

**CT 326**  
**Advising, Coaching, and**  
**Student Success**  
**with Life Design in Mind**

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Why did you come to this session?

What matters most TO YOU?

Is there something you want to  
Change? Modify? (Re-)Create?

# Are You Living Your Best Life Quiz

Are you living your best life? How would you know? The following 30 questions will provide you an indication of whether you are living your best life. To evaluate your life at the present moment, be truthful with your answers.

Mark your response to each question with either a “Yes” or a “No” on the Quiz Answer Sheet. Remember, be completely honest with this evaluation of yourself – it’s the only way you’ll grow.

1. Are you motivated to get out of bed in the morning?
2. Do you typically wake up feeling optimistic?
3. Do you have more good days than bad?
4. Do you feel authentic in your interactions?
5. Do you honor your commitments – to others and to yourself?

6. Are you courageous?
7. Do you feel confident in yourself and your capabilities?
8. Do you love what you do for a living?
9. Do you feel like you're fulfilling your life's purpose?
10. Do you spend time every day on things you're passionate or excited about?

11. Do you feel like your life has direction?
12. Do you refrain from social comparisons to others?
13. Do you have a support network?
14. Is your social circle a positive one?
15. Is your love life what you want it to be?

16. Are you able to forgive and forget?

17. Do you feel you've let go of the heavy baggage from the past?

18. Can you find the positive in apparent negatives?

19. Are you grateful for the good things in your life?

20. Are you happy with the way you look?

21. Are you happy with the way you feel?
22. Do you do everything you can to stay healthy?
23. Do you do something good for someone else every day?
24. Do you do something kind for yourself every day?
25. Do you do something to make you feel centered/at peace every day?

26. Are you living your life according to your values?

27. Are you living life to the fullest?

28. Are you moving towards becoming your best self?

29. Do you like the person you are today?

30. Are you honest with yourself?

Think about the state of your life as you reflect on your answers to the 30 questions:

- What's working in your life right now?
- What's not working for you right now?
- What specific areas do you need to develop to help you move towards living your best life?
- What are you willing to work on RIGHT NOW to move forward?

Now, imagine building a student advising and/or coaching program that helps students answer “yes” to most – if not all – of these questions. This session will show you how.

“Our job in this lifetime is not to fit into some mold that others have determined is best for us. Our job is to find out who we already are – and become it.”

Steven Pressfield

# Creating Your Own Advising/Coaching Program

Adapted from Michelle Schubnel, <https://www.coachandgrowrich.com/coaching-blog/how-to-create-your-own-coaching-program/>

- **Topic:** What is the focus of your advising/coaching program? Will the program be focused on developing/refining coaching skills or coaching students through specific, structured content – or a combination of the two?
- **Participants:** Who are your ideal students for the program?
- **Challenges:** What are 3-5 BIG challenges your ideal students face?
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- **Names:** If you need to identify a name for your program, here are some ways to name it: focus on desired outcome/results, who the program is for, use current brand, and/or create an acronym.
- **Steps:** Outline the 3-7 key steps for your students need to overcome challenges and achieve desired outcomes.
- **Framework:** Create a framework/model/structure for your program and use it for each step. This makes content creation much faster and easier. After you create your main framework/model/structure, all you need to do is “fill-in-the-blanks.”

# Why Life Design Catalyst?

<https://lifedesigncatalyst.files.wordpress.com/2017/02/data-on-higher-education-and-american-workplace-10-10-17.pdf>

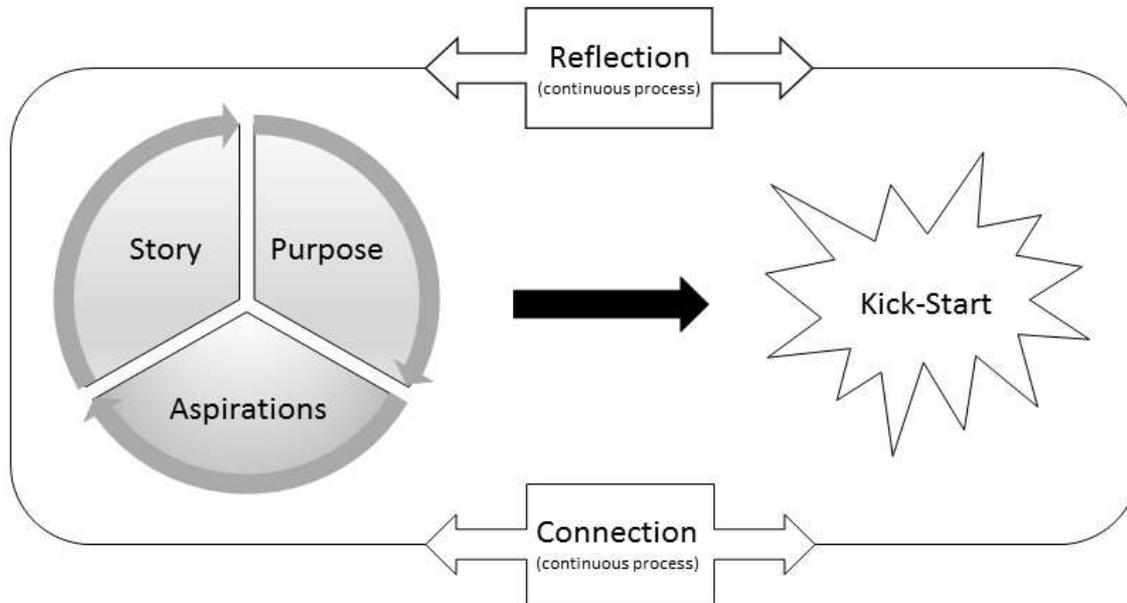
- 80% of college students don't know what to do in college.
- 75% of students change their major at least once.
- 36% of adults who pursued or completed a postsecondary degree would choose a different major/field of study.
- 60% - percentage of students who graduate from 4-year college in 6 years.
- 29% - percentage of students who graduate from 2-year college in 3 years.
- 40-50% of population will be potential independent workers (freelance, consultants, etc.) by 2020.
- 75% of population will be potential independent workers by 2030.
- 85% of occupations today will no longer exist by 2030.
- 2.8 years in a job for people between ages 25 and 34 (4.2 years for all workers).
- 36 million - number of adults with college credit and no degree in U.S.

# Life Design Catalyst Program

## “SPARCK” Model

Story, Purpose, Aspirations,  
Reflection, Connection, Kick-Start

Through the exploration of purpose and meaning, The **Life Design Catalyst Program** incorporates a holistic view of the world and engages students in a process where they feel empowered, passionate, energetic, and committed to create a life they desire – a life that represents who they are and where they want to go. In turn, they fully invest their best selves – physically, mentally, emotionally, and spiritually – in creating meaningful work and developing a life of significance.



### The Life Design Catalyst Program incorporates:

Self-Actualization/Self-Transcendence  
Design Thinking  
Self-Mastery/Self-Expertise  
Life Design Catalyst Coaching  
Contemplative Practices  
Entrepreneurial Spirit

### SPARCK Principles:

**Story:** Who am I? Who do I want to be?

**Purpose:** What am I here to do?

**Aspirations:** Where do I want to go?

**Reflection:** How am I doing?

**Connection:** Who can I partner with?

**Kick-Start:** What will I do NOW (or NEXT)?

# Life Design Catalyst Program Principles

- Is a structured, content-based group coaching process, known as “Coaching to Know, Coaching to Grow.”
- Addresses purpose (“Who am I here to be?”), meaning (“Why do I matter?”), mission (“What am I here to do?”), and vision (“Where do I want to go?”).
- Empowers through self-awareness (knowing yourself), self-actualization (becoming the best version of yourself), and self-transcendence (utilizing your gifts and talents for something bigger than yourself).
- Guided by concept of self-expertise – YOU are the expert on YOU.
- Infuses self-directed learning and self-designed experiences.
- Integrates the development of the entrepreneurial spirit - a true passion and deep commitment to create meaning while pursuing purposeful, passionate goals, by taking calculated risks to get out of your comfort zone to design a better life and a better future.
- Better character = Better people => Better people = Better students.



# Life Design Catalyst Coaching Process

(As of May 24, 2018)



**Coaching:** To partner with people to tap into their full potential to help them move forward through the process of identifying and achieving specific personal or professional goals that will maximize their potential.

**Guiding:** To assist a person to travel through or reach a destination in an unfamiliar area by accompanying or giving directions to show points of interests and to explain their meaning or significance.

# Coaching vs Guiding

- **Coaching:** To partner with people to tap into their full potential to help them move forward through the process of identifying and achieving specific personal or professional goals that will maximize their potential.
- **Guiding:** To assist a person to travel through or reach a destination in an unfamiliar area by accompanying or giving directions to show points of interests and to explain their meaning or significance.

# If you do nothing else, start here: (Basic Initial Coaching Questions)

1. What do you want? Why are you here (to see me)?
2. What's the problem? What's the issue? What's your dilemma?
3. What do you want to happen? What do you want as the end result?
4. What are you willing to do? What do you need to do right now?
5. What do you need from me? How would you like for me to help you?

# First-Year Group Coaching Courses

## Fall Semester

HHS125: Design Your Life I –  
What Could I Do With My Life

## Spring Semester

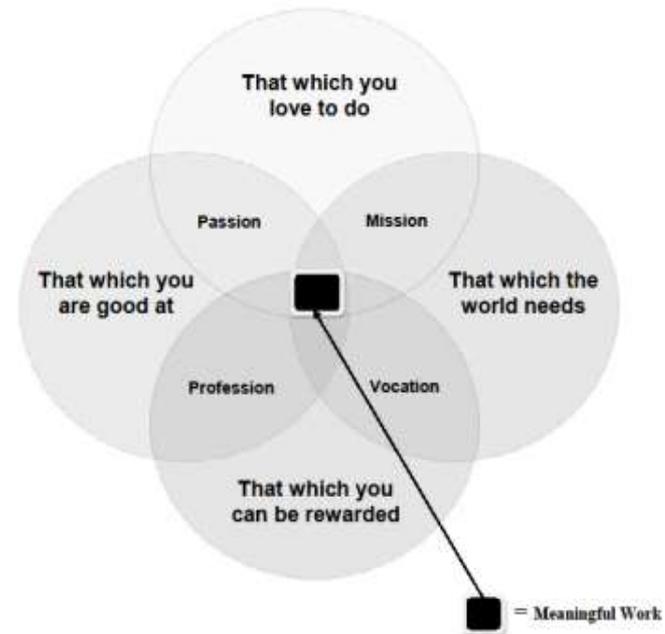
HHS135: Design Your Life II –  
Redesign a Life You'll Love

# HHS125 Guiding Principles

## Simple Rules for Success

Know Yourself.  
Serve Profoundly.  
Find Your Right Pond.

### Meaningful Work Model Life Design Catalyst Program



Engaging in Meaningful Work consists of three parts:

- Sharing your greatest gifts and talents for something bigger than yourself.
- Recognizing that the work must be personally and profoundly meaningful to you.
- Understanding that the work has importance and significance to others.

## Michael Jr: Know Your Why

<https://www.youtube.com/watch?v=1ytFB8TrkTo&t=119s>

What is the best version of you so  
that you can give your greatest  
talents and gifts in service to  
something bigger than yourself?

# Find Your SPARCK Question

1. Is there a big question I'd love to answer? Is there a problem I feel compelled to solve? Is there a particular activity or service that I feel called to do? Is there something I'm here to create? What do I have to offer?
2. Are there things that fascinate me? Am I curious about anything in particular? Is there something that I have a deep yearning to know more about? Are there things that keep me up at night? What can't I stop thinking about?
3. Are there activities that I get lost in? What do I love to do where I lose track of time? When do I feel most fully alive? What lights me up? What do I like doing the most when I have free time?
4. What challenges have I been able to overcome? What experiences and/or events have had the most impact on me? How have I provided help for others? What do others ask for my help with most often?
5. What are my greatest talents and gifts? What do I do really well? What is something that's really easy for me to do? Is there something I truly want to master? Is there something I'd love to be really good at, maybe even world-class great?
6. Who can benefit most from what I have to offer? Are there specific populations, communities and/or certain types individuals or groups of people I feel compelled to help? Are there things I feel called to support, such as animals, wildlife, nature, the environment, or the planet?

# Mission Statement

Use this Mission Statement Template to describe your purpose – how you want to serve the world:

“I am here to \_\_\_\_\_  
(action verb: a verb describing what you will do)

\_\_\_\_\_  
(who: groups – people, animals, etc. - you’d like to help)

so that \_\_\_\_\_.”  
(result: think/feel/do/new belief/change/improvement/impact)

**Bill’s example:** I am here to empower students, faculty, and staff in higher education AND people at a crossroads in life to optimize their lives so that they become the best version of themselves and serve something bigger than themselves to make the world a better place.

# Meaningful Work Statement

Use the Meaningful Work Statement to describe how you want to serve the world:

Because I have an interest in \_\_\_\_\_ (interest), I will use my \_\_\_\_\_ (talents and gifts) to \_\_\_\_\_ (action) \_\_\_\_\_ (audience) so that \_\_\_\_\_ (impact/change).

OR

My meaningful work is to use my skills in \_\_\_\_\_ (talents and gifts) to \_\_\_\_\_ (action) \_\_\_\_\_ (audience) so that \_\_\_\_\_ (impact/change), because I have an interest in \_\_\_\_\_ (interests).



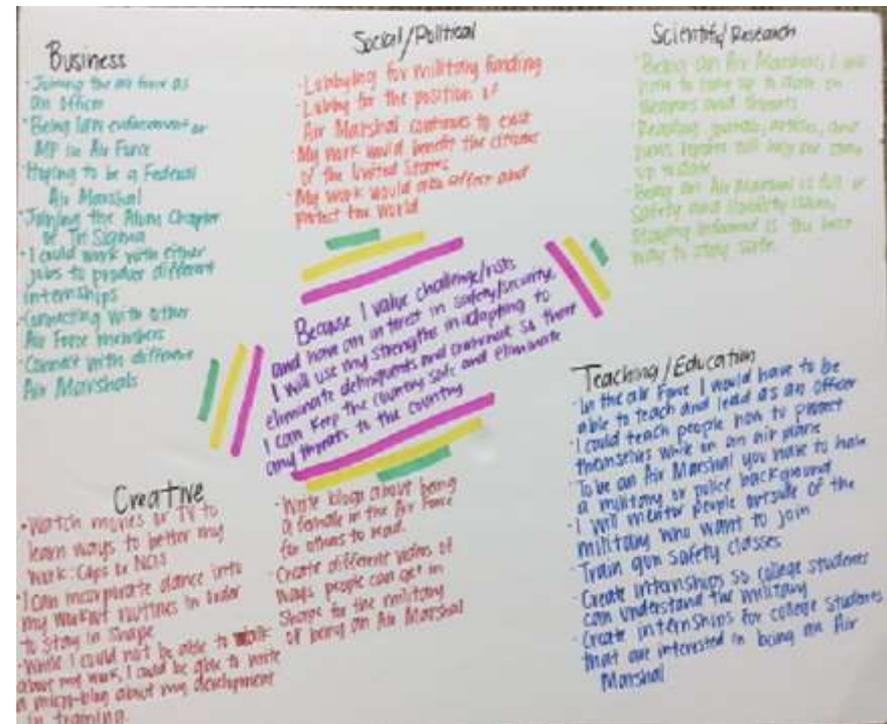
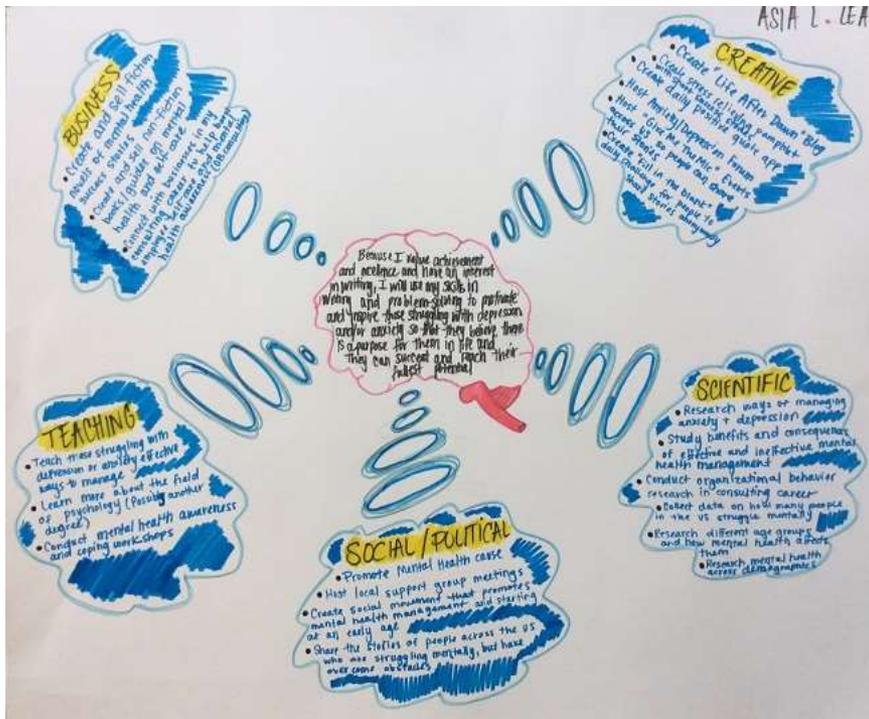
# Calling Connection Mind Map

What needs can I fulfill for others?

How can I best serve others?

What is my life's task?

What am I truly here to do?



# Results

[Link to data...](#)

# Other LDC Poster Projects

## HHS125

- My Life Story
- Personal Charter

## HHS135

- You, the Superhero
- Current State vs. Ideal State
- My Best Self

# Assessment Examples

- What is your intention for this semester?
  - 70% desire to find the right major and/or make sure they made the right choice for a major.
- What are your most important core values?
  1. Being healthy - heart, mind, body, and spirit.
  2. Being happy/enjoying life.
  3. Connecting with family
  4. Getting my degree/education
  5. Being successful in life.

## Other LDC Program “Activities”

### Courses:

- ENT250/HHS250: Purpose-Driven Entrepreneurship
- ENT275/HHS275: Entrepreneurial Personal Branding

### Workshops/Trainings:

- Life Design Boot Camps
- Life Design Catalyst Coach Training Program

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# Advising/Coaching Program Template

“My advising/coaching program helps <who’s it for> solve <main problem>. They start “Step 1” feeling and thinking <current mindset> and when they have finished all the steps they will think and feel <new mindset>.”

"My advising/coaching program will guide them through actionable material on <enter the core main topics>. Each person who completes all the steps in my program will have <enter tangible outcomes and benefits e.g. path to success, self-confidence, plan for graduation, better grades, inner peace, etc.>."

The purpose  
of **life** is to  
discover your  
gift.  
The work  
of life is  
to develop it.  
The **meaning**  
of life is to  
**give** your  
gift away.

-David Viscott

# Contact Information

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Questions/Comments???