Young Alumni Network Webinar

Life After College
A Well Rounded Approach

Presented by:
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What I want to do with you today in this Webinar

- Explore what it means to thrive after college
- Offer a template for holistic living
- Provide ideas for maintaining and growing in physical, mental, and emotional well-being
- Culminate with strategies for thriving at work and thriving, more generally, in life
Taking care of your self
What every body needs

• First things first, you need to be healthy to thrive

• Ask yourself, Do I have enough energy to be who I want to be?

• Physical self care – What every body needs!
Thriving Physically
Get moving!

- Three things everybody needs to thrive physically
  1. Moderate exercise
  2. Balanced Nutrition
  3. Adequate rest

- What type of exercise is best?
  1. Do you like it?
  2. Does it challenge you?
  3. Does it fit with your lifestyle?

- What do we mean by “moderate exercise”?
Thriving Physically
Give it a Rest!

- Costs of sleep deprivation
- What is a healthy amount of sleep?
- Consider siestas!
Thriving Physically
Eating for Life

- The most important component to thrive physically
- “Let food be thy medicine and let medicine by thy food.” Hippocrates
- Energy balance: Calories in – calories burned = Calories saved
- Diaita – Greek root for the word diet = Lifestyle
Happiness: It’s all in your Head

- Happiness is an inside job
- From surviving to thriving
- Positive Psychology
- Mental focus
- Meditation and the practice of presence
Thriving Mentally
The Power of Positive Thinking

- Martin Seligman @ University of Pennsylvania
- Audit of your everyday thoughts
- Cognitive therapy
Thriving Mentally Practicing Presence

- Meditative practices – Eastern and Western
- Transcendental Meditation
- Contemplative or Centering Prayer
Thriving Mentally
Intellectual Growth

- Steven Covey’s 7th Habit of Highly Successful People
- What are you learning at your job? In your personal life?
- Lifelong learning opportunities
- “Imagination is more important than knowledge.”
Relationship matters
Emotional wellbeing

- Relational health: Who matters in your life?
- Community engagement: What matters in your life?
- Growing emotionally: Emotional and Social Intelligence
Thriving Emotionally
Living with Heart

- Conducting a “Review of Relationships” – Who is in your “web of support”?
- Depth in relationships: Core relationships
- Breadth in relationships: Facebook friends and LinkedIn contacts

“Great hearts steadily send forth the secret forces that incessantly draw great events.”
Ralph Waldo Emerson
Thriving Emotionally
Community Life

- Commitment to communities and causes
- What tugs at your heart strings?
- How can you make your most significant contribution?
Thriving Emotionally
Emotional Intelligence

- Daniel Goleman popularized the notion
- Neuroscience advancing our understanding
- Four aspects of EI
- EI vs. IQ
Thriving at Work
Cultivating Purpose

- Discovering your unique calls in life
- Pursuing your calls in life
- Growing in meaning, purpose, and passion
Thriving at Work
Discovering your unique calls in life

- 40 years x 40 weeks x 40 hours = A long work life!
- Meaningful work is key to fulfillment
- The place of deepest fulfillment is the place “where your deep gladness meets the world’s deep need”.
Thriving at Work
Pursuing your Call and not just your Career

- Discernment: Decision making grounded in your deepest beliefs, values, and passion.
- Consistent with our commitments to our chosen communities and causes
- Process of trial and error
Thriving at Work
Growing in Meaning, Purpose, and Passion

• Meaningful work as core challenge of twenties and thirties

• Take on new assignments / Find a mentor for your career / Guide for your vocation

• “Am I any good at it? Do I get a kick out of it? Does anybody want me to do it?”

one person can make a difference and every person should try.

—John F. Kennedy
Spirituality for Wholeness
Living with Integrity

- A holistic approach to life
- Integrating all aspects of your life
- Choosing what you believe
- Living from your most cherished values
- Sharing your deepest passions and unique talents with a needy world
Thriving in Life
Living holistically

- *Wellbeing* by Tom Rath
- Only 7% of the population rated themselves as thriving in all aspects of wellbeing
- Intentional practices to grow in all areas
Thriving in Life
Living with Integrity

- Living from our most deepest beliefs, most cherished values, and personal passions
- Integrating our past with our present with an eye to the future
- Courage, compassion, and commitment to the common good

INTEGRITY
... is doing the right thing, even if nobody is watching. - Anon
Thriving in Life
Growing for Life

- Practices that lead to wholeness
- Daily reflections (the Examen)
- Periodic retreats
- Finding a meaningful way to serve
Thank you

Special thanks to our presenter, Mark Peters ’09 (PhD), and the Young Alumni Network Programming team.

**Upcoming YAN Events & Webinars***

May 8, 2013 – [Young Alumni Happy Hour](#) in San Diego

May 9, 2013 – [How to Buy a House](#)

June 11, 2013 – [Money: Negotiate What’s Yours](#)

September 19, 2013 [Young Alumni Networking in LA](#)