting-edge research and interventions to improve workplace well-being and organizational effectiveness in hospitality



Interdisciplinary training for graduate students



Outreach and dissemination of research findings



## Sunshine Education & Research Center

#### Funded by

The National Institute for Occupational Safety and Health (NIOSH)

#### Mission

The Sunshine Education and Research Center transforms workplace quality of life through transdisciplinary education, research and practice, and industry partnerships.



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# **Targeted Research Training**

#### Faculty

- Dr. Mindy Shoss, I/O Psychology
- Dr. Cynthia Mejia, Rosen College
- Dr. Kristin Horan, I/O Psychology
- Dr. Steve Jex, I/O Psychology
- Dr. Deborah Breiter Terry, Rosen College

#### **Academic Partners**

- Multiple Universities
- Multiple Disciplines
- Faculty, Graduate and Undergraduate Students

#### **Advisory Partners**

- Central Florida Hotels
- Union
- Research & Public Policy







#### **Presenters**



#### Dr. Connie Wanberg

Professor and Industrial Relations Faculty Excellence Chair, University of Minnesota wanbe001@umn.edu



#### **Moses Rivera**

Ph.D. Student, Targeted Research Training Program Trainee, University of Central Florida <u>moses.rivera@knights.ucf.edu</u>

UCF

# Today's Goal

1. Where are you in your life journey?

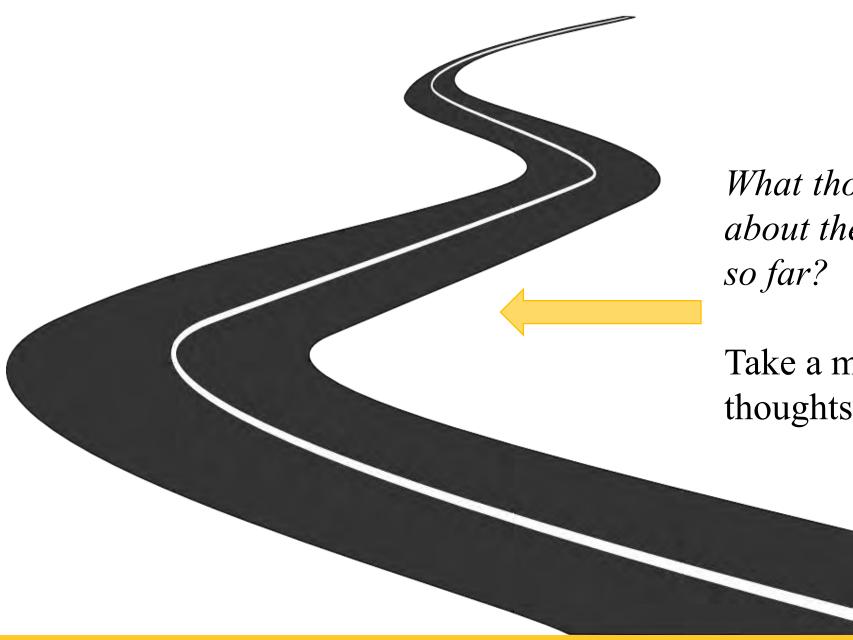
#### 2. Introduce the LIFE INSPIRATION MODEL.

- 3. Set goals using this model.
- 4. Discuss the context of furlough or unemployment.





Your life in the future



What thoughts come to mind about the life you have lived so far?

Take a moment to share a few thoughts in the chat function.





**1. Balance** *Life is in sync* 

**2. Trigger** Forced into change

**3. Limbo** *Feeling "in between"* 



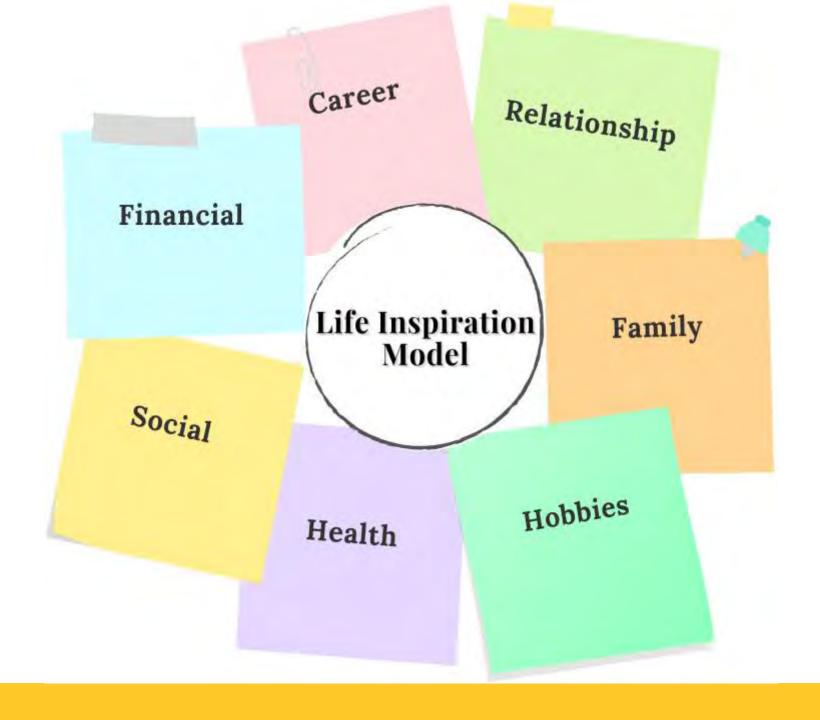


For thousands of people, COVID-19 has presented a time of transition, and even limbo

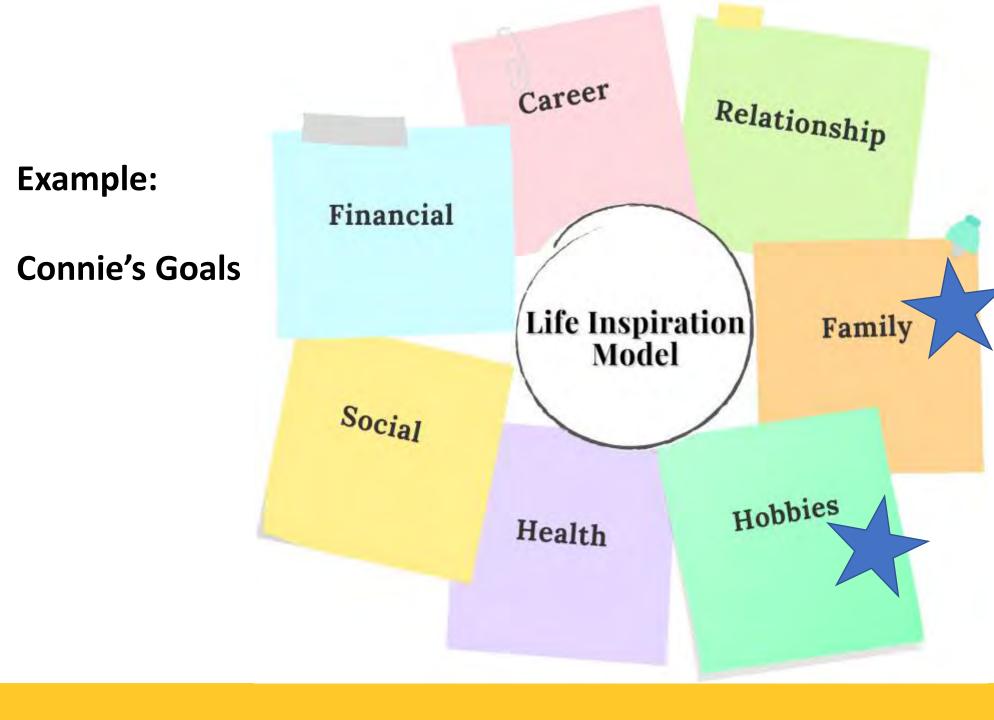


# Life Inventory





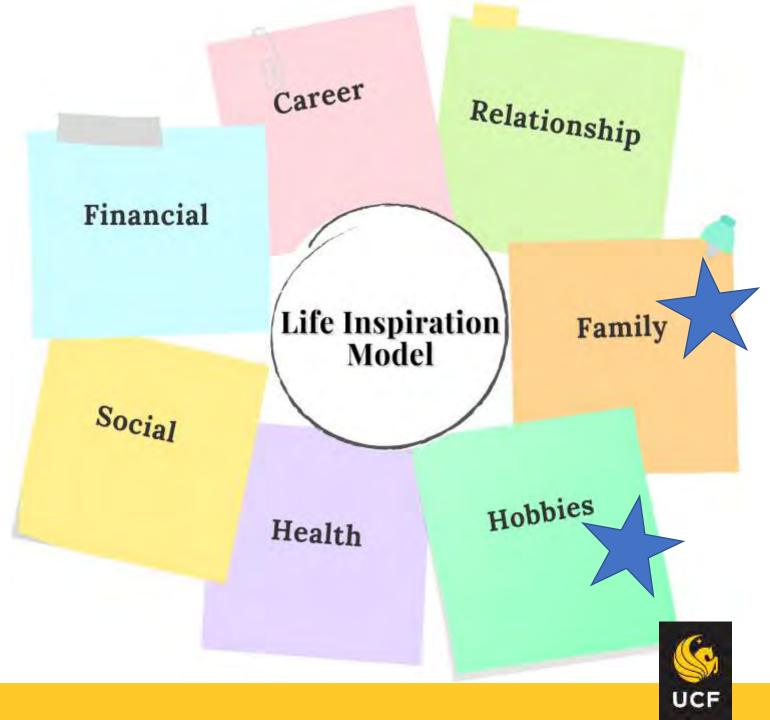






#### **Connie's Status Quo**

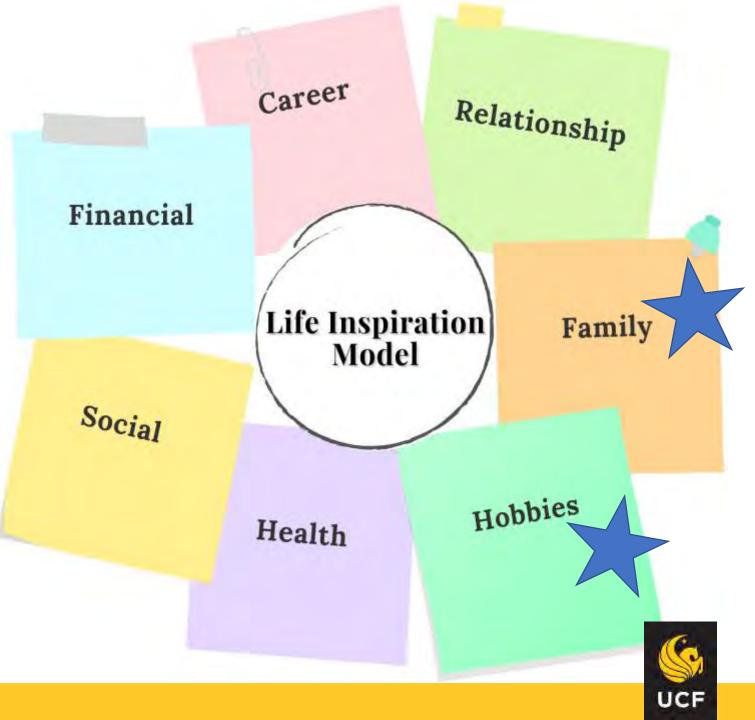
- Work
- Immediate family and Relationship
- Cycling



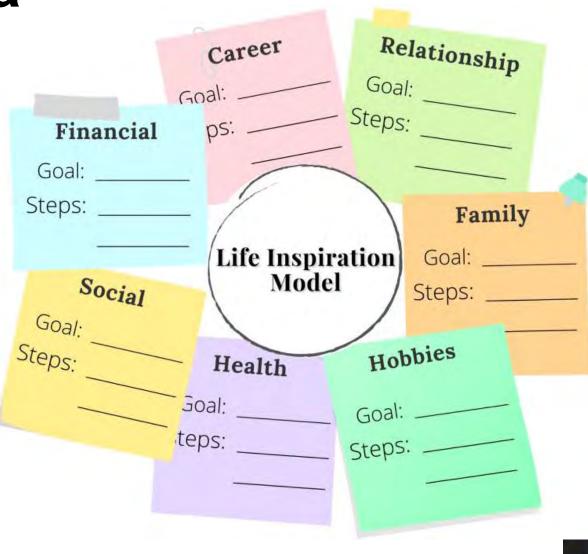
#### **Connie's Goals**

Family: Keep in contact with my four-year-old niece in South Dakota.

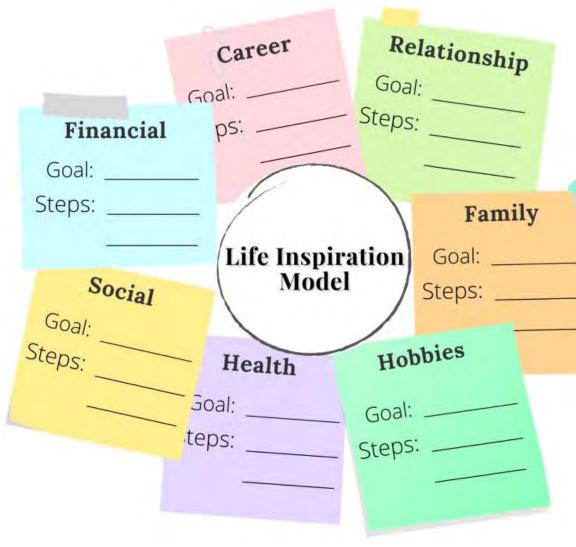
Hobbies: Keep improving my patio and learn new gardening skills each year.





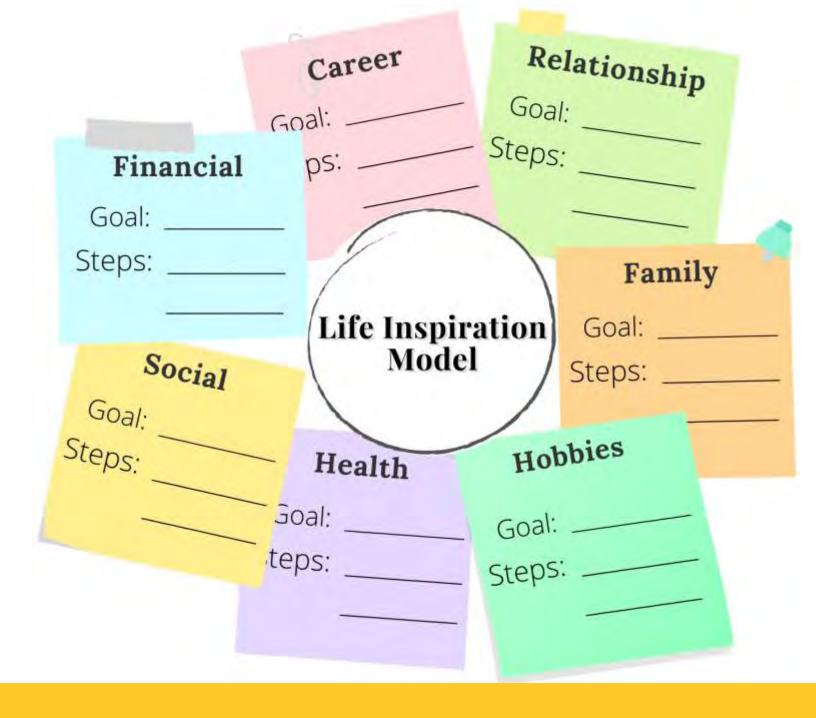






# **Meet Darryl**

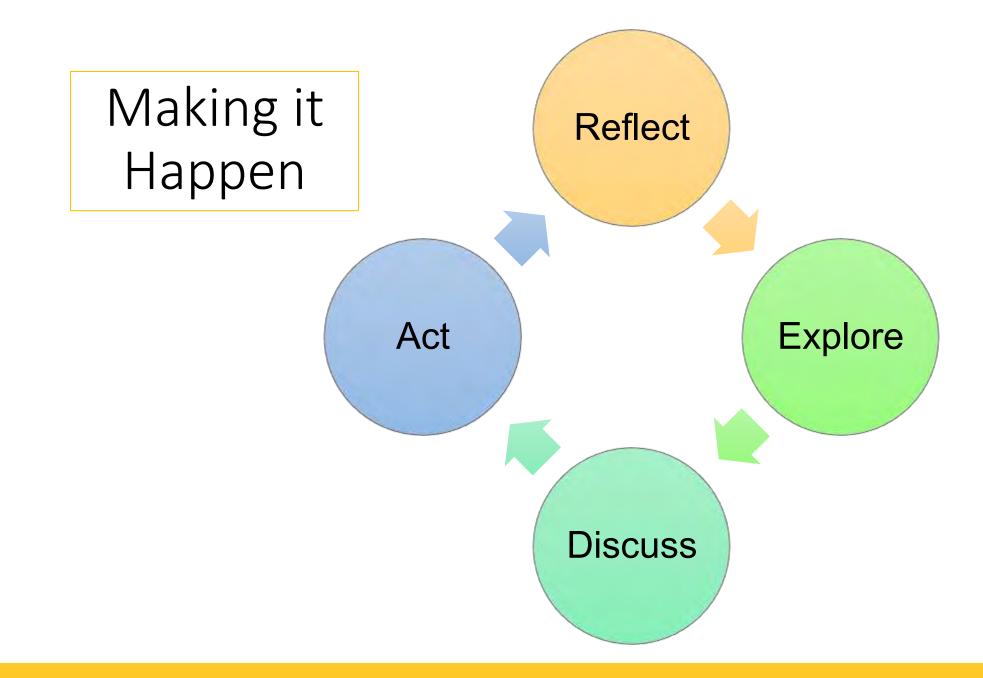




Set one goal in one of these areas.

What steps will you take to make this goal happen?





#### **Other Important Questions to Ask Yourself**

- What do I want said at my funeral?
- What are your values? Are you spending time to reflect those values in your life?
- What gives me energy? Am I spending time on those things?
- Who is important to me? Do they know?



# **Questions?**

Design your path. Set meaningful goals to break them down into simple, achievable steps.

-Life Reimagined



# Context of Furlough and Unemployment



## **Stressors**



- ✓ Loss of daily structure
- $\checkmark$  Loss of social contact
- ✓ Loss of identity
- ✓ Job search process



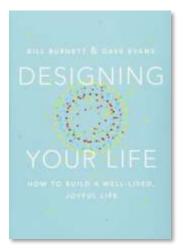
# **Tips during Furlough/Layoff**

1. Use your resources to get job search information

2. Establish a job search plan and routine

3. Have a mind set of resilience

# **Additional Resources**



Burnett, B., & Evans, D. (2016). *Designing Your Life: How to Build a Well-Lived, Joyful Life*. Alfred A. Knopf.



Chai, E. (2019, December). *Take Time, You'll Find Your Purpose In Life* [Video]. TED Conferences. <u>https://www.ted.com/talks/take\_time\_you\_ll\_find\_y</u> <u>our\_purpose\_in\_life</u>



# **Questions?**

*"If you can dream it, you can do it."* —Walt Disney



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# **Thank You!**

Next session: **The Personal Pivot, a Panel Discussion** *Thursday, Nov. 5, 2020, 12:00 P.M.* 





# For More Information

Dr. Wanberg

Targeted Research Training

https://carlsonschool.umn.e du/faculty/connie-wanberg Targetedresearch@ucf.edu

sciences.ucf.edu/psychology/sunshine/

**Rosen College** 

hospitality.ucf.edu

hospitality.ucf.edu/research-recoveryand-reskill











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#### Additional Reskill

resources:

#### **Degree programs**

https://hospitality.ucf.edu/degreeprograms/

#### Graduate certificates:

Hospitality and Tourism Technologies Graduate Certificate Destination Marketing & Management Graduate Certificate Event Management Graduate Certificate

#### Series Conclusion:

"People" People Working or Not Working in Isolation: Coping Tools for the Hospitality Industry

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Complete the post-event survey!

