Booklet: FL2F Workshop

Contents

Pre-Workshop Required Preparation

Terminology we will use throughout the workshop

- **Implicit Gender Bias**: Unequal gender distribution of men and women in certain roles creates implicit associations
- **Intellectual property**: It refers to protecting your idea, that is, patents, copyright, trade secrets and trademarks of a company
- **Process**: is defined as an act, or a series of acts or steps performed upon the subject-matter to be transformed and reduced to a different state or thing
- **TRIZ**: TRIZ (the Theory of Inventive Problem Solving) is a systematic approach for understanding and solving any problem and a catalyst for innovation and invention. (Oxford Creativity , n.d.)
- **Ideal Final Result (IFR)**: Ideal Final Result (IFR) is a description of the best possible solution for the problem situation (or contradiction), regardless of the resources or constraints of the original problem. (mycoted, n.d.)

- **Psychological Inertia**: Psychological Inertia (PI) represents the many barri[illegible] problem-solving ability, barriers that have as their roots "the way that I am used to doing it. (James Kowalick, 1998)
- **Lean Startup**: The idea is that a start-up looks for a business model, so it needs to come up with the minimal viable product (MVP) as soon as possible. Lean startup involves a basic prototype of your invention, go out and test it and improve it with feedback from the potential customers.
- **"Real Pain"**: We name this term for a real need, where your idea answers a problem that is causing "Pain".
- **Entrepreneurial mindset**: It refers to a specific state of mind which orientates human conduct towards entrepreneurial activities and outcomes. Individuals with entrepreneurial mindsets are often drawn to opportunities, innovation and new value creation.
- **Strategic Planning**: Strategic Planning is formulation of long-term plans for the management of opportunities and threats in the light of a venture's strength and weaknesses
- **Return on Investment**: Return on Investment (ROI) is a performance measure used to evaluate the efficiency of an investment. ROI tries to directly measure the amount of return on a particular investment, relative to the investment's cost. (FERNANDO, 2020)
- **VCs**: A venture capitalist (VC) is a private equity investor that provides capital to companies exhibiting high growth potential in exchange for an equity stake. This could be funding startup ventures or supporting small companies that wish to expand but do not have access to equities markets. (Akhilesh Ganti, Gordon Scott, 2020)
- **Angel Investors**: An angel investor is a high net worth individual who provides financial backing for small startups or entrepreneurs, typically in exchange for ownership equity in the company. (Akhilesh Ganti, Gordon Scott, 2020)
- **Venture Capital**: Venture capital is a form of private equity and a type of financing that investors provide to startup companies and small businesses that are believed to have long-term growth potential. (Chen, 2020)

- **Valuation**: Valuation is the analytical process of determining the current (or projected) worth of an asset or a company. (James Chen, Julius Mansa, 2020)
- **Dilution**: Dilution occurs when a company issues new stock which results in a decrease of an existing stockholder's ownership percentage of that company. Stock dilution can also occur when holders of stock options, such as company employees, or holders of other optionable securities exercise their options. (GANTI, 2019)
- **Series A:** Series A financing refers to an investment in a privately-held, start-up company after it has shown progress in building its business model and demonstrates the potential to grow and generate revenue. (Chen, Series A Financing, 2019)
- **Series B:** Series B financing is the second round of funding for a business through investment, including private equity investors and venture capitalists. (SMITH, 2020)

Tentative Schedule

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From Lab 2 Fulfillment Online Workshop - Tentative Schedule

Group meetings will be done via Zoom. 1/1 meetings will be done via Skype.

Date	Time	Activity	Approximate Length	Topics Covered
Mon, Dec 7, 2020	9AM	Group Meeting #1	3.5 hours	Introduction, Gender Bias, IP
Mon, Dec 7, 2020 (Optional)*	1PM	Guest Lecture #1	~30m	Entrepreneur Role Model

Date	Time	Activity	Approximate Length	Topics Covered

Tues, Dec 8, 2020	9AM	Group Meeting #2	3 hours	IP, Real Pain, Skill Development

Date	Time	Activity	Approximate Length	Topics Covered
Wed, Dec 9, 2020	9AM	Group Meeting #3	3 hours	Real Pain, Vision and Mission, Entrepreneurial Mindset, Skill Development

Date	Time	Activity	Approximate Length	Topics Covered
Thurs, Dec 10, 2020	9AM	Group Meeting #4	3 hours	Lean Start-up, Team Buildup, Strategic Planning, Skill Development

Date	Time	Activity	Approximate Length	Topics Covered
Mon, Dec 14, 2020	9AM-11AM, 11:30-1:30PM	First 1/1 Meeting with Coach	25 minutes each	Individual coaching

Date	Time	Activity	Approximate Length	Topics Covered
Tues, Dec 15, 2020	9AM	Group Meeting #5	3 hours	Strategic Planning, Funding Support, Alliances

Date	Time	Activity	Approximate Length	Topics Covered

Wed, Dec 16, 2020	9AM-11AM, 11:30-1:30PM	Second 1/1 Meeting with Coach	25 minutes each	Individual coaching

Date	Time	Activity	Approximate Length	Topics Covered
Thurs, Dec 17, 2020		Individual Work		
Thurs, Dec 17, 2020 (Optional)*	2PM	Guest Lecture #2	~30m	Funding

Date	Time	Activity	Approximate Length	Topics Covered
Mon, Dec 21, 2020	9AM-12:30PM	Group Meeting #6	3.5 hours	Pitches, Efficacy, Summary
Mon, Dec 21, 2020	1-1:30PM	FL2F Completion Certificate Handing	~20m	

Note * Guest lectures are tentative and optional

Section 2- Handout

Features	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
1: Weight of moving object	*	-	15 8 29 34	-	29 17 38 34	-	29 2 40 28	-	2 8 15 38	8 10 18 37	10 36 37 40	10 14 35 40	1 35 19 39	28 27 18 40	5 34 31 35	-	6 29 4 38	19 1 32	35 12 34 31	-	12 36 18 31	6 2 34 19	5 35 3 31	10 24 35	10 35 20 28	3 26 18 31	1 3 11 27	28 27 35 26	28 35 26 18	22 21 18 27	22 35 31 39	27 28 1 36	35 3 2 24	2 27 28 11	29 5 15 8	26 30 36 34	28 29 26 32	26 35 18 19	35 3 24 37
2: Weight of stationary	-	*	-	10 1 29 35	-	35 30 13 2	-	5 35 14 2	-	8 10 19 35	13 29 10 18	13 10 29 14	26 39 1 40	28 2 10 27	-	2 27 19 6	28 19 32 22	19 32 35	-	18 19 28 1	15 19 18 22	18 19 28 15	5 8 13 30	10 15 35	10 20 35 26	19 6 18 26	10 28 8 3	18 26 28	10 1 35 17	2 19 22 37	35 22 1 39	28 1 9	6 13 1 32	2 27 28 11	19 15 29	1 10 26 39	25 28 17 15	2 26 35	1 28 15 35
3: Length of moving object	8 15 29 34	-	*	-	15 17 4	-	7 17 4 35	-	13 4 8	17 10 4	1 8 35	1 8 10 29	1 8 15 34	8 35 29 34	10	-	10 15 19	32	8 35 24	-	1 35	7 2 35 39	4 29 23 10	1 24	15 2 29	29 35	10 14 29 40	28 32 4	10 28 29 37	1 15 17 24	17 15	1 29 17	15 29 35 4	1 28 10	14 15 1 16	1 19 26 24	35 1 26 24	17 24 26 16	14 4 28 29
4: Length of stationary	-	35 28 40 29	-	*	-	17 7 10 40	-	35 8 2 14	-	28 10	1 14 35	13 14 15 7	39 37 35	15 14 28 26	-	1 10 35	3 35 38 18	3 25	-	-	12 8	6 28	10 26 24 35	24 26	30 29 14	-	15 29 28	32 28 3	2 32 10	1 18	-	15 17 27	2 25	3	1 35	1 26	26	-	30 14 7 26
5: Area of moving object	2 17 29 4	-	14 15 18 4	-	*	-	7 14 17 4	-	29 30 4 34	19 30 35 2	10 15 36 28	5 34 29 4	11 2 13 39	3 15 40 14	6 9	-	2 15 16	15 32 19 13	19 32	-	19 10 32 18	15 17 30 26	10 35 2 39	30 26	26 4	29 30 6 13	29 9	26 28 32 3	2 32	22 33 28 1	17 2 18 39	13 1 26 24	15 17 13 16	15 13 10 1	15 30	14 1 13	2 36 26 18	14 30 28 23	10 26 34 2
6: Area of stationary	-	30 2 14 18	-	26 7 9 39	-	*	-	-	-	1 18 35 36	19 15 36 37	-	2 38	40	-	2 10 19 30	35 39 38	-	-	-	17 32	17 7 30	10 14 18 39	30 16	10 35 4 18	2 18 40 4	32 35 40 4	26 28 32 3	2 29 18 36	27 2 39 35	22 1 40	40 16	16 4	16	15 16	1 18 36	2 35 39 18	23	10 15 17 7
7: Volume of moving object	2 26 29 40	-	1 7 4 35	-	1 7 4 17	-	*	-	29 4 38 34	15 35 36 37	6 35 36 37	1 15 29 4	28 10 1 39	9 14 15 7	6 35 4	-	34 39 10 18	2 13 10	25	-	35 6 13 18	7 15 13 16	36 39 34 10	2 22	2 6 34 10	29 30 7	14 1 40 11	25 26 28	25 28 2 16	22 21 27 35	17 2 40 1	29 1 40	15 13 30 12	20	15 29	26 1	29 26 4	35 34 16 24	10 6 2 34
8: Volume of stationary	-	35 10 19 14	19 14	35 8 2 14	-	-	-	*	-	2 18 37	24 35	7 2 35	34 28 35 40	9 14 17 15	-	35 34 38	35 6 4	-	-	-	30 6	-	10 39 35 34	-	35 16 32 18	35 3	2 35 16	-	35 10 25	34 39 19 27	30 18 35 4	26	-	1	-	1 31 26	-	2 17 -	-	35 37 10 2
9: Speed	2 28 13 38	-	13 14 8	-	29 30 34	-	7 29 34	-	*	13 28 15 19	6 18 38 40	35 15 18 34	28 33 1 18	8 3 26 14	3 19 35 5	-	28 30 36 2	10 13 19	8 15 35 38	-	19 35 38 2	14 20 19 35	10 13 28 38	13 26	-	10 19 14 29	11 35 27 28	28 32 1 24	10 28 32 25	1 28 35 23	2 24 35 21	35 13 8 1	32 28 13 12	34 2 28 27	15 10 26	10 28 4 34	3 34 27 16	10 18	-
10: Force (Intensity)	8 1 37 18	18 13 1 28	17 19 9 36	28 10	19 10 15	1 18 36 37	15 9 12 37	2 36 18 37	13 28 15 12	*	18 21 11	10 35 40 34	35 10 21	35 10 14 27	19 2	-	35 10 21	-	19 17 10	1 16 36 37	19 35 18 37	14 15	8 35 40 5	-	10 37 36	14 29 18 36	3 35 13 21	35 10 23 24	28 29 37 36	1 35 40 18	13 3 36 24	15 37 18 1	1 28 3 25	15 1 11	15 17 18 20	26 35 10 18	36 37 10 19	2 35	3 28 35 37
11: Stress or pressure	10 36 37 40	13 29 10 18	35 10 36	35 1 14 16	10 15 36 28	10 15 36 37	6 35 10	35 24	6 35 36	36 35 21	*	35 4 15 10	35 33 2 40	9 18 3 40	19 3 27	-	35 39 19 2	-	14 24 10 37	-	10 35 14	2 36 25	10 36 3 37	-	37 36 4	10 14 36	10 13 19 35	6 28 25	3 35 37	22 2 37 27	2 33 27 18	1 35 16	41	2	35	19 1 36	2 36 37	35 24	10 14 35 37
12: Shape	8 10 29 40	15 10 26 3	29 34 5 4	13 14 19 7	5 34 4 10	-	14 4 15 22	7 2 35	35 15 34 18	35 10 37 40	34 15 10 14	*	33 1 18 4	30 14 10 40	14 26 9 25	-	22 14 19 32	13 15 32	2 6 34 14	-	4 6 2	14	35 29 3 5	-	14 10 34 17	36 22	10 40 16	28 32 1	32 30 40	22 1 2 35	35 1	1 32 17 28	32 15 26	2 13 1	1 15 29	16 29 1 28	15 13 39	15 1 32	17 26 34 10
13: Stability of the object	21 35 2 39	26 39 1 40	13 15 1 28	37	2 11 13	39	28 10 19 39	34 28 36 40	33 15 28 18	10 35 21 16	2 35 40	22 1 18 4	*	17 9 15	13 27 10 35	39 3 35 23	35 1 32	32 3 27 16	13 19	27 4 29 18	32 35 27 31	14 2 39 6	2 14 30 40	-	35 27	15 32 35	-	13	18	35 24 30 18	35 40 27 39	35 19	32 35 30	2 35 10 16	35 30 34 2	2 35 22 26	35 22 39 23	1 8 35	23 35 40 3
14: Strength	1 8 40 15	40 26 27 1	1 15 8 35	15 14 28 26	3 34 40 29	9 40 28	10 15 14 7	9 14 17 15	8 13 26 14	10 18 3 14	10 3 18 40	10 30 35 40	13 17 35	*	27 3 26	-	30 10 40	35 19	19 35 10	35	10 26 35 28	35	35 28 31 40	-	29 3 28 10	29 10 27	11 3 16	3 27	3 27	18 35 37 1	15 35 22 2	11 3 10 32	32 40 25 2	27 11 5	15 3 32	2 13 25 28	27 3 15 40	15	29 35 10 14
15: Durability of moving obj.	19 5 34 31	-	2 19 9	-	3 17 19	-	10 2 19 30	-	3 35 5	19 2 16	19 3 27	14 26 28 25	13 3 35	27 3 10	*	-	19 35 39	2 19 4 35	28 6 35 18	-	19 10 35 38	-	28 27 3 18	10	20 10 28 18	3 35 10 40	11 2 13	3	3 27 16 40	22 15 33 28	21 39 16 22	27 1 4	12 27	29 10 27	1 35 13	10 4 29 15	19 29 39 35	3 10	35 17 14 19
16: Durability of non moving obj.	-	6 27 19 16	-	1 40 35	-	-	-	35 34 38	-	-	-	-	39 3 35 23	-	*	-	19 18 36 40	-	-	-	16	-	27 16 18 38	10	28 20 10 16	3 35 31	34 27 6 40	10 26 24	-	17 1 40 33	32	35 10	1	1	2	-	25 34 6 35	1	20 10 16 38
17: Temperature	36 22 6 38	22 35 32	15 19 9	15 19 9	3 35 39 18	35 38	34 39 40 18	35 6 4	2 28 36 30	35 10 3 21	35 39 19 2	14 22 19 32	1 35 32	10 30 22 40	19 13 39	19 18 36 40	*	32 30 21 16	19 15 3 17	-	2 14 17 25	21 17 35 38	21 36 29 31	-	35 28 21 18	3 17 30 39	19 35 3 10	10 32 24	26 27	26 27 35 2	4 10 2 24	2 18 16	2 17 27	3 27 16	26 2 35 31	15 28 19 16	35
18: Illumination intensity	19 1 32	2 35 32	19 32 16	-	19 32 26	-	2 13 10	-	10 13 19 6	26 19 6	-	32 30	32 3 27	35 19	2 19 6	-	32 35 19	*	32 1 19	32 35 1 15	32	13 16 1 6	13 1	1 6	19 1 26 17	1 19	-	11 15 32	3 32	15 19	35 19 32 39	19 35 28 26	28 26 19	15 17 13 16	15 1 19	6 32 13	52 15	2 26 10	2 25 16
19: Use of energy by moving	12 18 28 31	-	12 28	-	15 19 26	-	35 13 18	-	8 35	16 26 21 2	23 14 25	12 2 29	19 13 17 24	5 19 9 35	28 35 6 18	-	19 24 3 14	2 15 19	*	-	6 19 37 18	12 22 15 24	35 24 18 5	-	35 38 19 18	34 23 16 18	19 21 11 27	3 1 32	-	1 35 6 27	2 35 6	28 26 30	19 35	1 15 17 28	15 17 13 16	2 29 27 28	35 38	32 2	12 28 16
20: Use of energy by stationary	-	19 9 6 27	-	-	-	-	-	-	-	36 37	-	-	27 4 29 18	35	-	-	-	19 2 35 32	-	*	-	-	28 27 18 31	-	-	3 35 31	10 36 23	-	-	10 2 22 37	19 22 18	1 4	-	-	-	-	19 35 16 25	-	1 6
21: Power	8 36 38 31	19 26 17 27	1 10 35 37	-	19 38	17 32 13 38	35 6 38	30 6 25	15 35 2	26 2 36 35	22 10 35	29 14 2 40	35 32 15 31	26 10 28	19 35 10 38	16	2 14 17 25	16 6 19	16 6 19 37	-	*	10 35 38	28 27 18 38	10 19	35 20 10 6	4 34 19	19 24 26 31	32 15 2	32 2	19 22 31 2	2 35 18	26 10 34	26 35 10	35 2 10 34	19 17 34	20 19 30 34	19 35 16	28 2 17	28 35 34
22: Loss of Energy	15 6 19 28	19 6 18 9	7 2 6 13	6 38 7	15 26 17 30	17 7 30 18	7 18 23	7	16 35 38	36 38	-	-	14 2 39 6	28	-	-	19 38 7	1 13 32 15	-	-	3 38	*	35 27 2 37	19 10	10 18 32 7	7 18 25	11 10 35	32	-	21 22 35 2	21 35 2 22	-	35 32 1	2 19	-	7 23	35 3 15 23	2	28 10 29 35
23: Loss of substance	35 6 23 40	35 6 22 32	14 29 10 39	10 28 24	35 2 10 31	10 18 39 31	1 29 30 36	3 39 18 31	10 13 28 38	14 15 18 40	3 36 37 10	29 35 3 5	2 14 30 40	35 28 31 40	28 27 3 18	27 16 18 38	21 36 39 31	1 6 13	35 18 24 5	28 27 12 31	28 27 18 38	35 27 2 31	*	-	15 18 35 10	6 3 10 24	10 29 39 35	16 34 31 28	35 10 24 31	33 22 30 40	10 1 34 29	15 34 33	32 28 2 24	2 35 34 27	15 10 2	35 10 28 24	35 18 10 13	35 10 18	28 35 10 23
24: Loss of Information	10 24 35	10 35 5	1 26	26	30 26	30 16	-	2 22	26 32	-	-	-	-	-	10	10	-	10	-	-	10 19	19 10	-	*	24 26 28 32	24 28 35	10 28 23	-	-	22 10 1	10 21 22	32	27 22	-	-	-	35 33	35	13 23 15
25: Loss of Time	10 20 37 35	10 20 26 5	15 2 29	30 24 14 5	26 4 5 16	10 35 17 4	2 5 34 10	35 16 32 18	-	10 37 36 5	37 36 4	4 10 34 17	35 3 22 5	29 3 28 18	20 10 28 18	28 20 10 16	35 29 21 18	1 19 26 17	35 38 19 18	1	35 20 10 6	10 5 18 32	35 18 10 39	24 26 28 32	*	35 38 18 16	10 30 4	24 34 28 32	24 26 28 18	35 16 34	35 22 18 39	35 28 34 4	4 28 10 34	32 1 10	35 28	6 29	18 28 32 10	24 28 35 30	-
26: Quantity of substance/the	35 6 19 31	27 26 18 35	29 14 35 18	-	15 14 29	2 18 40 4	15 20 29	-	35 29 34 28	35 14 3	10 36 14 3	35 14	15 2 17 40	14 35 34 10	3 35 10 40	3 35 31	3 17 39	-	34 29 16 18	3 35 31	35	7 18 26	6 3 10 24	24 28 35	35 38 18 16	*	18 3 28 40	13 2 28	33 30	35 33 29 31	3 35 40 39	29 1 35 27	35 29 25 10	2 32 10 25	15 3 29	3 13 27 10	3 27 29 18	8 35	13 29 3 27
27: Reliability	3 8 10 40	3 10 8 28	15 9 14 4	15 29 28 11	17 10 14 16	32 35 40 4	3 10 14 24	2 35 24	21 35 11 28	8 28 10 3	10 24 35 19	35 1 16 11	-	11 28	-	27 3 25	34 27 6 40	3 35 10	11 32 13	21 11 27 19	36 23	21 11 26 31	10 11 35	10 35 29 39	10 28	10 30 4	21 28 40 3	*	32 3 11 23	11 32 1	27 35 2 40	35 2 40 26	-	27 17 40	1 11	13 35 8 24	13 35 1	27 40 28	11 13 27	1 35 29 38
28: Measurement accuracy	32 35 26 28	28 35 25 26	28 26 5 16	32 28 3 16	26 28 32 3	26 28 32 3	32 13 6	-	28 13 32 24	32 2	6 28 32	6 28 32	32 35 13	28 6 32	28 6 32	10 26 24	6 19 28 24	6 1 32	3 6 32	-	3 6 32	26 32 27	10 16 31 28	-	24 34 28 32	2 6 32	5 11 1 23	*	-	28 24 22 26	3 33 39 10	6 35 25 18	1 13 17 34	1 32 13 11	13 35 2	27 35 10 34	26 24 32 28	28 2 10 34	10 34 28 32
29: Manufacturing precision	28 32 13 18	28 35 27 9	10 28 29 37	2 32 10	28 33 29 32	2 29 18 36	32 23 2	25 10 35	10 28 32	28 19 34 36	3 35	32 30 40	10 18	3 27 40	-	-	19 26	3 32	32 2	-	32 2	13 32 2	35 31 10 24	-	35 10 28 18	10 24	11 32 1	-	*	26 28 10 36	4 17 34 26	-	1 32 35 23	25 10	-	26 2 18	-	26 28 18 23	10 18 32 39
30: Object-affected harmful	22 21 27 39	2 22 13 24	17 1 39 4	1 18	22 1 33 28	27 2 39 35	22 23 37 35	34 39 19 27	21 22 35 28	13 35 39 18	22 2 37	22 1 3 35	35 24 30 18	18 35 37 1	22 15 33 28	17 1 40 33	22 33 35 2	1 19 32 13	1 24 6 27	10 2 22 37	19 22 31 2	21 22 35 2	33 22 19 40	10 2	35 18 34	26 28 1	10 18	*	-	24 35 2	2 25 28 39	35 10 2	35 11 22 31	22 19 29 40	22 19 29 40	33 3 34	22 35 13 24		
31: Object-generated harmful	19 22 15 39	35 22 1 39	17 15 16 22	-	17 2 18 39	22 1 40	17 2 40	30 18 35 4	35 28 3 23	35 28 1 40	2 33 27 18	35 1	35 40 27 39	15 35 22 2	16 22 33 31	21 39 16 22	22 35 2 24	19 24 39 32	2 35 6	19 22 18	2 35 18	21 35 23	10 1 34	10 21 29	1 22	3 24 39 1	24 2 40 39	3 33 26	4 17 34 26	-	*	-	-	-	-	19 1 31	2 21 27 1	2	22 35 18 39
32: Ease of manufacture	28 29 15 16	1 27 36 13	1 29 13 17	15 17 27	13 1 26 12	16 40	13 29 1 40	35	35 13 8 1	35 12	35 19 1 37	1 28 13 27	11 13 1	1 3 10 32	27 1 4	35 16	27 26 18	28 24 27 1	29 26 27 1	1 4	27 1 12 24	19 35	15 34 33	32 24 18 16	35 28 34 4	35 23 1 24	-	1 35 12 18	-	24 2	-	*	2 5 13 16	35 1 11 9	2 13 15	27 26 1	6 28 11 1	8 28 1	35 1 10 28
33: Ease of operation	25 2 13 15	6 13 1 25	1 17 13 12	-	1 17 13 16	18 16 15 39	1 16 35 15	4 18 39 31	18 13 24	28 13 35	2 32 12	15 34 29 28	32 35 30	32 40 3 28	29 3 8 25	1 16 25	26 27 13	13 17 1 24	1 13 24	-	35 34 2 10	2 19 13	28 32 2 24	4 16 27 22	4 28 10 34	12 35	17 27 8 40	25 13 2 34	1 32 35 23	2 25 28 39	-	2 5 12	*	12 26 1 32	15 34 1 16	32 26 12 17	-	1 34 12 3	15 1 28
34: Ease of repair	2 27 35 11	2 27 35 11	1 28 10 25	3 18 31	15 13 32	16 25	25 2 35 11	1	34 9	1 11 10	13	1 13 2 35 2 4	11 1 2 9	11 29 28 27	1	4 10	15 1 13	15 1 28 16	-	-	15 10 32 2	15 1 32 19	2 35 34 27	-	32 1 10 25	2 28 10 25	11 10 1 16	10 2 13	25 10	35 10 2 16	-	1 35 11 10	1 12 26 15	*	7 1 4 16	35 1 13 11	-	34 35 7 13	1 32 10
35: Adaptability or versatility	1 6 15 8	19 15 29 16	35 1 29 2	1 35 16	35 30 29 7	15 16	15 35 29	-	35 10 14	15 17 20	35 16	15 37 1 8	35 30 14	35 3 32 6	13 1 35	2 16	27 2 3 35	6 22 26 1	19 35 29 13	-	19 1 29	18 15 1	15 10 2 13	-	35 28	3 35 15	35 13 8 24	35 5 1 10	-	35 11 32 31	-	1 13 31	15 34 1 16	1 16 7 4	*	15 29 37 28	1	27 34 35	35 28 6 37
36: Device complexity	26 30 34 36	2 26 35 39	1 19 26 24	26	14 1 13 16	36	34 26 6	1 16	34 10 28	26 16	19 1 35	29 13 28 15	2 22 17 19	2 13 28	10 4 28 15	-	2 17 13	24 17 13	27 2 29 28	-	20 19 30 34	10 35 13 2	35 10 28 29	-	6 29	13 3 27 10	13 35 1	2 26 10 34	26 24 32	22 19 29 40	19 1	27 26 1 13	27 9 26 24	1 13	29 15 28 37	*	15 10 37 28	15 1 24	12 17 28
37: Difficulty of detecting	27 26 28 13	6 13 28 1	16 17 26 24	26	2 13 18 17	2 39 30 16	29 1 4 16	2 18 26 31	3 4 16 35	30 28 40 19	35 36 37 32	27 13 1 39	11 22 39 30	27 3 15 28	19 29 39 25	25 34 6 35	3 27 35 16	2 24 26	35 38 16	19 35 38	18 1 16 10	35 3 15 19	1 18 10 24	35 33 27 22	16 28 32 9	27 40 29 18	26 24 28 8	-	22 19 29 28	1 21	5 28 11 29	2 5	12 26	1 15	15 10 37 28	*	34 21	35 18
38: Extent of automation	28 26 18 35	28 26 35 10	14 13 17 28	23	17 14 13	-	35 13 16	-	28 10	2 35	13 35	15 32 1 13	18 1	25 13	6 9	-	26 2 19	8 32 19	2 32 13	-	28 2 27	23 28	35 10 18 5	35 33	24 28 35 30	35 13	11 27 32	28 26 10 34	28 26 18 23	2 33	2	1 26 13	1 12 34 3	1 35 13	27 4 1 35	15 24 10	34 27 25	*	5 12 35 26
39: Productivity	35 26 24 37	28 27 15 3	18 4 28 38	30 7 14 26	10 26 34 31	10 35 17 7	2 6 34 10	35 37 10 2	-	28 15 10 36	10 37 14	14 10 34 40	35 3 22 39	29 28 10 18	35 10 2 18	20 10 16 38	35 21 28 10	26 17 19 1	35 10 38 19	1	35 20 10	28 10 29 35	28 10 35 23	13 15 23	-	35 38	1 35 10 38	1 10 34 28	18 10 32 1	22 35 13 24	35 22 18 39	35 28 2 24	1 28 7 10	1 32 10 25	1 35 28 37	12 17 28 24	35 18 27 2	5 12 35 26	*

Section 3 Handouts

What is your optimal "vision" for each of the following?

1. Health
2. Relationship
3. Family
4. Friends
5. Community
6. Financial
7. Career

From Vision to Mission to Goals in your Career

Section 4 Handouts

Emotional Agility – Case Study 1 – Dana (based on "Emotional Agility, Susan David and Christina Congleton, 2013).

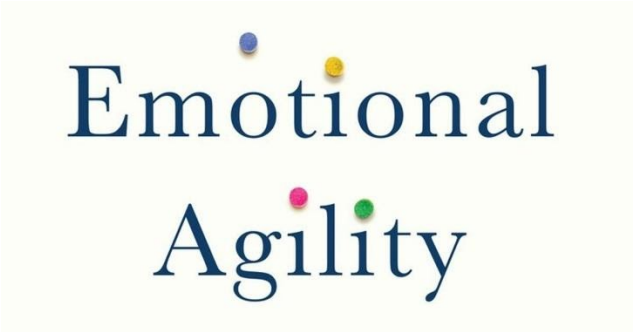
Dana is an assistant professor with two young children. She used to feel guilty about missed opportunities – both at the office, where her peers worked 80 hours a week while she worked 50, and at home, where she was often too distracted or tried to fully engage with her husband and children. One nagging voice in her head told her she'd have to be better employee or risk career failure; another told her to be a better mother or risk neglecting her family. Dana wished that at least one of these voices would shut up. But neither would, and in response she failed to put up her hand for new prospects in the office and compulsively checked messages on her phone during family dinners.

Dana was absorbed by guilt and tried telling the voices to go away. She was trying to avoid the discomfort she felt.

Use the four steps of Emotional Agility and ACT (Acceptance and Commitment Therapy): recognizing, labeling, accepting and acting on your values for this case.

Handout to be provided during session:

Emotional Agility, following ACT- Acceptance and Commitment Therapy – case study 1 – Dana – (based on "Emotional Agility, Susan David and Christina Congleton, 2013).



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