

You can do it!

Leveraging intentional change theory to get what you want from your career (and life)

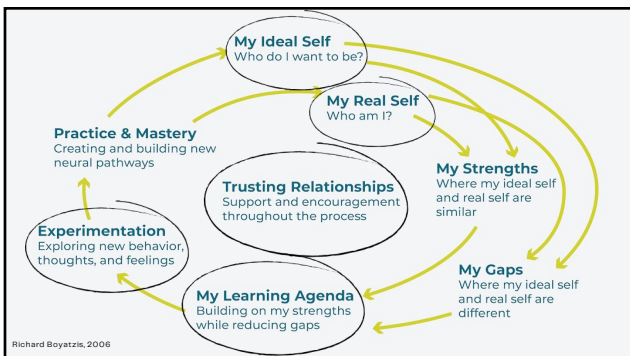
Amy Miller Jure, Ed.M, MEd
Professor
Vicki Chair, Education
Oregon Health & Science
University

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Let's begin!

Are you ready?

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Ideal Self

What do you want to be? Short and long term what is the vision you have for yourself: dreams, aspirations, sense of purpose. Not how or what but why. How do you want others to see you?


- Write down 3 different visions for yourself

- Share one of those visions with your neighbor

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Real Self






Define your real self. Use tools, performance assessments, informal notes from colleagues. Identify your strengths and gaps. Do not just rely on how you 'feel'.



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Learning Agenda

- 1 Use SMART or WOOP
- 2 Identify obstacles and potential solutions
- 3 Think outside of the box
- 4 Create a plan for accountability

Q Action 1 	Q Action 2 
Q Action 3 	Q Action 4  

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Experiment and Practice

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Trusting Relationships

Confide in them, find a coach or mentor, broaden your community, develop trust.

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Bonus: coach others through their journey

01 Ask good questions	02 Spot the opportunity	03 Start with positivity	04 Keep people moving forward
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Boyatzis, Smith, Van Oosten, 2019

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Take home

- 1 You have the power and tools to change/chart your path
- 2 Use Intentional Change Theory to realize your dreams and aspirations
- 3 Frame your agenda in the positive
- 4 Help others

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Thank you!

Amy Miller Juve

juvea@ohsu.edu