

AJOVT presentation

Few things I've learned as a designer and a person

Introduction

- whio am i ?

on being lost in 20s

- journey of my parents career
- saying yes or sometimes no
- first work experience

on doing design work

- trends (ex. body image)
- everything was said and made
- being awkward
- play

on pefectionism

- example (yoga class preparation)
- bachelor theses
- making mistakes
- being brave over perfect

on profesional self worth

- feeling stuck
- you are not your work

on life outside of design

- people and connections
- life is happening now, don't postpone it

big idea

- be gentle and patient with yourself and your work
- we are in this together