

COFFEE WITH THE COACH 12/13/2023 IKIGAI

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AGENDA

Background

The things you love

What you are good at

What the world needs

You can be paid for it

Now what?

IKIGAI (EE-KEY-GUY)

Iki – alive or life

Gai – benefit or worth

That which gives your life worth, meaning, or purpose

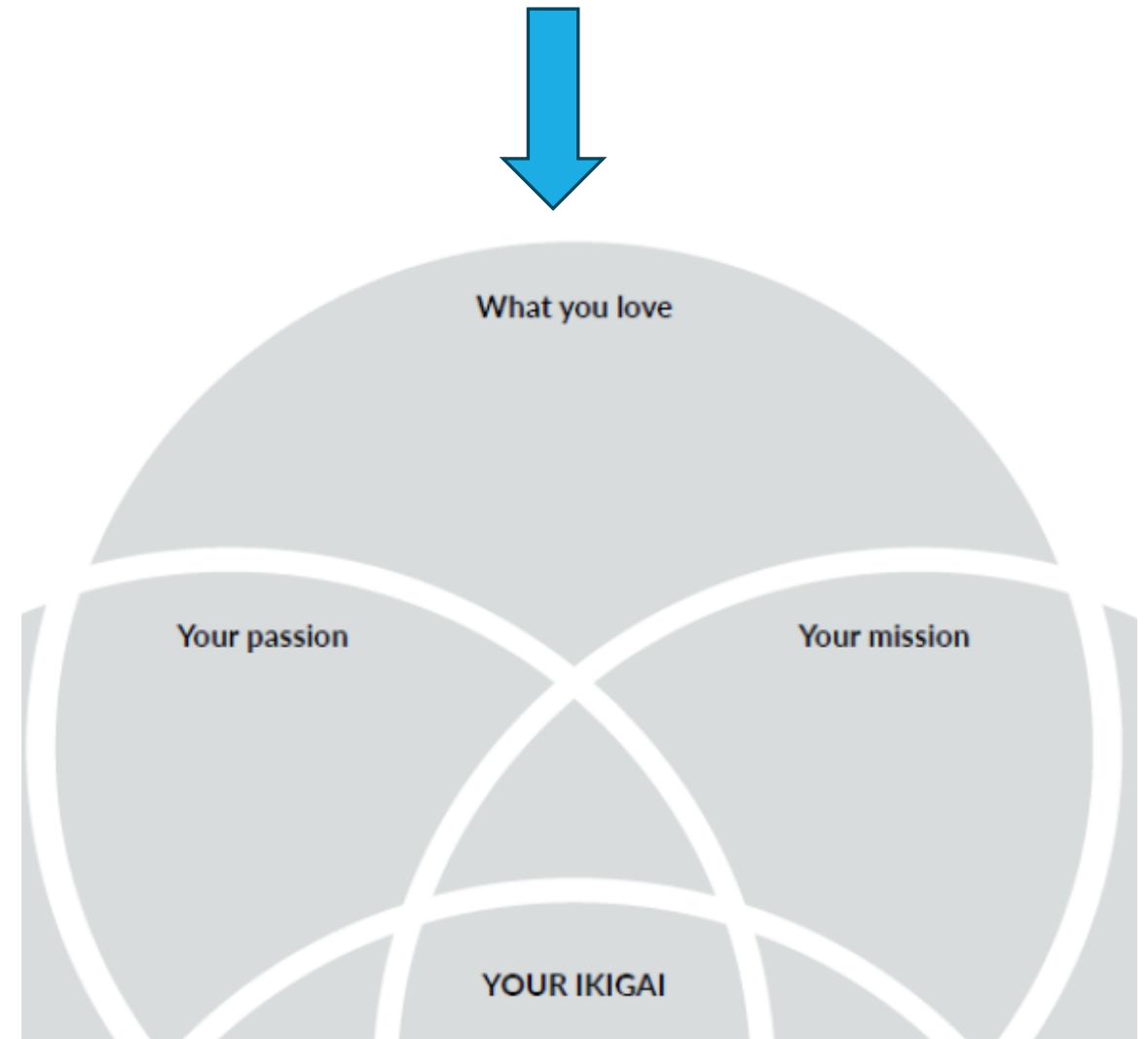
IKIGAI

A Japanese concept meaning 'a reason for being'



WHAT DO YOU LOVE?

Passion is essential to finding your ikigai; what do you love in any aspect of life; your work, family, volunteer , personal interests, hobbies?

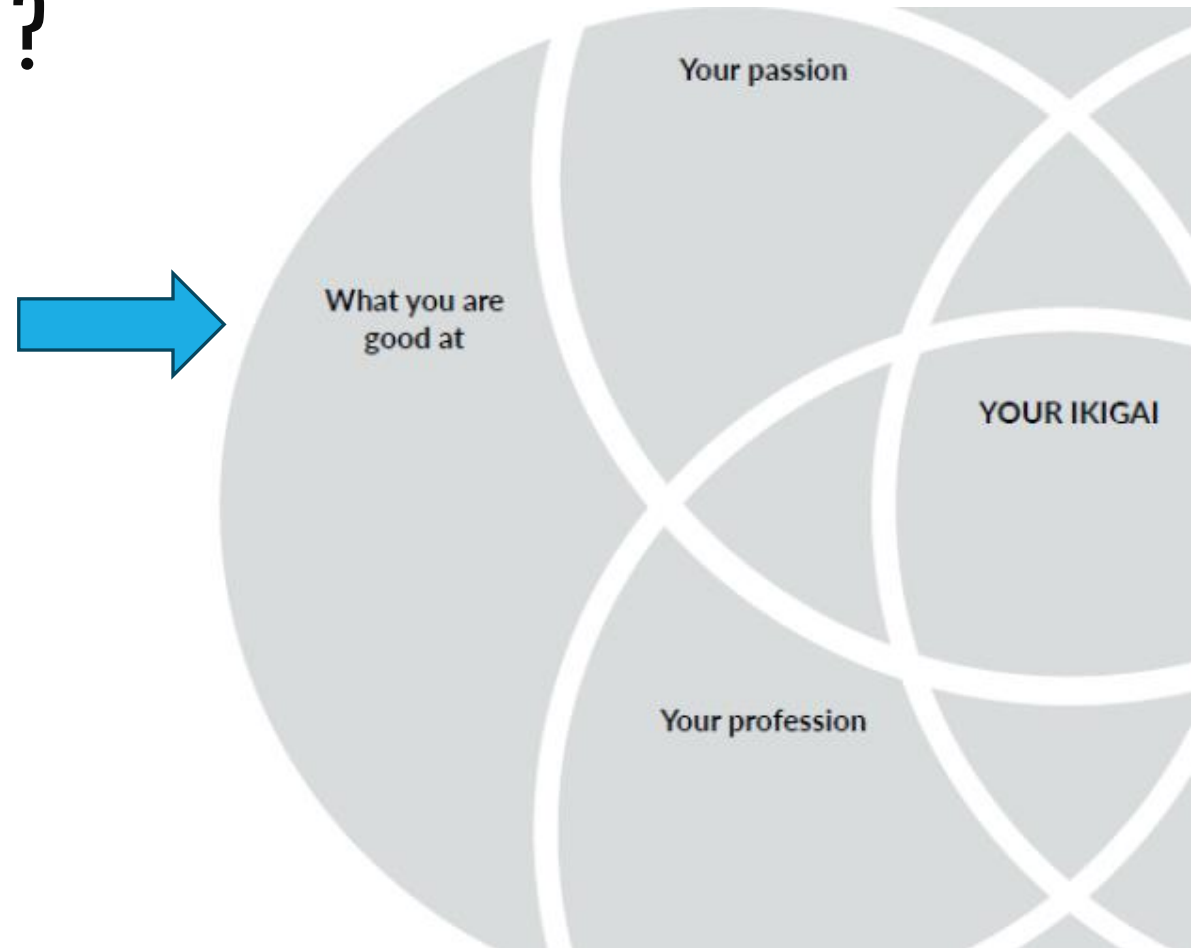


WHAT ARE YOU GOOD AT?

Talents, skills, strengths.

What do you do well, no matter how big or how small.

Perhaps it's a particular skill or talent that comes naturally to you, that people find helpful, or that you have worked hard to achieve.

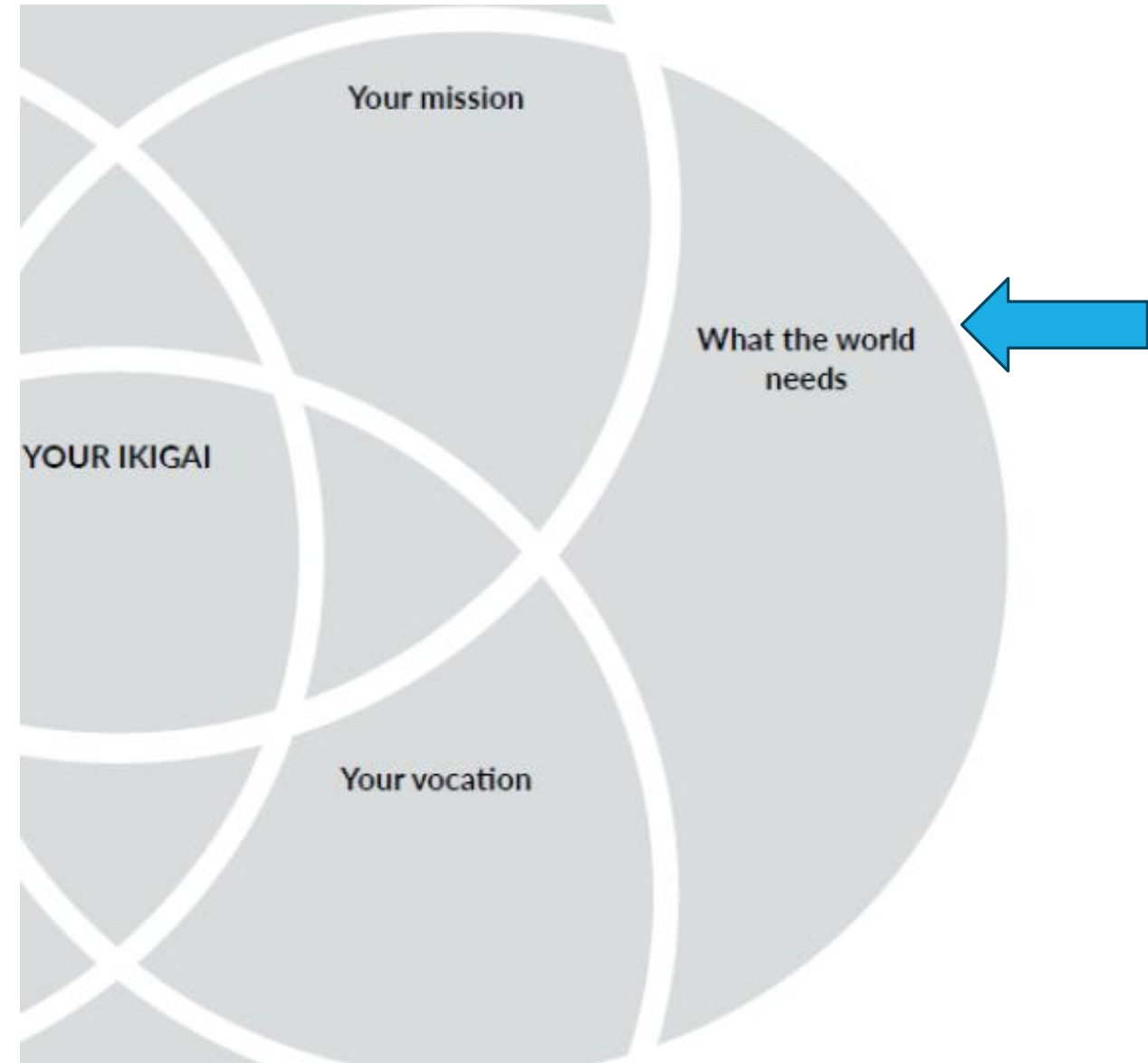


WHAT DOES THE WORLD NEED?

We feel useful, valuable and full of purpose when we are needed by others.

Rather than thinking globally here, think in small, local terms. What your friends, family, and immediate community need.

These needs can include a product, a service, or something as simple as helping one single person.

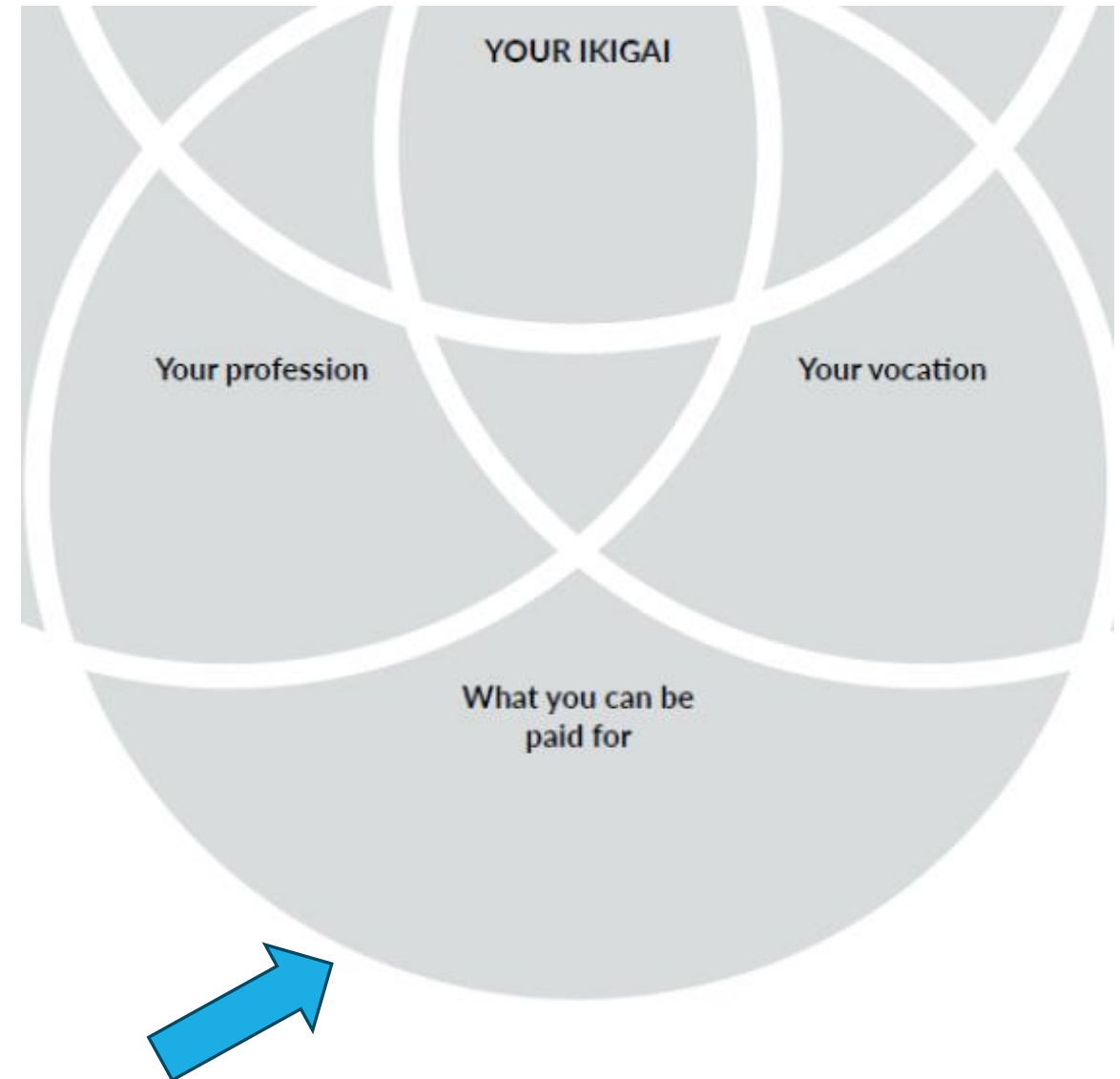


WHAT COULD YOU BE PAID FOR?

Turning your passion and mission into your profession can take time to develop.

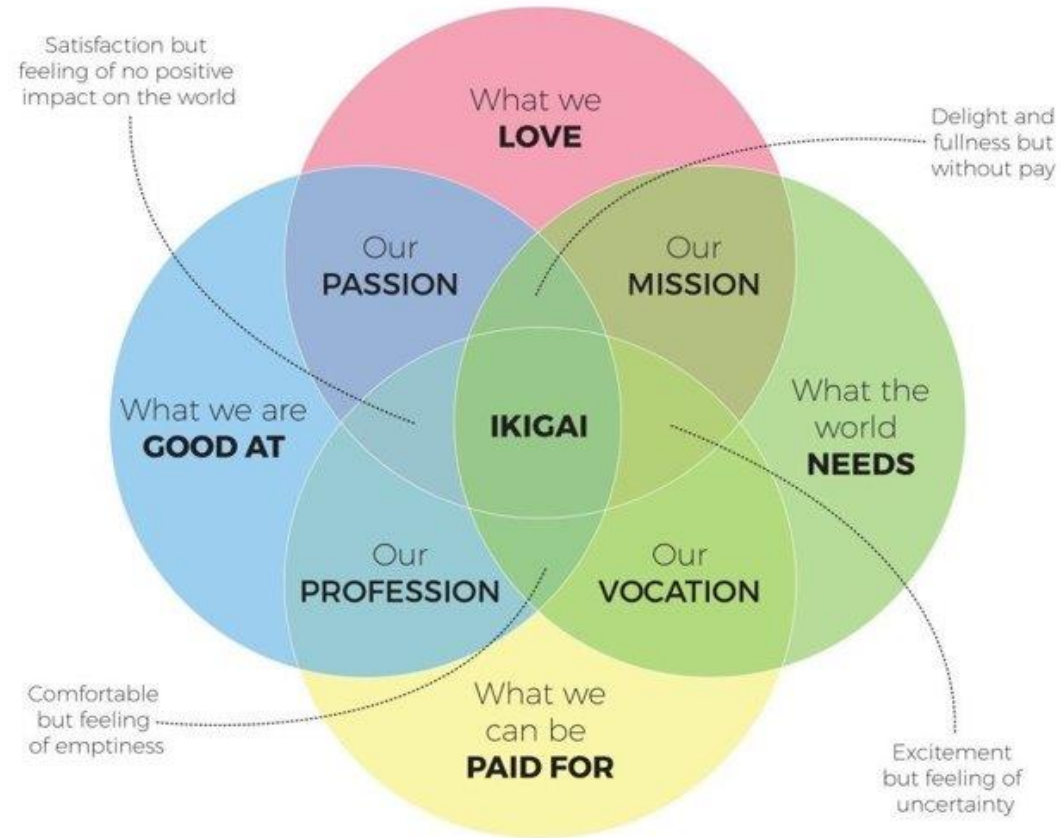
What skills have you used in past or current roles that could make you money today?

Check out Tim Tamashiro's TED talk on starting with a part-time Ikigai.
https://www.ted.com/talks/tim_tamashiro_how_to_ikigai



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What is an "aha" from today?



What would be the benefit of finding your Ikigai?

What is your next step related to finding your Ikigai?

RESOURCES

Ted Talk- https://www.ted.com/talks/tim_tamashiro_how_to_ikigai

Ikigai Info and Exercises-

<https://positivepsychology.com/ikigai/>

<https://blog.calm.com/blog/ikigai>

Books-

Ikigai: The Japanese Secret to a Long and Happy Life by H. Garcia and F. Marilles

How to Ikigai: Lessons for Finding Happiness and Living Your Life's Purpose by Tim Tamashiro

Awakening Your Ikigai: How the Japanese Wake Up to Joy and Purpose Every Day by Ken Mogi