

FROM DREAMER TO SUCCEEDER

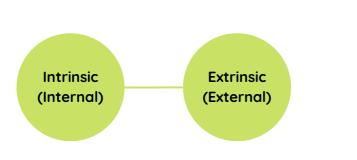
SUMMARY NOTES

This is a recap of what was covered during the Webinar on 3th April 2023.

PART 1: DEFINE A PASSION PROJECT. WHAT DO YOU MEAN BY THAT TERM?

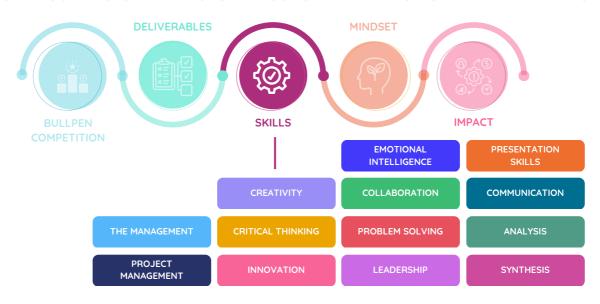
MOTIVATION:

IKIGAI FRAMEWORK:



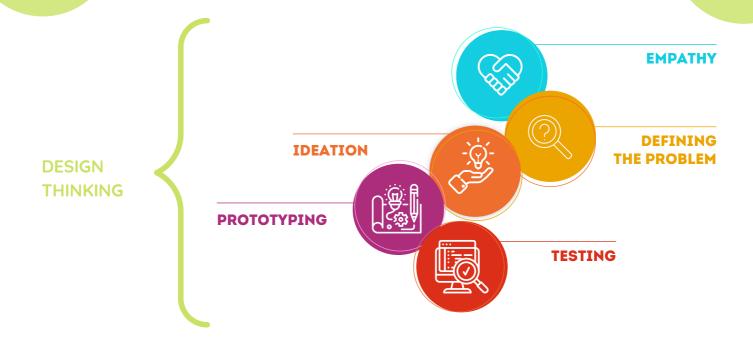


PART 2: OVERCOMING CHALLENGES - PROJECT PLANNING VS. REAL-LIFE IMPACT



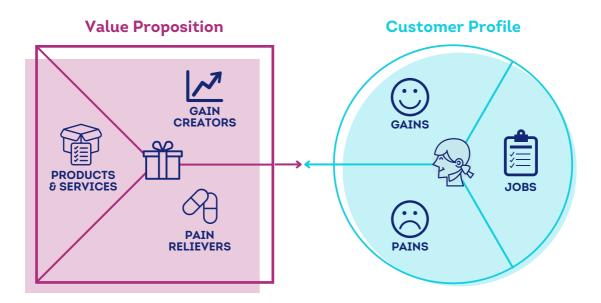






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VALUE PROPOSITION CANVAS



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PART 3: GAINING A SENSE OF PRIDE AND COMMITMENT WHEN THE PROJECT HAS ENDED

PROJECT WRAP-UP

- Reflect
- Share
- Legacy
- Connect with future goals
- Celebrate!

STORYTELLING HELPS

Encourage cooperation

Our brain produces oxytocin after listening to a character- driven story. Oxytocin has been shown to help motivate us toward cooperation

Increase empathy

Psychologists and neurologists have found that stories stimulate the parts of the brain that helps us intuit others' thoughts and emotions



Move us

MRI machines show that certain language (such as, descriptive, and figurative) light up neurological regions that incite action and movement.

Help us remember

When we hear powerful and emotional stories, our brain often releases dopamine. Dopamine helps us remember the experience with greater accuracy.

STORYTELLING FRAMEWORK

[NOUN] I NEED TO TELL A STORY ABOUT [ACTION] SO THAT I CAN _____

STORYTELLING FRAMEWORK

my leadership skills I NEED TO TELL A STORY ABOUT [NOUN]

I can get a promotion SO THAT I CAN

[ACTION]

