

Professional Purpose

Stage 1 Workshop – Building Momentum

Facilitator: Melinda Bufton

2022



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Acknowledgement of Country

We respectfully acknowledge the Wurundjeri People of the Kulin Nation, who are the Traditional Owners of the land on which Swinburne’s Australian campuses are located in Melbourne’s east and outer-east, and pay our respect to their Elders past, present and emerging.

We are honoured to recognise our connection to Wurundjeri Country, history, culture, and spirituality through these locations, and strive to ensure that we operate in a manner that respects and honours the Elders and Ancestors of these lands.

We also respectfully acknowledge Swinburne’s Aboriginal and Torres Strait Islander staff, students, alumni, partners and visitors.

We also acknowledge and respect the Traditional Owners of lands across Australia, their Elders, Ancestors, cultures, and heritage, and recognise the continuing sovereignties of all Aboriginal and Torres Strait Islander Nations.

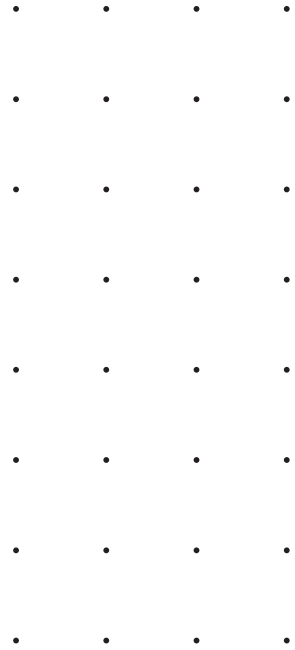
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Today's session

- ✓ Share in Chat
- ✓ Be part of the conversation



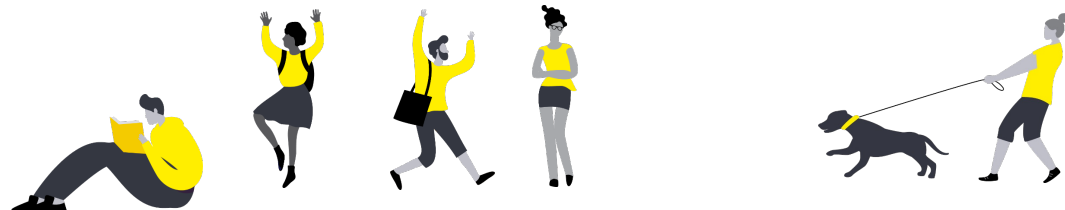
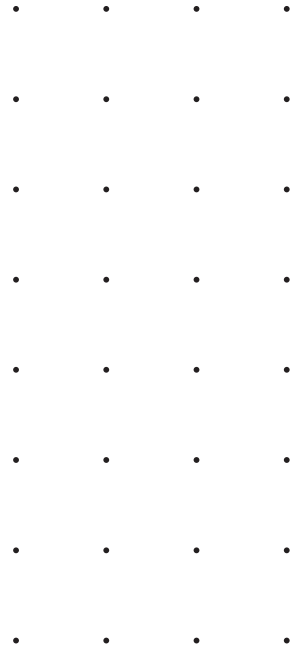
Your Checklist

- ✓ note paper and pen?
- ✓ Have you checked your audio and muted your microphone?
- ✓ Do you wish to use your camera?

Professional Purpose

What you've already done:

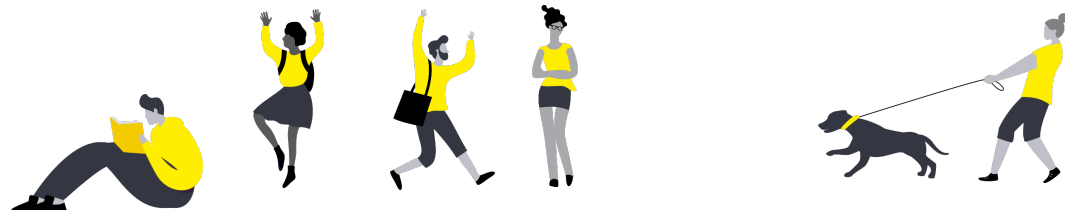
1. Your PERMAH wellness element/s you wish to strengthen
2. Your feedback from the Claremont Purpose Scale
3. A list of your top 5 values
4. A list of 5 things you want to gain from your Swinburne experience



Professional Purpose

What you'll do today:

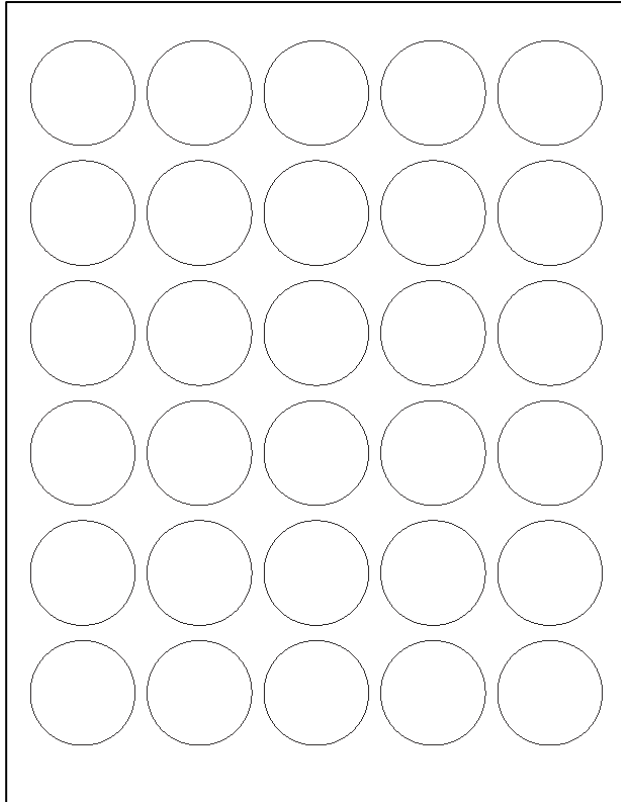
1. Build your connections and support other students taking the professional purpose journey
2. Generate multiple possibilities for your Swinburne experience to support your professional purpose
3. Create an action plan to start that journey



Let's get creative- 30 circles

You have a sheet of 30 circles and a pen.

Turn the circles into something!





Questions and takeaways

Did you solve the problem?

Did you get stuck?

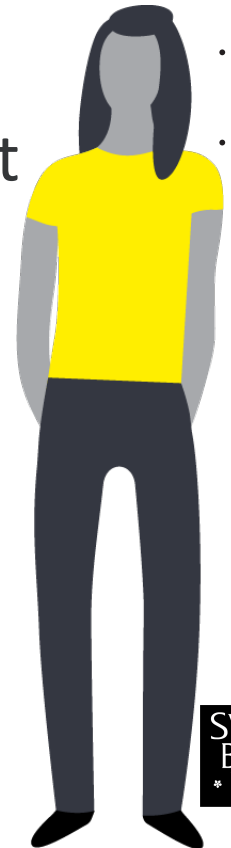
What did that feel like?



There are many solutions to a problem.

You don't have to solve problems on your own.

You can use strategies to get "unstuck"!



SO HOW DO YOU GET
UNSTUCK IN LIFE?





WHEN PLANS BREAK, EP1 - JOEY

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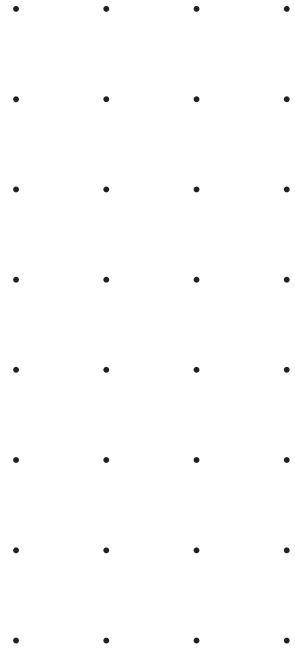
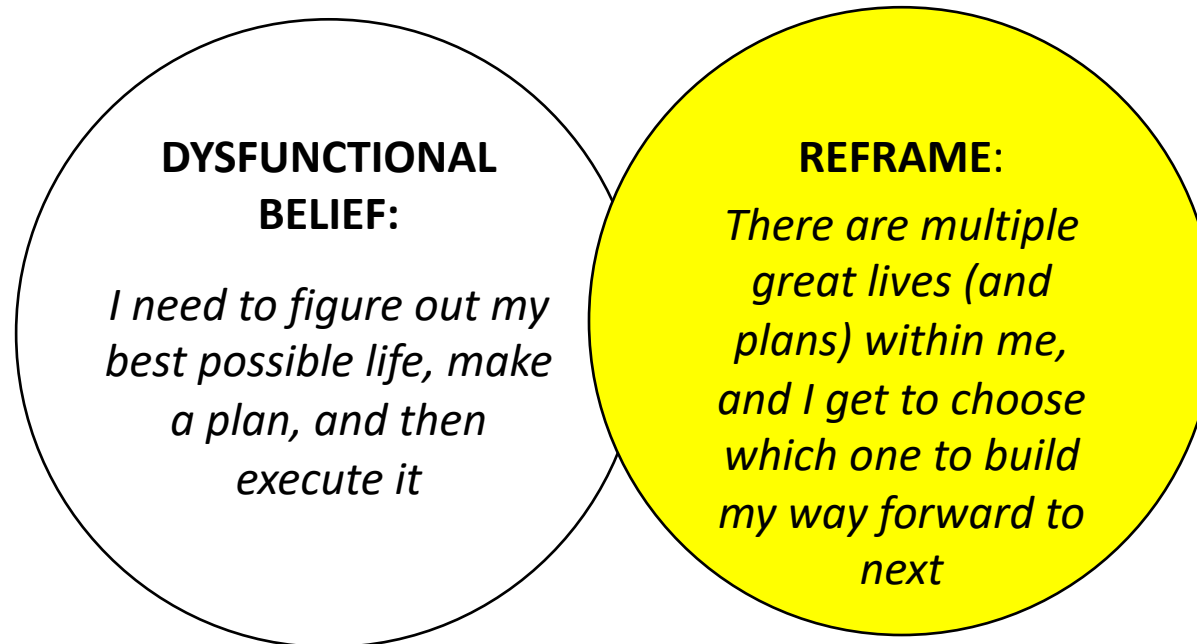
SWINBURNE
UNIVERSITY OF
TECHNOLOGY

<https://www.youtube.com/watch?v=S8te4krVwoA>

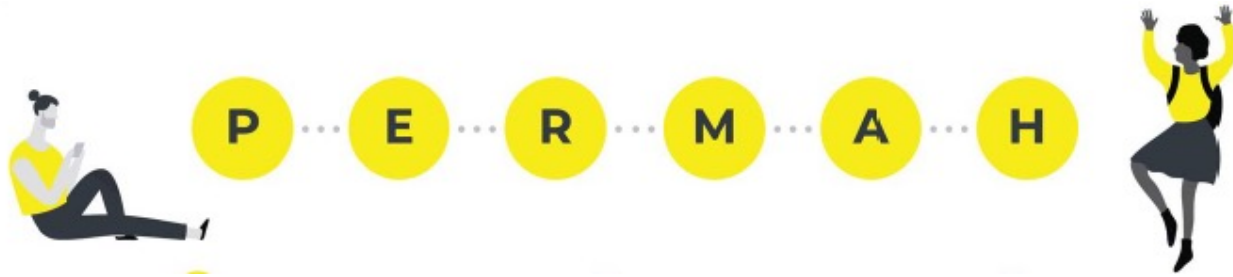
Let's come back to your values



Next?



Brainstorm uni life- all the possibilities



External programs

Get involved

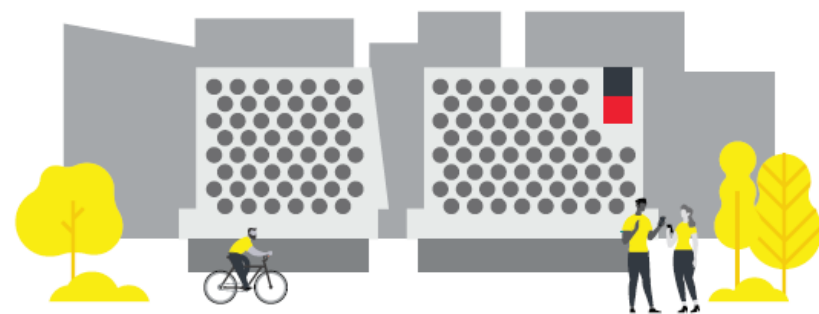
Build your communication skills

Entrepreneurship & innovation

Take on a leadership role

Get connected

Get work experience



How was that?



Committing to action

COMMITMENT & ACTION PLAN

Stage 1: Commitment

1) My goal is....

(Be specific, what do you want to achieve?)

2) The values aligned with my goal are...

(Make it meaningful, these values need to be YOUR values and not someone else's)

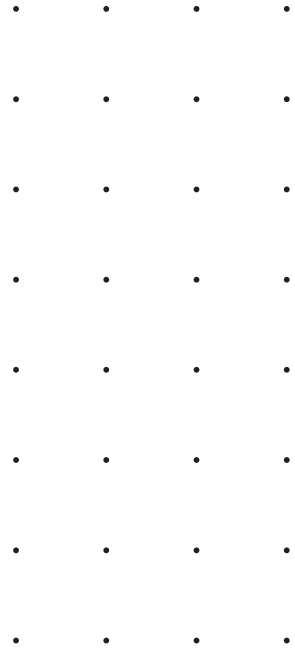
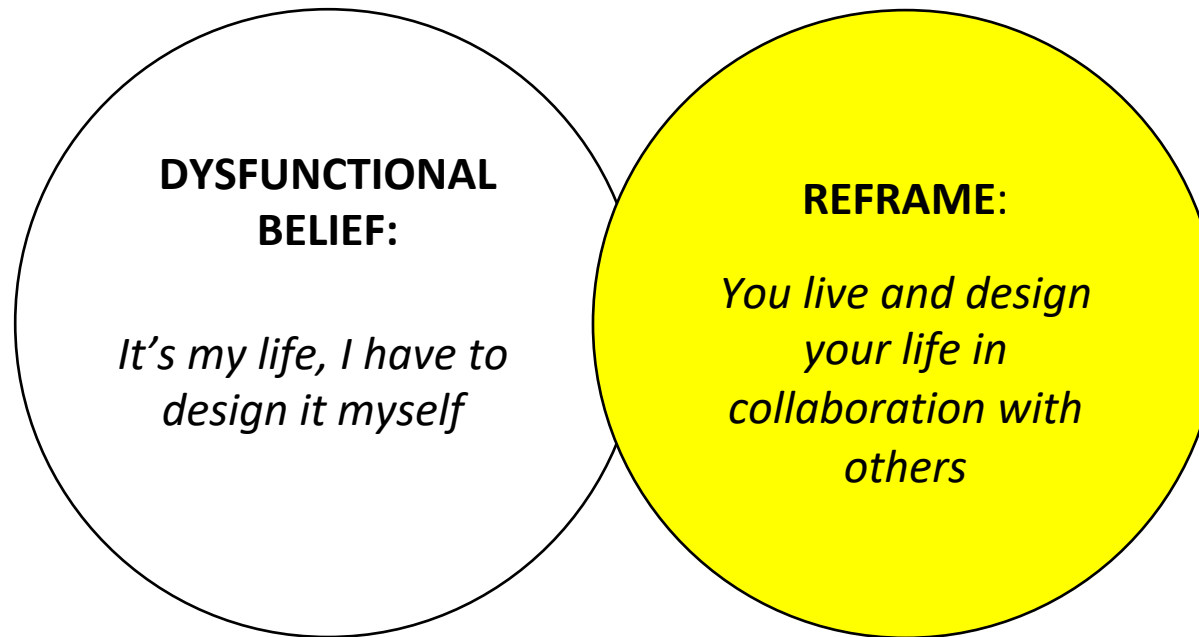
Stage 2: Action Planning

1) What is the easiest step I can start with?

(Within the next day or so)



What next? How will you sustain your success?



BUILDING A TEAM

Who is in your team (3-5 people)?

How will you maintain contact?

What's your plan to reconnect?



The wrap up!

What does professional purpose now mean to you?



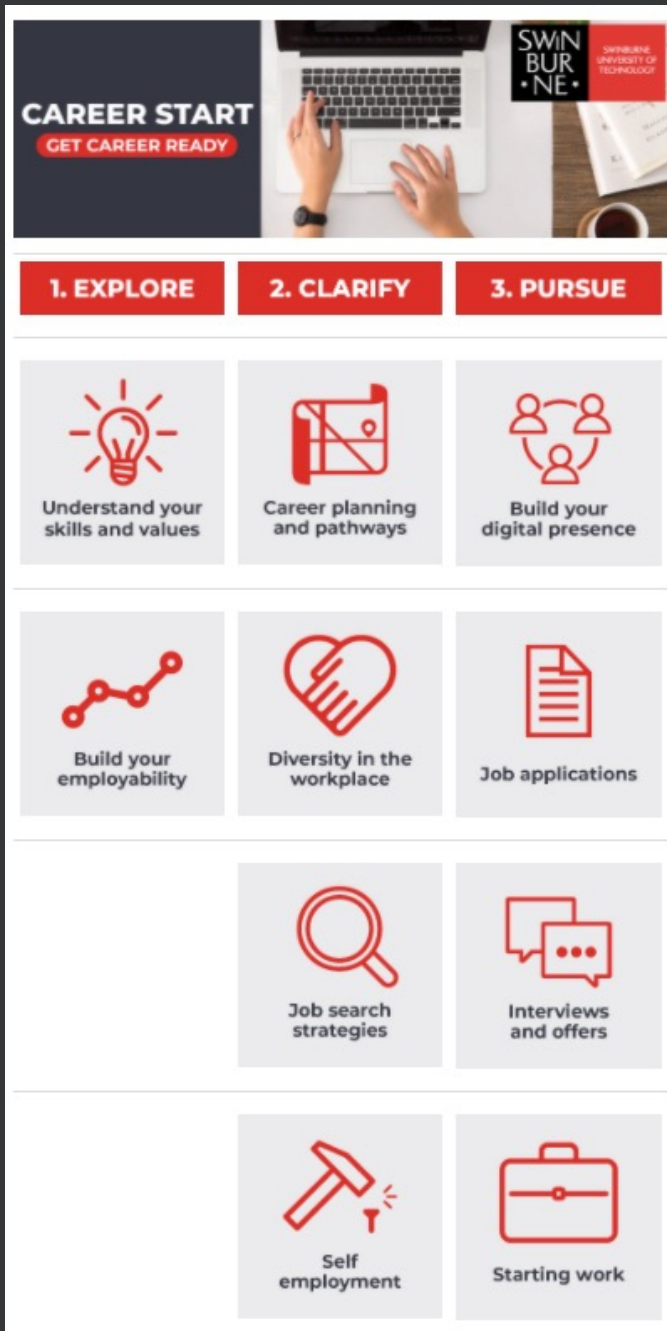
COMPLETE STAGE 1

Have your say



Professional Purpose Program - End of Stage 1

0 pts | [Submit](#)



CAREER START

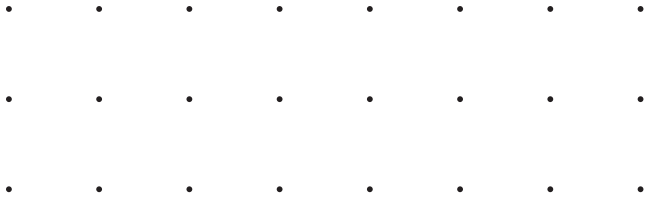
- Work through the modules at your own pace!

SWINEMPLOY

- Access the Jobs board and resources
- Book in for event swi.nu/careerevents
- Make an appointment for a career consultation or career chat swi.nu/appointments
- Ask a question swi.nu/askaq

CONGRATULATIONS





Thank you

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