



# Life and Career Crafting

*Construct the story you want of your life and your work.*

## The Science and Theory



Our lives comprise a series of moments – moments that form experiences, which in turn, become a sequence of stories. The science of storytelling indicates that one of the most important stories we tell is the story of the self – who we were, who we are, and who we are becoming. Grounded in narrative identity and career construction theory, this module equips you with the skills to write the story you want of your life and work.

## The Practice



In this session, you will learn:

- How narrative identity shapes our personality
- Ways to shape your professional story
- Storycrafting and storytelling approaches that create meaning

## The Module



This 2-hour course introduces you to life and career crafting:

Part 1: Narrative identity

Part 2: Writing the redemptive story of your life

Part 3: Career construction

Part 4: Crafting a career story of significance

## Complementary Modules



This 2-hour module pairs well with:

- Module 2: Authentic Happiness
- Module 10: Best Possible Selves

## Our Approach



Our Emotivity micro-skills courses follow our **ARC (Acquire-Refine-Cultivate)** model. We believe that learning works best through not just the acquisition of new information, but when learners have opportunities to refine, adjust, and then cultivate their newly-acquired skill. Our ARC approach follows principles from educational and positive psychology to deliver a learning experience that is evidence-based, relevant, and ultimately, practical. Our modules can be offered in-person or remotely.

## Contact Us



For more information on this course, or to engage one of our trainers for your session, email [teeyj@help.edu.my](mailto:teeyj@help.edu.my)

## Web and Resource Article



- [www.emotivity.my](http://www.emotivity.my)
- <https://emotivity.my/the-reflective-resume-professional-stories-as-a-source-of-identity-and-meaning>

## References



- McAdams, D. P., & McLean, K. C. (2013). Narrative identity. *Current Directions in Psychological Science*, 22(3), 233-238.
- Savickas, M. L. (2005). The Theory and Practice of Career Construction. In S. D. Brown & R. W. Lent (Eds.), *Career development and counseling: Putting theory and research to work* (pp. 42–70). John Wiley & Sons, Inc.
- Savickas, M.L. (2020). Career construction theory and counseling model. In S. D. Brown & R. W. Lent (Eds.), *Career development and counseling: Putting theory and research to work* (pp. 165–200). John Wiley & Sons, Inc.