

# Wanting It All:

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CCT 694 Synthesis  
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**Designing and Developing A  
Sustainable Life Of Well-Being Through  
Reflective Practice**



# Why Critical & Creative Thinking? From Act to Occupation



Self Knowledge & Development Applied  
as Tools & Offerings for Others

# Living the Synthesis



**Continued  
and  
Emerging:**

**Observations  
Development  
Refinement**



# Professional Considerations





# Professional Well-Being Components & Values

A  
Current  
Snapshot  
of iRules  
Academy  
& JBH  
Enterprises





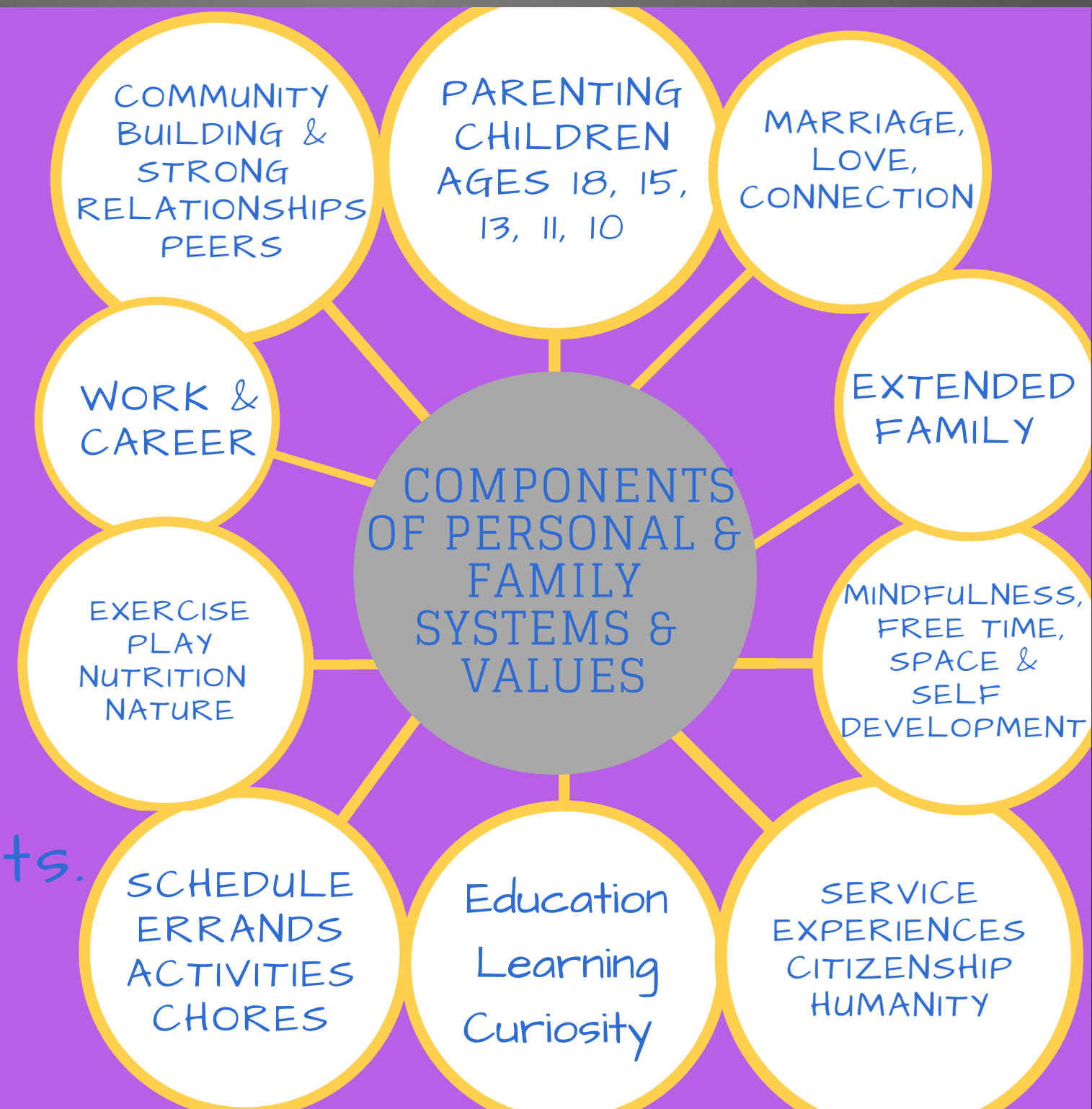
# Personal Considerations





# Personal Well-Being Components & Values

A  
Current  
Snapshot  
of  
Personal  
Components.



# Treating Burnout With Reflective Practice, Systems & Design



Symptoms of Burnout: extreme exhaustion, feeling down, and reduced performance.

“...coined in the 1970s by the American psychologist Herbert Freudenberger. He used it to describe the consequences of severe stress and high ideals experienced by people working in ‘helping’ professions...Nowadays, the term is not only used for these helping professions, or for the dark side of self-sacrifice. It seems it can affect anyone, from stressed-out careerists and celebrities to over-worked employees and homemakers.” (US National Library of Medicine)



# What Do We Mean By Well-Being?

How is life in **Massachusetts**?



How is life around you?



OECD  
**Regional**  
Well-Being

<http://oecdregionalwellbeing.org>

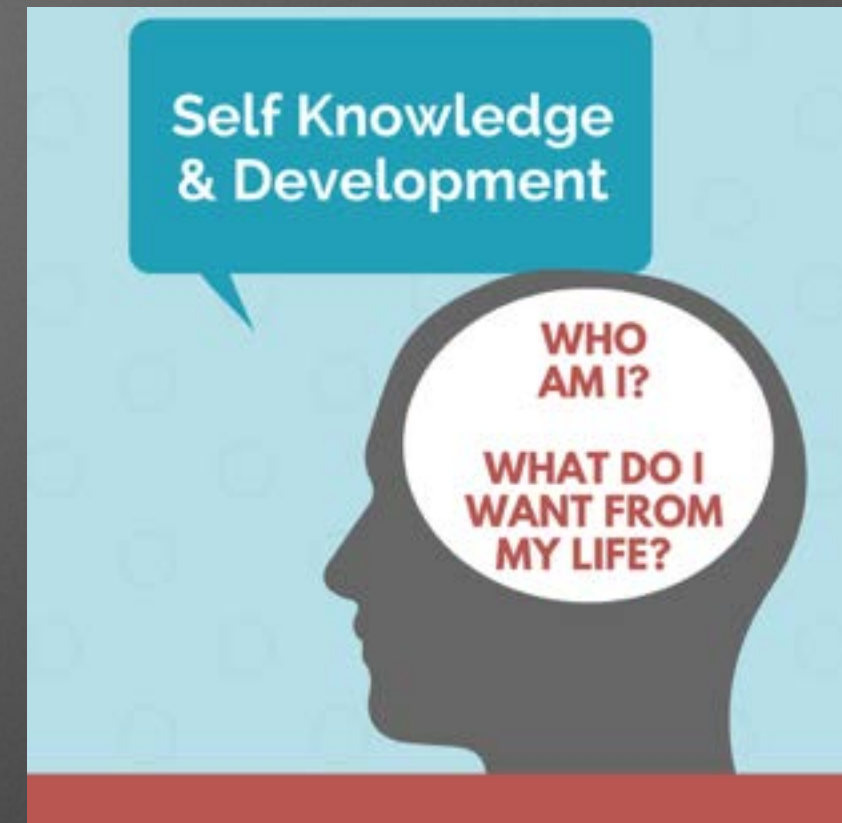
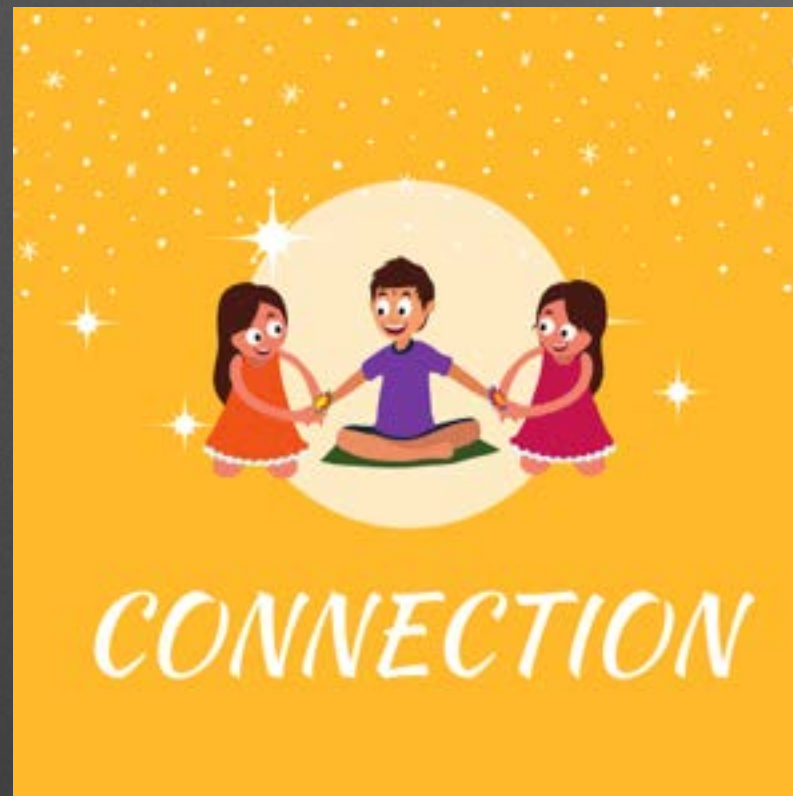
“The OECD (Organization for Economic Cooperation and Development) has identified as essential to well-being in terms of *material living conditions* (housing, income, jobs) and *quality of life* (community, education, environment, governance, health, life satisfaction, safety and work-life balance).

Source:

<http://www.oecdbetterlifeindex.org/about/better-life-initiative/#question2>



# Reflective Practice Cornerstones



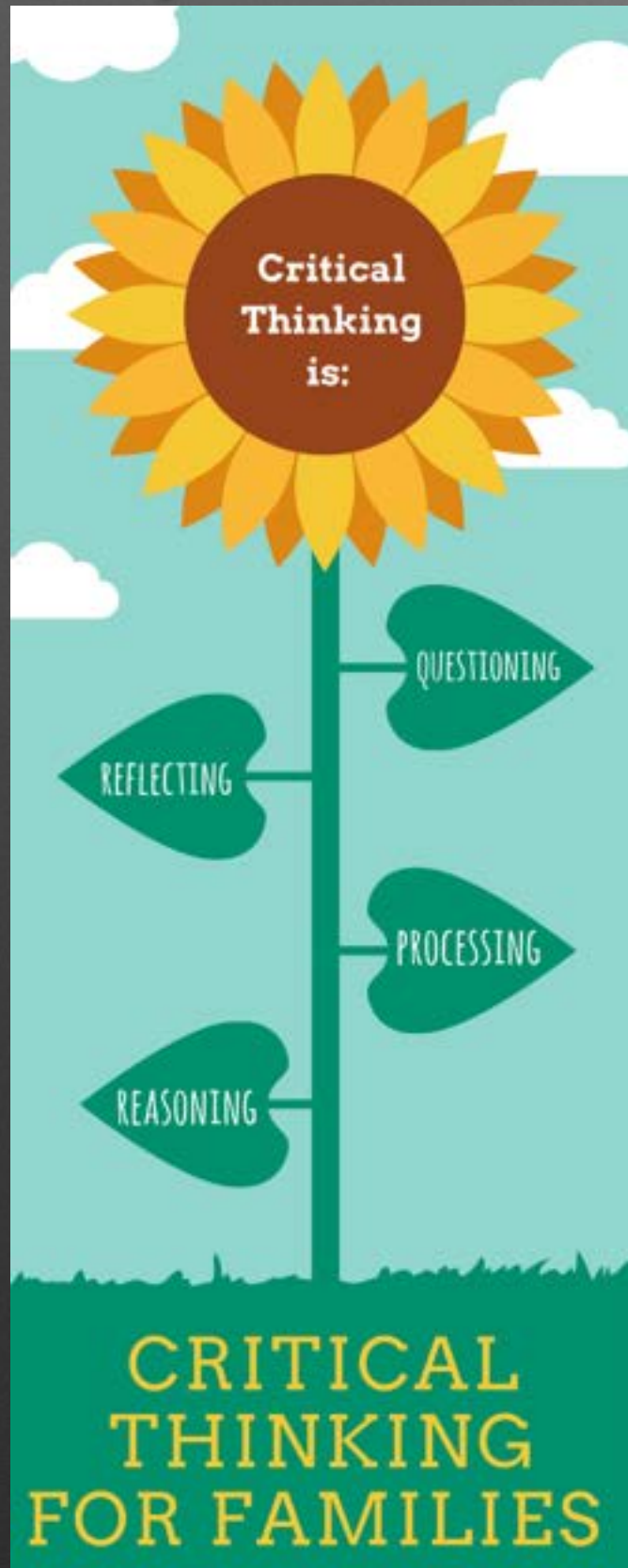
**Reflective Practice:** “Reflection is key to new insights emerging—Revelation. Creating Change (in one’s concepts, practices, and products) involves Re-engagement with oneself and others as change agents.”  
(Taylor)



# What Has Emerged?

## Reflective Practice for Well-Being

Example: Sustainable Perspective for Families





What Continued to Emerged?

# Life By Design

“A great design comes together in a way that can’t be solved with equations and spreadsheets and data analysis. It has a look and feel all of its own - a beautiful aesthetic that speaks to you.” Burnett & Evans

## Reflective Design

### FOR FAMILY NEEDS

1

**CHOOSE A SPECIFIC ISSUE TO EXPLORE.**

2

**ENGAGE STAKEHOLDERS. SCHEDULE TIME TO DISCUSS.**

3

**TAKE INVENTORY ON WHAT'S WORKING & WHAT ISN'T.**

4

**ASSESS WHAT IS NEEDED.**

5

**CONSIDER ALTERNATIVES**

6

**DECIDE ON ACTION. REVISIT. REVISE.**



In Response  
To:

I feel  
overwhelmed.

I'm tired.

I'm not sure.

I don't know  
where to begin.

Where Do I Begin Right Now?





# Goal: Break The Cycle of Exhaustion and Enhance Sustainability





## That Contributed to this Synthesis:

**Critical Thinking:** Development of a Personal and Professional Reflective Practice.

**Creative Thinking:** Contributed to the introduction of systems and processes to support creativity.

**Dialogue Processes :** exploration of dialogue in presencing, listening, using the four fields in organizations, activism, relationships.

**Creative Realization of Ideas:** Rediscovering the value of passion projects - creativity with meaning - for personal growth, but also applicable professionally.

**Processes of Research and Engagement:** cycles of reflection, evaluation, feedback as critical components of work and development.

**Action Research:** how can I be involved and engage with others within my research?



# Works Cited

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