

## MCDA 2019 Careers Conference - April 26, 2019 - Breakout Presentation Handout

“The Courage to Be: **Who You Are** as a Career Development Professional”

Based on the book, “The Courage to Teach” by Parker J. Palmer.

**Developed and Presented by:**

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### Clearing the Space

A meditative exercise to improve learning in a coaching session or in the classroom prior to learning.  
- Neuroleadership Institute

*Script:*

We often come into meetings with a lot of other things on our mind and it’s hard to slow down and focus. It’s like our mind is a really busy sky with lots of clouds covering the sun, and it’s windy so the clouds are whipping around. In order to calm our minds down and ‘get to sunny sky’ let’s take some deep breaths together. As we take the breaths together, I ask that you think about setting aside all the busy thoughts and coming to a place of peace and calm. Push the dark clouds away and imagine a clear blue sky with only the sunshine filling your face with warmth and joy.

Okay, let’s breathe together. Breath in, Breath out, Breath in, Breath out, Breath in, Breath out. Breath in, Breath out, Breath in, Breath out....

Now take a moment to rest here in the calm of your mind.

Now that your mind is clear; I ask that you think about the following statement...

**When I am at my best, I am like \_\_\_\_\_.**

Now take a few more deep breaths and when you are ready, open your eyes.

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### Metaphorical Thinking - Sharing Exercise

**To be done when reflecting on your best self.**

Fill in the Blank:

When I am working as a career development professional at my best, I am like a \_\_\_\_\_.

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### Identity (Who)

*The Courage to Teach Guide - Parker Palmer with Megan Scribner*

Parker Palmer defines identity as “an evolving nexus where all the forces that constitute my life converge in the mystery of self”. “Identity is the moving intersection of the inner and outer forces that make me who I am”.

### Questions to help discern your Identity and Create a Personal Statement:

What are my strengths/gifts?

What are some metaphors that describe me?

What are my motivators?

What is my true brand? My unique promise of value?

What do I believe to be true about myself?  
What do I do that brings me joy? (Talents/Skills)  
Why did I become a career development professional?  
What do I stand for in my work?  
What do I want my legacy as a career professional to be?  
What can I do to “keep track of myself,” to remember my own heart?

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### **Integrity (How)**

*The Courage to Teach Guide - Parker Palmer with Megan Scribner*

Parker Palmer defines integrity as, “whatever wholeness I am able to find within the nexus as its vectors form and reform the pattern of my life”

#### **Questions to help discern your Integrity:**

How does who I am show up in what I do while teaching and coaching  
Does my identity match my work style?  
Do I change for the environment or client at a detriment of myself?  
Do I join or distance myself from your work life?  
How can I create a community of truth?  
What can I do differently to listen more and be more present?  
How can I teach more with less, get to what's important for them, not for me?  
What outcomes do they need?  
What outcomes am I required to give?  
What resources can I provide the student?  
How can I be true to my style and deliver what my audience needs?  
How can I survey others to learn how I am perceived?

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### **Continuing to Craft**

#### **Vic and Cindy Survey Questions**

What strengths do you see in who I am as a coach and/or teacher?  
How would you describe my style?  
Did this style influence your feelings? If so, how so?  
Do you have any additional comments?

#### **Mentorship**

Think of a story about one of your favorite mentors or teachers.  
What do you most vividly remember about that person?  
How did he or she make you feel?  
What was the ethos of the environment, office or classroom?  
What does that scenario tell you about that person’s identity and integrity?  
What was it about you, and about that moment in your life, that made this person great for you?  
What gift or truth about yourself did that person help you reveal?