



January Jumpstart 2023: Launching Your Career



Aurora University, Aurora, IL | Webinar
January 3 - 5, 2023

About Me

MY NAME IS SHERRI S. WICK, I AM A MENTOR, MOTIVATOR, ADVOCATE AND OVERALL DOPE HYPEWOMAN!

- Licensed Clinical Professional Counselor (LCPC)
- National Board Certified Counselor (NBCC)
- MBTI Practitioner
- Intercultural Development Inventory (IDI) Qualified Administrator

Owner/Founder:

- Holistically Divine Counseling, LTD
- Moments of Mindfulness, LLC
- The Gift of Counseling (TGOC), LLC
- Simply Divine Consultant

Adjunct Professor:

- Benedictine University, Lisle, IL
- National Louis University, Chicago, IL

Movement:

- Hardstyle Kettlebell & Animal Flow



A close-up photograph of wooden letterpress blocks arranged to spell out 'LET'S GO!'. The letters are light-colored wood with dark, recessed interiors. The blocks are set against a background of other wooden blocks and a dark surface. The lighting is dramatic, highlighting the texture of the wood and the depth of the letter cutouts.

LET'S GO!

- *Chat:*
- *First & Last Name;*
- *Major;*
- *Career Interests;*
- *Give 1 Value &*
- *Why are you attending this webinar?*

“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.” Lao Tzu

quote

Self Reflection: Understanding You

Focus2 Assessment



Values:

- are internalized cognitive structures that guide choices by evoking a sense of basic principles of right and wrong, a sense of priorities, and a willingness to make meaning and see patterns.

Interests:

- an attitude characterized by a need or desire to give selective attention to something that is significant to the individual, such as an activity, goal, or research area.

Passions:

- an intense, driving, or overwhelming feeling or conviction. Passion is often contrasted with emotion, in that passion affects a person unwillingly.

Purpose:

- the reason for which something is done or for which something exists. a mental goal or aim that directs a person's actions or behavior.

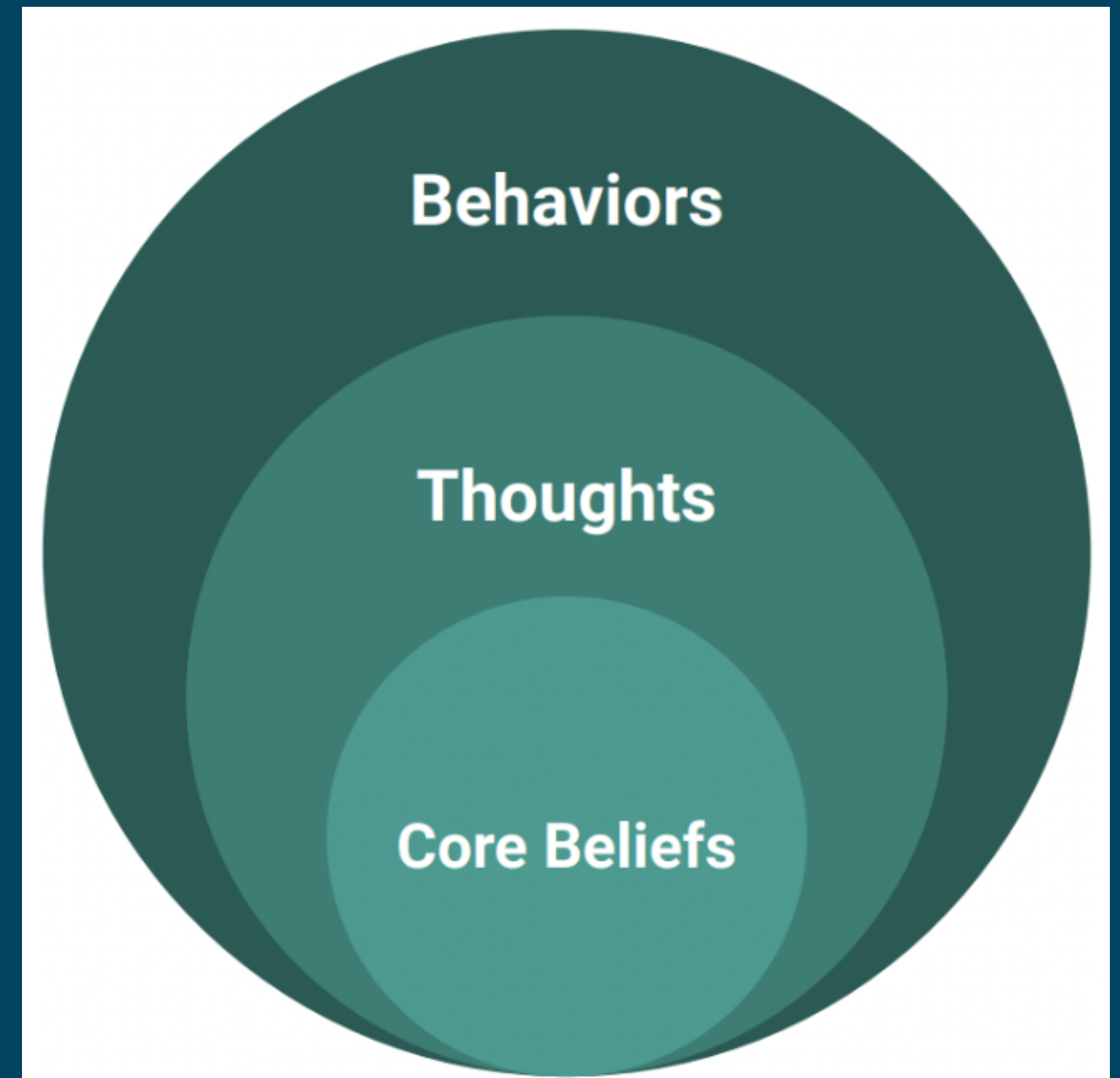
American Psychological Association

Identifying Your Values: Activity

*Respond on your
worksheet*

Due to time, you will only have 45 seconds to review the entire slide.

When you think about your values use the below image to help with selecting your values.



Core Values



Core Values

Dedication

Decisiveness

Dependability

Determination

Reliable

Organized

Creative spirit

Dignity

Discipline

Diversity

Efficiency

Empathy

Endurance

Enthusiasm

Equality

Ethical

Excellence

Experience

Fame

Expertise

Exploration

Fairness

Faith

Fitness

Family

Fearless

Forgiveness

Fun

Freedom

Flexibility

Core Values

Grace

Generosity

Gratitude

Reliable

Growth

Organized

Guidance

Happiness

Hard-work

Harmony

Health

Honesty

Honor

Humor

Independence

Individuality

Innovation

Imagination

Insight

Inspire

Joy

Integrity

Intuitive

Justice

Kindness

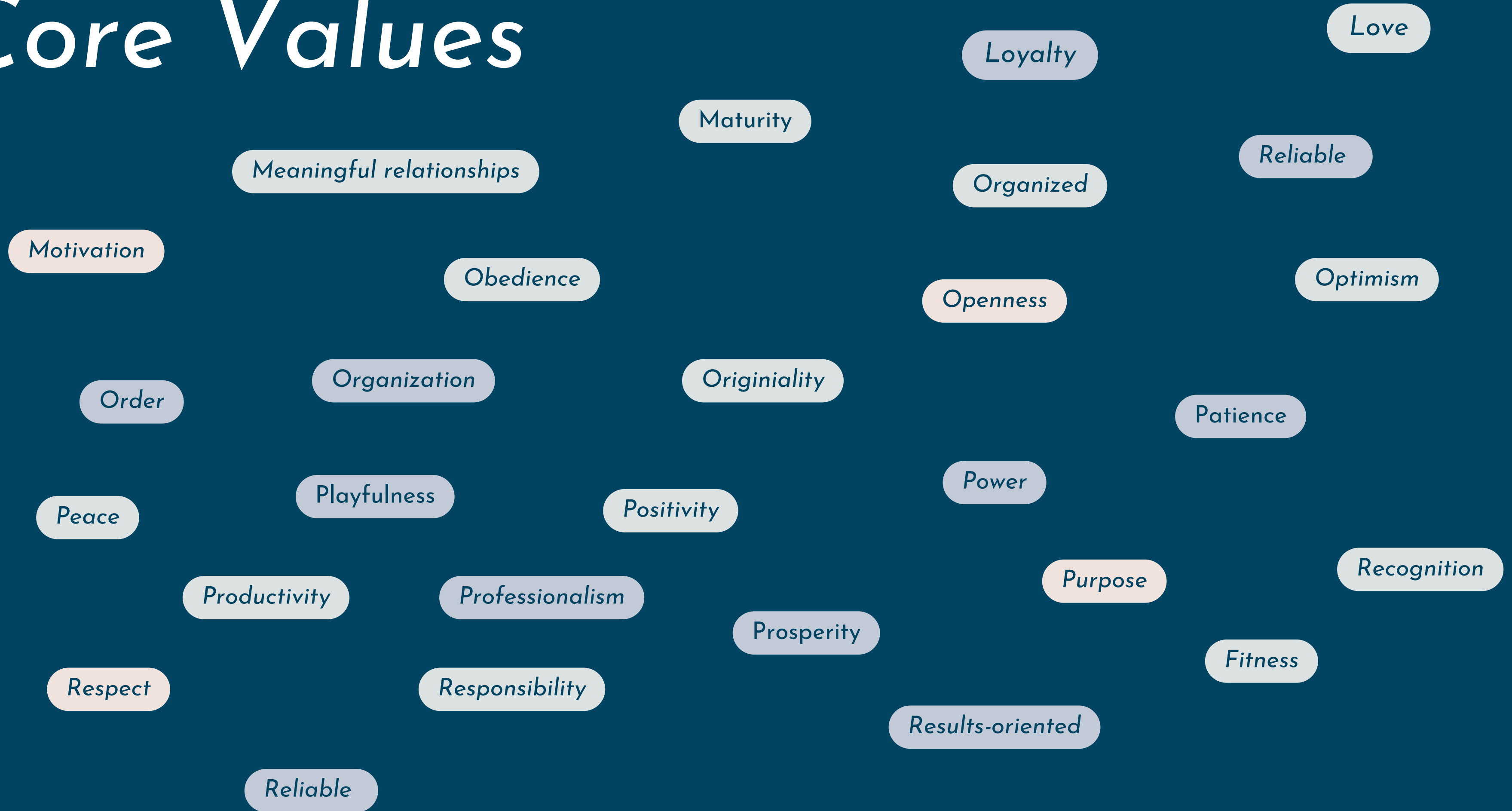
Knowledge

Logic

Leadership

Learning

Core Values



Core Values

Security

Self-development

Self-respect

Sensitivity

Service

Silence

Serenity

Simplicity

Spirituality

Strength

Skillfulness

Structure

Success

Stewardship

Support

Surprise

Sustainability

Thoughtful

Transparency

Understanding

Teamwork

Vision

Wealth

Wisdom

Uniqueness

Unity

Action Plan: SWOT Analysis

Actionable Strategies to aid in
Career Success



Scan QR Code: Save First: Make a
copy and save in your google drive.

Action Plan: Career Journey Success

Actionable Strategies to aid in
career success



Scan QR Code: Save First: Make a
copy and save in your google drive.

Motivation/Consistency

"Don't be afraid to fail BIG."
~ Denzel Washington

"Fall Forward."
~ Denzel Washington



Purpose/Vision

"Purpose crosses disciplines."
~ Chadwick Boseman

"Purpose is the essential
element of you."
~ Chadwick Boseman



THANK YOU



CONSULTANT

