

Center for Staff Life Design

SPRING 2025 WORKSHOPS ON A CAMPUS NEAR YOU

DESIGN YOUR WORK LIFE: a self-paced opportunity that allows you to explore the workshops at your own pace.

[REGISTER NOW](#)

[REGISTER NOW](#)

GET CURIOUS: GOOD WORK

Good work is an internal evaluation of what work means to you, and the purpose it serves in your life. What values do you bring to work and to life? By defining what “good work” looks like, we can make the most of our current jobs and better imagine where we want to go next.

[REGISTER NOW](#)

IMAGINE POSSIBILITIES: REFRAMING LIMITING BELIEFS

Limiting beliefs are beliefs that are unhelpful or untrue. They keep us from living our best lives, whether at work, or at home, or in our communities. The quickest way to remove these roadblocks is by reframing them in achievable ways.

[REGISTER NOW](#)

IMAGINE POSSIBILITIES: TINY HABITS

We have dreams, and some of them are daunting. Creating new habits that are achievable is the first step to testing out and pursuing our dreams. This session is focused on selecting goals and the habits to achieve them.

[REGISTER NOW](#)

CRAFT YOUR STORY

Whether you’re looking for a new job or trying to build your career at Hopkins, you need to be able to tell your story quickly and succinctly in different ways. This workshop helps you articulate your brand in energizing and impactful ways.

[REGISTER NOW](#)

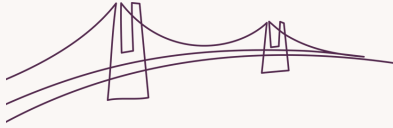
DESIGN THINKING FOR LEADERSHIP PRACTICE

Life design thinking also means making space for active engagement with your teams. This workshop explores three activities you can leverage in team settings: Rose, Bud, Thorn; 5 Whys; and How Might We ...

[REGISTER NOW](#)

EXPERIENCE MORE: CURIOSITY CONVERSATIONS

Curiosity Conversations are an essential part of Staff Life Design that provides space for staff to talk about their life design journeys and experiences alongside other staff, leadership, and guests through a rotating schedule of topics. These sessions can be used for course check-ins, panel conversations with leadership and guests, and group coaching and resume reviews.



Center for Staff Life Design

SPRING 2025 WORKSHOPS ON A CAMPUS NEAR YOU

GET CURIOUS: GOOD WORK

Mt. Washington 3/13/2025

IMAGINE POSSIBILITIES: REFRAMING LIMITING BELIEFS

Mt. Washington 3/13/2025

IMAGINE POSSIBILITIES: TINY HABITS

Carey 4/22/2025
East Baltimore 3/19/2025
HBC-DC 3/13/2025
Homewood 3/18/2025
Mt. Washington 4/3/2025
Virtual 4/2/2025

CRAFT YOUR STORY

Carey 4/22/2025
East Baltimore 3/19/2025
HBC-DC 3/13/2025 & 4/16/2025
Homewood 3/18/2025
Mt. Washington 4/3/2025
Virtual 4/2/2025

DESIGN THINKING FOR LEADERSHIP PRACTICE

Carey 3/26/2025
HBC-DC 4/16/2025
Virtual 4/2/2025 & 4/8/2025

EXPERIENCE MORE: CURIOSITY CONVERSATIONS (Virtual)

3/7/2025 Craft Your Story: LinkedIn 101
3/28/2025 Juliamme Perretta
4/11/2025 Jerrell Bratcher
4/25/2025 K. Davina Frick
5/9/2025 Craft Your Story: Resumes 101
5/23/2025 TBD