

Life Design: Design Thinking

Masters of Interdisciplinary Medical Science

June 28, 2024

Land Acknowledgement

Careers & Experience



Workshop Outline

1. Introducing yourselves to design thinking
2. Design Thinking – Process & Mindsets
3. That's challenging – now what?



David Feeney

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Career Coach, Graduate & Postdoctoral
Career Education

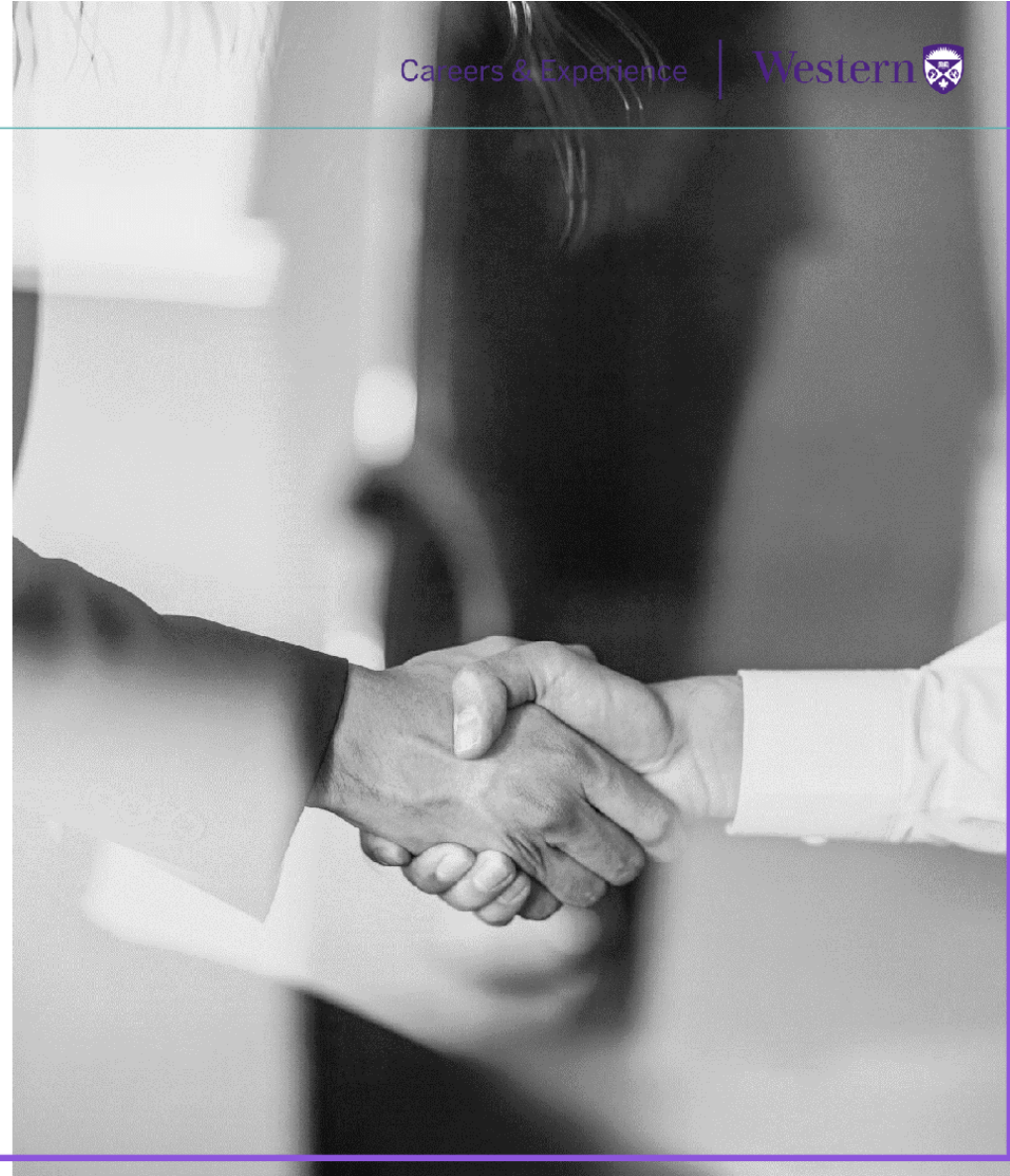
Introduce Yourself

Name

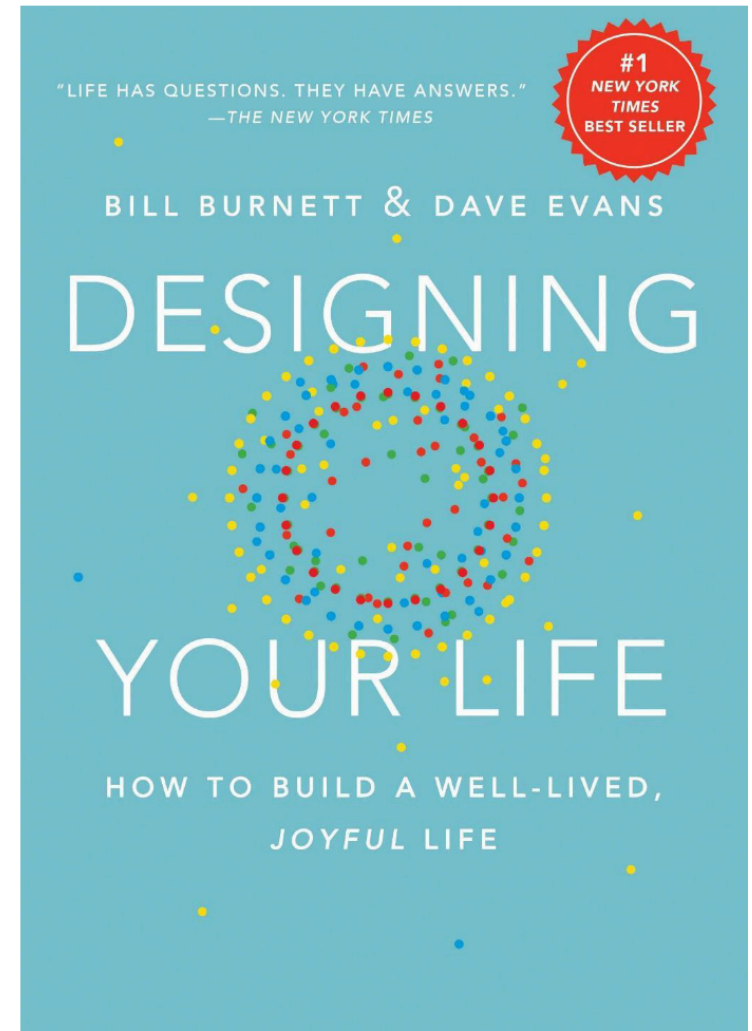
**What are you
hoping to get from
this session?**

Careers & Experience

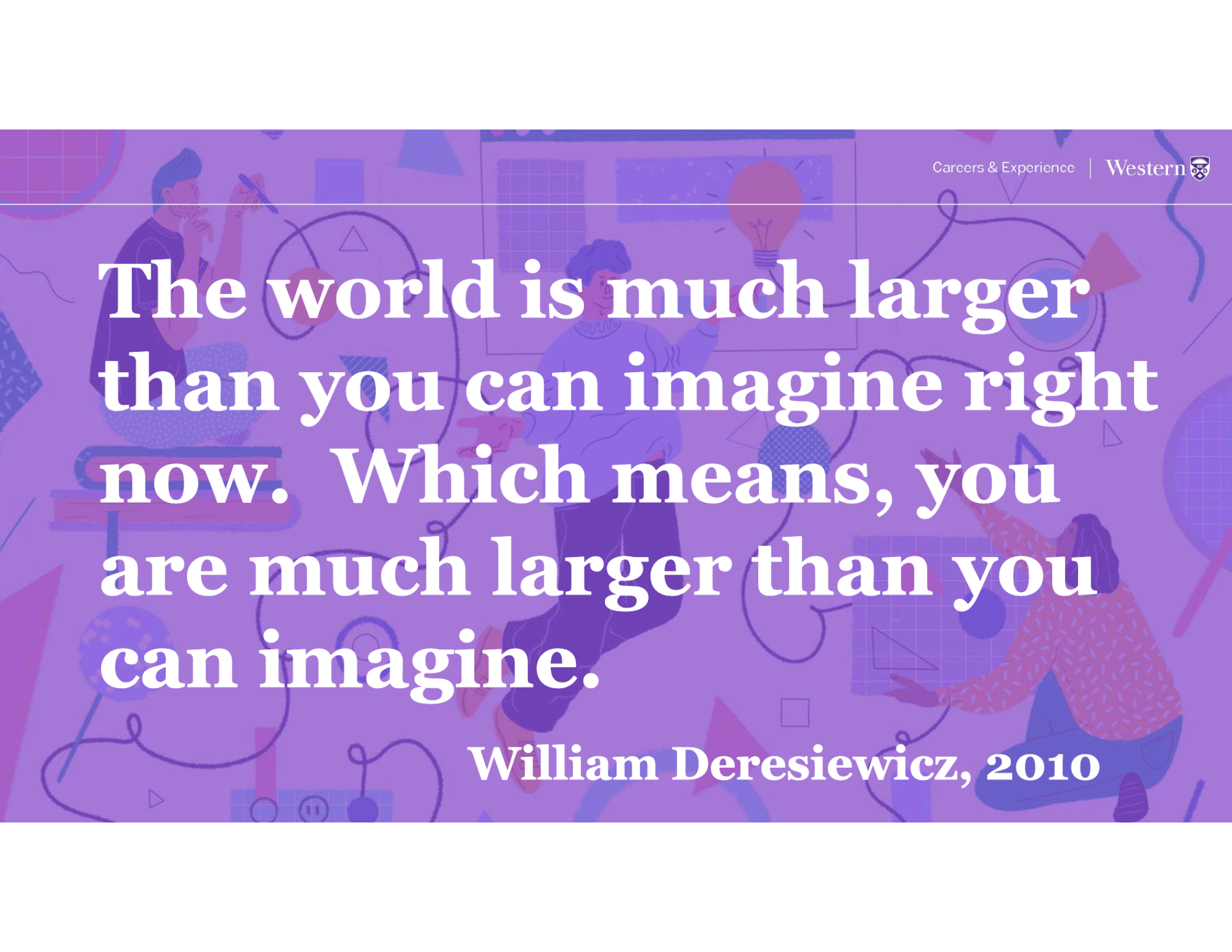
Western 



Bill Burnett & Dave Evans' work at Stanford University



How Many Lives Are You?



**The world is much larger
than you can imagine right
now. Which means, you
are much larger than you
can imagine.**

William Deresiewicz, 2010

Being Open to Opportunity

- Skilled at creating and noticing opportunities
- Make good decisions by listening to intuition
- Create self-fulfilling prophecies via positive expectations
- Adopt a resilient attitude that transforms hard events into learning opportunities



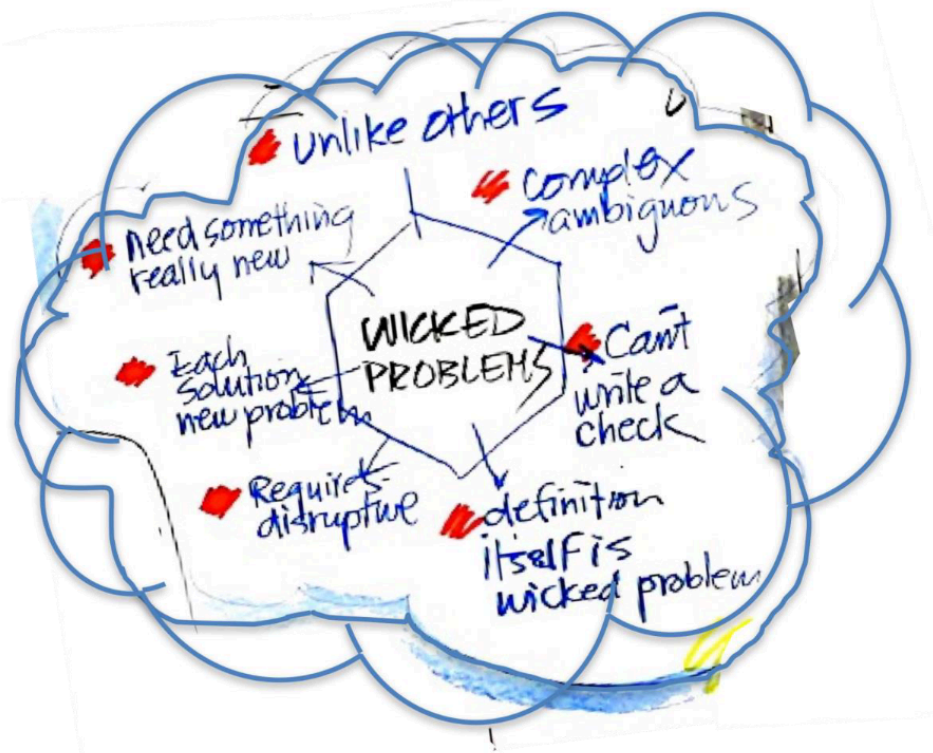
Coherence

If you can connect these three things, your chance of experiencing a meaningful life increases.



Design Thinking is...

...a good approach to WICKED PROBLEMS



- Life
- Vocational wayfinding
- Education

Different Ways of Thinking

Solve your
way forward

Engineering

Optimize
your way
forward

Business

Analyze
your way
forward

Research

Build your
way forward

Design

Dysfunctional Beliefs

A belief that someone holds that isn't actually true

**There are no
jobs for people
with my degree**

**Degrees
determine
careers**

**Follow your
passion**

Dysfunctional Beliefs

**You should know
by now**

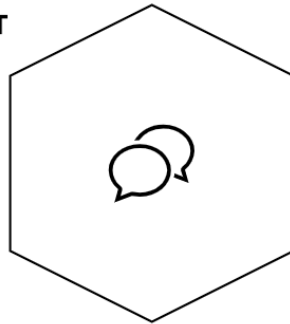
**My dream job is
waiting**

**There is one
best life**



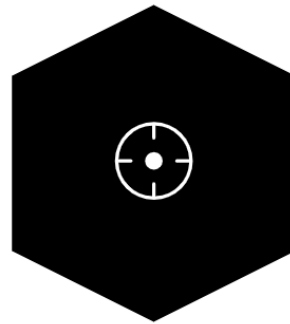
ACCEPT

DESIGN THINKING PROCESS



EMPATHIZE

Developing an understanding of ourselves - through guided self assessment and reflection and supporting others by listening and ideating together.



DEFINE

Finding the problem. Through the process of iterating, refining and reframing, real problems are found and can be used as jumping off points for ideating and prototyping.



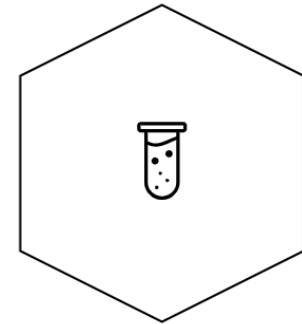
IDEATE

Idea generation. Provides both the fuel and the source material for building prototypes



PROTOTYPE

This is where we build our way forward - quickly working through ideas, failing and iterating to get the data we need for the next prototype.



TEST

An experience of shadowing someone, taking an internship, interviewing people in the field, etc.
It's an iterative process, trying something, gathering feedback and refining, iterating or trying something new.

THE 5 MIND-SETS



REFRAMING

Step back to examine assumptions that have you stuck and unable to move forward. Reframe beliefs to get unstuck.



CURIOSITY

invites exploration and keeps us open to possibilities. Get good at being lucky – there are opportunities everywhere!



RADICAL COLLABORATION

You are not alone. Design is a collaborative process and some of the best ideas may come from other people. Ask for help!



MINDFULNESS OF PROCESS

An important part of the process is to let go of the end goal and get messy - experimenting with new ideas for your life.



BIAS TOWARD ACTION

Try stuff, test it out, learn from failure and focus on what happens next - not the final result.

Reframing Dysfunctional Beliefs

**There are no
jobs for people
with my degree**

The value of my degree
extends far beyond the
subject matter I studied

**Degrees
determine
careers**

Many possibilities
exist if I think about
the challenges, I
want to work on vs
job titles

**Follow your
passion**

Passion is typically
not a driving force,
it's an outcome

Reframing Dysfunctional Beliefs

**You should know
by now**

**It's never too late to design
a life I love**

**My dream job is
waiting**

**I design my dream job
through a process of
curiosity and prototyping**

**There is one
best life**

**I need a lot of
ideas so that I
can explore
any number of
possible
futures**

Workview/Lifeview


Workview

- Personal manifesto on the purpose and meaning of work
- Philosophy of work
- What defines good or worthwhile work?

Lifeview

- Your definition of the world and your place within it
- What is good or worthwhile?
- Why are we here?

Your Workview

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Each participant reads their workview – just read it!

Listeners capture:

- What stood out to you about the workview?
- When did the reader seem most authentic, joyful and/or passionate?



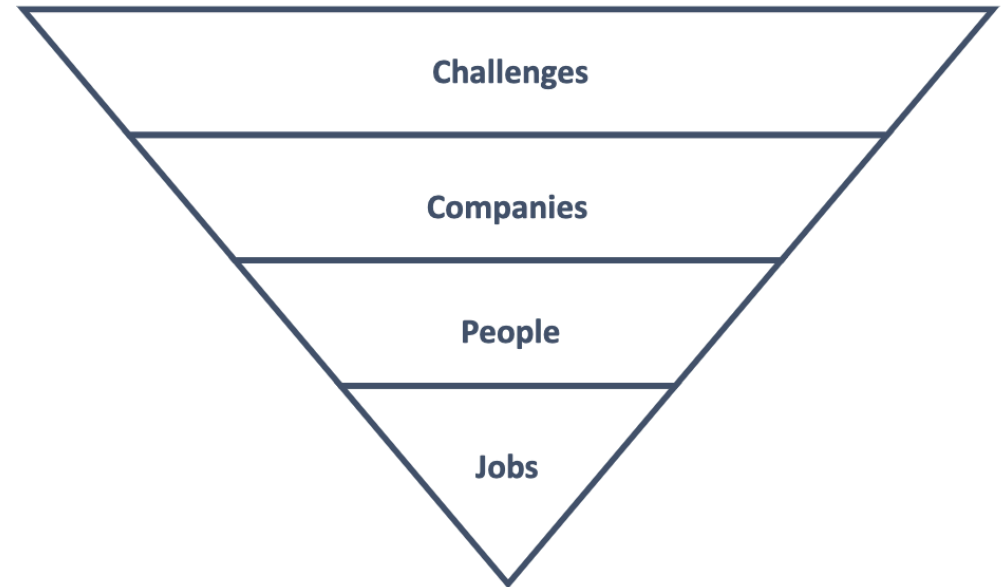
Adam Grant 
@AdamMGrant

Why do we ask kids what they want to be when they grow up?

It encourages them to define themselves in terms of work. It also perpetuates the myth that you can only have one career.

We can serve them better by asking what they want to do—and what kind of person they hope to be.

The Challenge Method



The Challenge Mindset

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Where do you want to
**contribute your
transferable skills?**

Who do you want to be
surrounded by?

In what direction do you
want to take your first step?

What problems do you
want to work on solving?

To what community do you
want to belong?



The old system of career development was built for the industrial economy. We need to focus beyond job titles and focus on teaching young people to solve the challenges of today and the future.

J.P. Michel, Spark Path





IMPROVE MENTAL
HEALTH



DESIGN THE FUTURE
OF TRANSPORTATION

[Dashboard](#)

[Help](#)

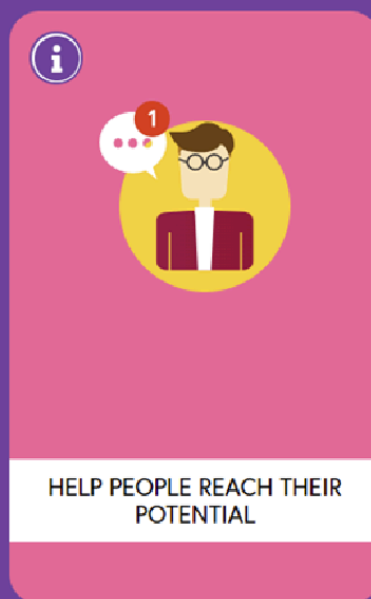
EN

 **Jessy Smith**

 **Log Out**



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The Challenge Method



https://career.uwo.ca/explore_connect/jobs_employers_industries.html#challenges

CODE: WesternU

In small groups share your top card and why you chose it

Are there similarities/differences between your three cards

Share with each other how you might learn more about these challenges; researching and networking



Username: success

Password: mustang

Hint: select the LOWEST income level
to see the most ideas!

Career Cruising

1

Click **Careers** Tab

2

Click **Career Selector**

3

Pay special attention to **Work Tasks**
and **Environment**

EXPLORING YOUR CHALLENGES?

You are
surrounded by
referral sources

People will help
you – you just
have to ask (a
lot)

You're just
looking for
some
directional help

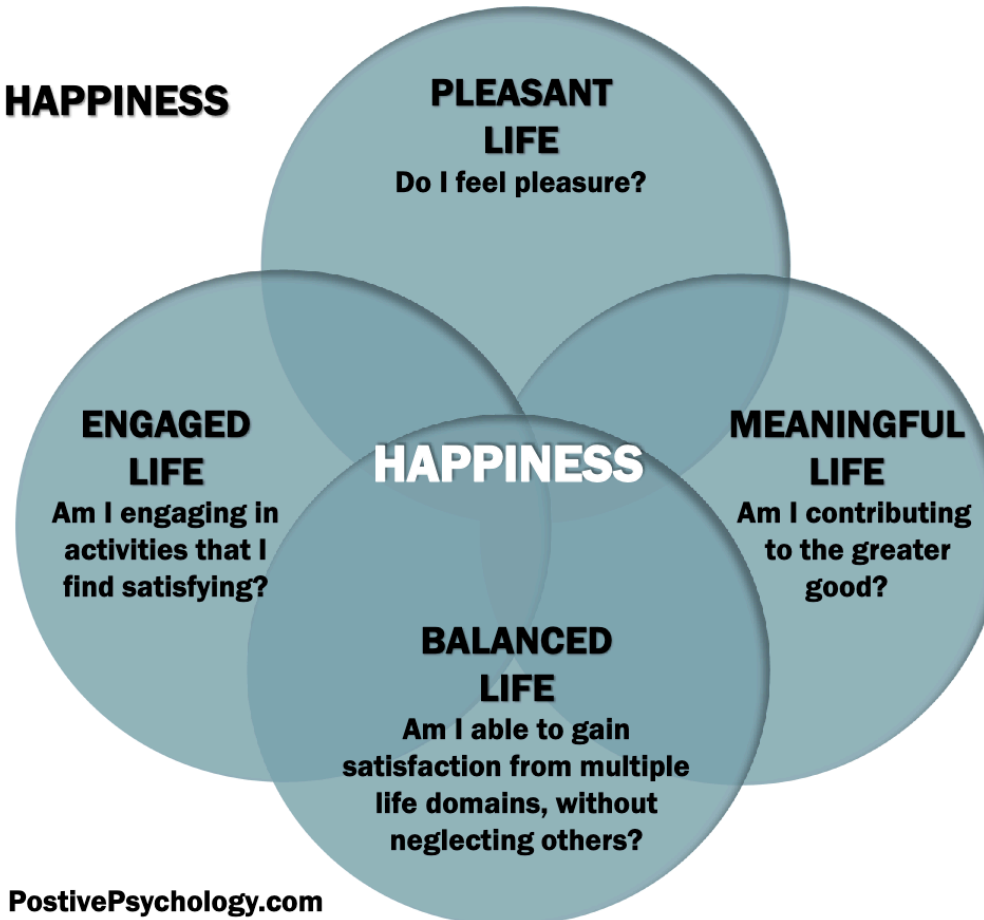
You will help
someone in the
future

Don't ask yourself what the world needs; as yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.

Howard Thurman

Coherence 2.0

REFLECTING ON HAPPINESS



DESIGN YOUR WESTERN

Digital Career Workbook

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Explore the **Design Your Western** digital career workbook to learn how to design your life to fit the kind of future you want to live!



lifedesign.uwo.ca



Thank you!



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