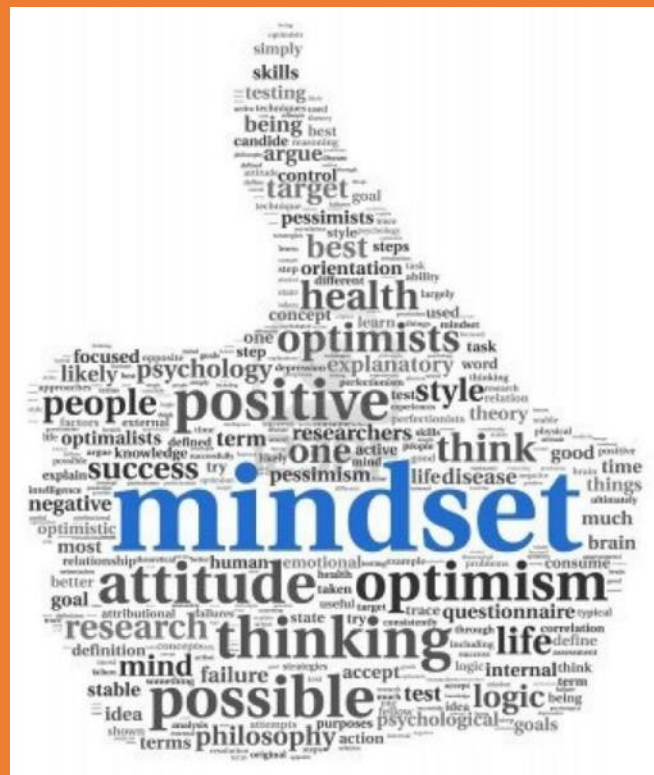


GOOD LIFE ENGINE

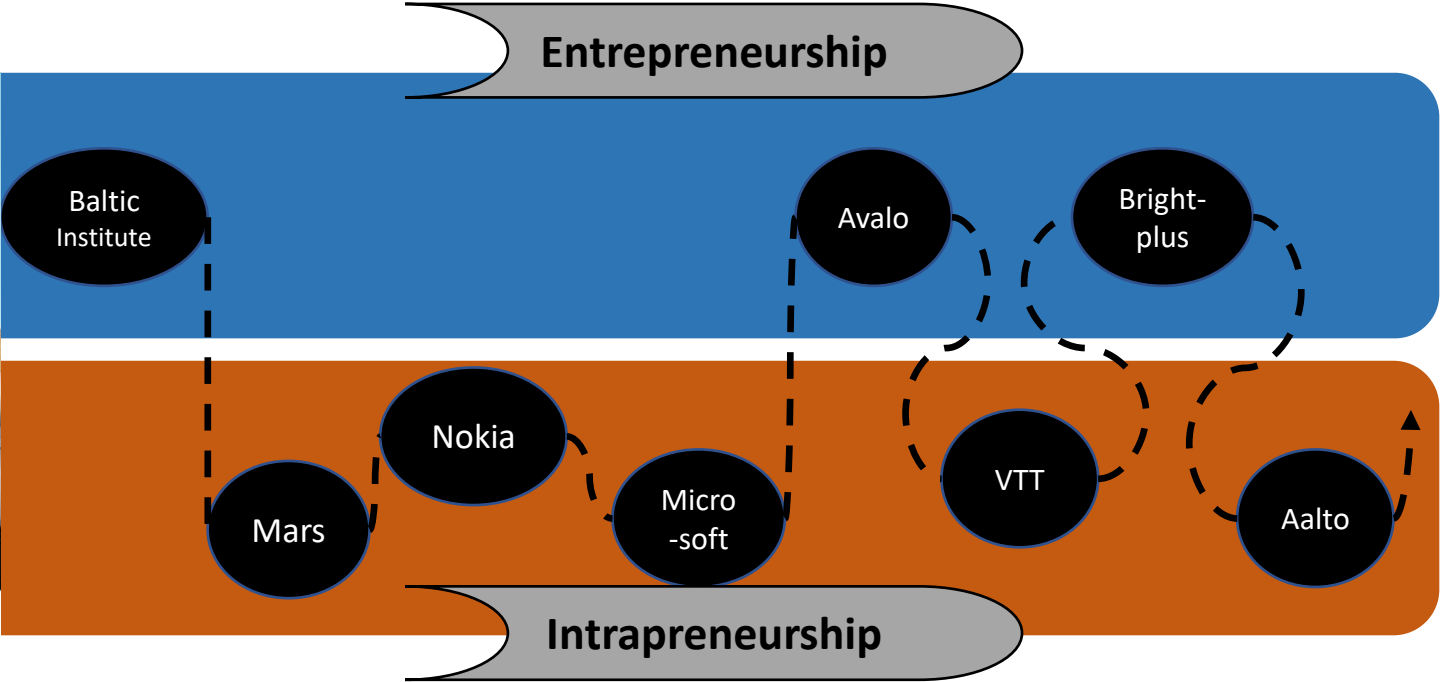
Leading yourself towards a Happy Working Life

Sonja Hilavuo
March 27, 2024



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An engineer's career built on curiosity



Discussion topics for today

1. Long-term perspective on the working life
2. Different aspects towards tailoring your work-life balance
3. Reflections on how to develop your personal working life “toolbox”





Where does your inner compass lead you?





Having an open mind for opportunity detection

1. Opportunities while **studying**
 - Studying abroad
 - Selection of the minor(s) and electives
 - Student clubs, guilds, associations
2. Opportunities with **summer jobs**
 - Understanding various companies
 - Insight into various roles
 - Aspects for CV development
3. Opportunities in **early career**
 - Importance of the first job?
 - Insights into various Leadership perspectives
 - Values, likes, dislikes

Emergence of a “Gig economy”



Quick quiz on current thoughts

How many bosses do you
think you'll have?

- 1) 1-10
- 2) 10-20
- 3) Over 20



Quick quiz on current thoughts

In how many industries do
you think you'll work?

- A. 1-3
- B. 3-6
- C. Over 7



Quick quiz on current thoughts

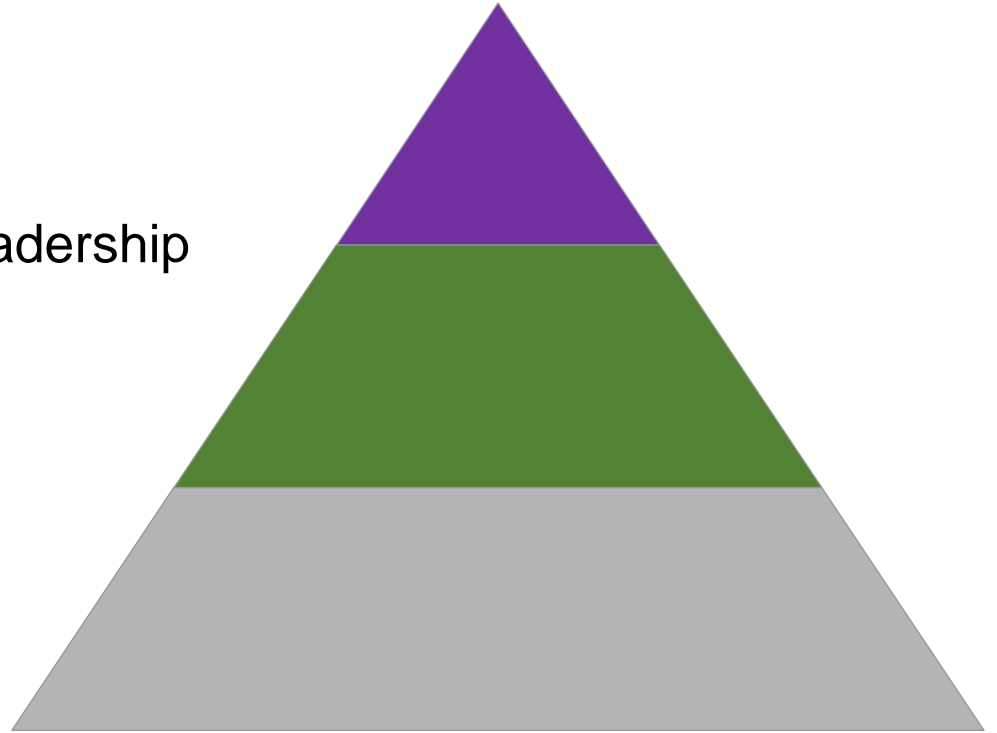
How many career breaks do you think you'll have?

- A. None
- B. One
- C. More



Importance of understanding the organization

1. Values & their execution
2. Principles and practices of leadership
3. Opportunities in the everyday
4. What defines you?



Building your personal toolbox

1. Attitude
2. Communication skills
3. Transferable skills
4. Friends & acquaintances
5. Professional know-how
6. ..



Building the storyline for your journey of life

| AGE | 15 yrs | 20 yrs | 25 yrs | 30 yrs | 35 yrs |
|------------------------|--------|--------|--------|--------|--------|
| Interests | | | | | |
| Important events | | | | | |
| Career aspirations | | | | | |
| | | | | | |
| Strengths & weaknesses | | | | | |
| Dreams | | | | | |



Example: Sonja's "Story of life" map



| AGE | 15 yrs | 25 yrs | 35 yrs | 45 yrs | Next |
|------------------------|-------------------------------|---------------------------|-------------------|---------------------|-------------------|
| Interests | Dogs | Sports | "Fixing" | Teaching | Detective books |
| Important events | Winning a writing competition | First job = big challenge | Speaker Circuit | Nigeria turn-around | First acad. paper |
| Career aspirations | Univ. of Biz & Com | Interntnl business | Constant learning | Sharing know-how | PhD thesis |
| Strengths & weaknesses | | | | | |
| Dreams | "Seeing | the | World" | Staying put | |

Sharing reflections via Kahoot



Homework

1. The 4 questions for your Learning diary

1. What new insights did you learn from the session?
2. How did the session make you feel?
3. How can you apply what you learned to improve your work, studies, or daily life?
4. How are you progressing with your routine, and what challenges have you encountered? How have you addressed these challenges?

Continue with your chosen routine

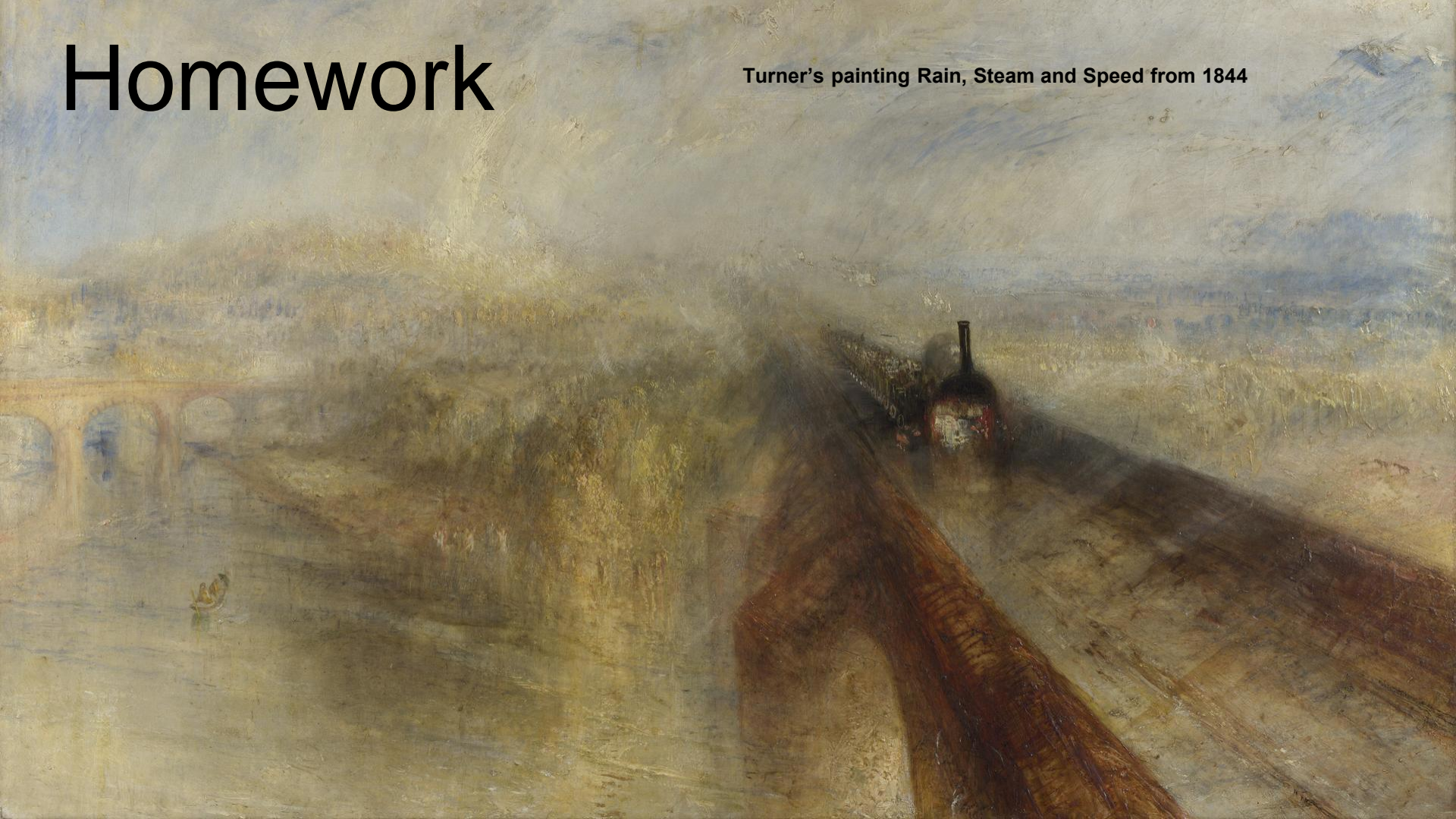
2. Complete & evolve your “Story of Life” map

→ Add possibly new relevant parameters like “important people..”, “skills mastery” ..?

Check out **Career Design Lab offering** (Link in MyCo) and reflect your discoveries in your Learning Diary

Homework

Turner's painting Rain, Steam and Speed from 1844



Homework (in MyCourses) (to prepare for the next session):

3. Bring your learning diary or submit online (those who did digital version)
4. Create and upload in MyCourses an AI image that represents to you the modern world. Be ready to describe it to others when we show it at the Wrap-Up.

Compensation Exercise for those who missed more than 3 sessions

(Check course rule - If you miss more than 2 sessions – you must do a compensatory assignment. 1 assignment per each session missed after 2 missed sessions.)



**Butoh session
10 April 15-16**

Time for attendance



See you on the wrap-up session
10.04.2024

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