

Our Lived Experience

Purpose. Identities and communities. Authentic engagement. Courageous living. Well-being.

Courageous Living

Tolerance for uncertainty: The growth trajectory of embracing the ambiguity in one's life and recognizing the value of the unknown

Willingness to risk: Development from an understanding that addressing challenge requires personal risk to internalizing the practice of risking as appropriate

Resilience: Spans the development from identifying one's natural tendencies for coping with challenge and stress to practicing self-renewal to bolster resilience capacity

Well-being

Healthy decision-making: Process of selecting from two or more possible options in order to solve an existing problem, set a goal, or determine how to engage in a situation

Healthy relationship: Built on trust, respect, open communication, and the ability to work through disagreements

Self-care: Any intentional action one takes to care for one's personal dimensions of well-being

Social interactions: Opportunity to practice the skills necessary for building community and creating a social network

Identities and communities

Cultural self-awareness: An internal examination of one's social and personal identities, acknowledging the identities of others and the implications of various identities within cultures

Social empathy: The ability to more deeply understand people by perceiving or experiencing their life situations and as a result gain insight into structural inequalities and disparities

Engagement with our diverse communities: A willingness to interact locally and globally with individuals who experience life differently as a result of their identities

Purpose

Values and beliefs: The exploration of one's beliefs, value systems, and deep convictions that leads to self-authorship

Vocation: The process of discovering the intersection between one's gifts and the world's greatest needs

Authentic engagement

Advocacy: Assertively communicate or negotiate one's interests, desires, needs, and rights

Meaningful dialogue: The practice of inquiry that acknowledges mutuality

Positive social change: Process of collaborating with members of a community to identify, address and solve issues in a manner that promotes social justice