

IKIGAI

Training Modules: Pedagogy And Psychology For Career Counselling

Training of the future career guides including antifragility, mindset building, ikigai, career counselling tips and pedagogical approaches to career guidance.

Part 3

Introduction

"Ikigai" is a Japanese concept that refers to finding a sense of purpose and meaning in one's life, the term translates to "a reason for being" or "a reason to wake up in the morning."


It is often depicted as the intersection of four elements: what you love, what you are good at, what the world needs, and what you can be paid for. Applying the concept of Ikigai to career guidance can help individuals find fulfilment and purpose in their professional lives.





Competence Goals

Discovering your Ikigai is a discovering path to meaningful careers

- Understand the concept of Ikigai and its application in finding purpose and fulfillment in one's career.
 - Identify and explore the intersection of personal passion, skills, societal needs, and economic viability to define one's Ikigai.
 - Reiterate the significance of Ikigai in guiding career choices and fostering a sense of purpose.
 - Emphasize that a fulfilling career involves aligning personal passions and strengths with societal needs while considering economic viability.
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Duration and Contact Hours

Content (3 hours)

Activities and complementary activities (2 hours)





Content Framework

1. Understanding Ikigai:

Explain the four elements of Ikigai and how they intersect:

- What you love (Passion)
- What you are good at (Vocation)
- What the world needs (Mission)
- What you can be paid for (Profession)

2. Reflecting on Personal Passions

3. Identifying Skills and Strengths

4. Aligning with Societal Needs

5. Exploring Economic Viability

6. Finding Your Ikigai



1. Understanding Ikigai

4 Key Elements of Ikigai

The Japanese concept of "Ikigai" is often represented as the intersection of four key elements that can guide individuals in finding purpose and fulfilment in their lives and careers:

- | | |
|-----------------------------|------------|
| 1. What You Love | PASSION |
| 1. What You Are Good At | VOCATION |
| 2. What the World Needs | MISSION |
| 3. What You Can Be Paid For | PROFESSION |



4 Key Elements of Ikigai

1

What You Love (PASSION)

This refers to the activities, hobbies, and pursuits that bring you a deep sense of joy, fulfilment, and meaning. These are the things that you are passionate about and that energize and inspire you.

This is the foundation of ikigai, encapsulating the activities or pursuits that evoke a deep sense of satisfaction and enthusiasm. It is what you would engage in without expectation of external recognition or compensation, solely for the intrinsic pleasure it brings.



4 Key Elements of Ikigai



2

What You Are Good At (VOCATION)

This encompasses your natural talents, skills, and abilities that set you apart and contribute to your sense of accomplishment. These are the areas where you excel and feel a strong sense of competence.

This component is about the recognition of your innate aptitudes, skills, and abilities that have developed through dedication and practice. It is the area where you possess exceptional proficiency, and your expertise is valued and rewarded.

4 Key Elements of Ikigai

3

What the World Needs (MISSION)

This element involves understanding the needs of your community, society, or the world at large that resonate with your values and sense of contribution. These are the problems you feel compelled to solve or the ways you can make a positive impact.

This element encourages you to transcend personal boundaries and acknowledge the voids or challenges in the world that you can contribute to addressing. It involves recognizing the needs and concerns of society and the environment and striving to make a meaningful and beneficial difference.



4 Key Elements of Ikigai



4

What You Can Be Paid For (PROFESSION)

This final element refers to the opportunities where your passions, skills, and contributions are valued in a way that can sustain your livelihood. It's about finding ways to turn your Ikigai into a viable and rewarding career path.

This component integrates the previous three elements, allowing you to monetize your passion and expertise. It is where your vocation aligns with your passion, ensuring that your work is both financially sustainable and personally fulfilling.



4 Key Elements of Ikigai

Why is Ikigai relevant to career guidance?

The concept of Ikigai could be used to guide individuals towards purposeful and fulfilling career paths.

By exploring their passions, strengths, marketable skills, and societal needs, participants can make informed decisions that align with their personal purpose.

It is about the way to equip individuals with the tools and insights necessary to discover their Ikigai and navigate their career journeys with clarity, intention, and a deeper sense of fulfilment.



2. Reflecting on Personal Passions



Reflecting on Personal Passions

Identifying Your Passions

1. Reflect on Your Joyful Activities

Take a few moments to think about the activities that make you feel most engaged, energized, and happy.

What are you doing when you lose track of time and feel a deep sense of fulfillment?

2. List Your Top Passions

Write down your top three passions - the activities that you truly love and find deeply meaningful.





Reflecting on Personal Passions


Exploring Your Passions

3. Uncover the Reasons Behind Your Passions

Reflect on why these activities make you feel so happy and fulfilled. Is it the sense of accomplishment you get, the social interaction, the creative expression, or something else?

4. Identify the Common Themes

Look for the common threads or elements that make these activities so enjoyable for you. What is it about these pursuits that resonates with you on a deeper level?





Reflecting on Personal Passions

ACTIVITY

Write down few single words about the reasons behind your purpose and the common themes around your personal passion.

Imagine preparing yourself to share it with your peers by *'storytelling it'*.

Let's write a few lines starting like this:

When I'm doing XXXX I feel joy and I'm engaged because yyyyyy.



3. Identifying Skills and Strengths



Identifying Skills and Strengths

Identifying Your Skills

1. Think about what you are naturally good at.

What skills have you developed over time?

Write down your top three skills.





Identifying Skills and Strengths

Exploring Your Skills

2. Reflect on how you developed these skills.

Were they learned through formal education, training, or personal experience?

Write down on a Post-it at least 1 skill acquired through formal education

Write down on a Post-it at least 1 skill acquired through training

Write down on a Post-it at least 1 skill acquired through personal experience

Identify the skills that you enjoy using and those that you are particularly good at.

Rank the above detected skills by joy in using it

N.B. Keep the post-it for the next activities



4. Aligning with Societal Needs



Aligning with Societal Needs

1. Identifying Global Needs

Reflect on the problems or issues that you care about in the world. These can include environmental concerns, social injustices, or health issues.

Write down on a paper the specific needs that resonate with you.





Aligning with Societal Needs

2. Exploring the Impact

Consider how your skills, talents, and passions can be used to address these needs. Identify the areas where you can make a meaningful contribution.

Let's use the post-it from the previous exercise (ref. skills acquired) and place it in the paper about specific needs.

Let's find how they could be related and connected or better, look for the areas where your passions, skills, and values intersect with the needs of the world.



5. Exploring Economic Viability



Exploring Economic Viability

1. What the job market needs?

Reflect on the job market needs.

Research on the web the top job positions required in the market by titles, and skills.

2. Skills mismatch

What are the most in-demand jobs?

List the job positions found on the web that are more interesting from your point of view.





Exploring Economic Viability

3. Seeking Feedback

Talk to others about your reflections coming from the previous activities and mainly about the needs of the world and the job market that resonate with you.

This could be anything from environmental issues to helping others

Collect feedback and opinions



6. Finding your Ikigai






Finding your Ikigai

The Sweet Spot of IKIGAI

When these four elements intersect, you find yourself at the centre of your IKIGAI. This is the sweet spot where your passions, skills, the world's needs, and your potential for financial compensation all align. It's a place of profound purpose, where you feel deeply fulfilled and motivated to make a positive impact.

In this IKIGAI sweet spot, you experience a sense of flow, where your work feels effortless and rewarding. You're able to leverage your unique talents and strengths to address the needs of the world, while also earning a living that supports your well-being and financial security.

Discovering and cultivating this IKIGAI sweet spot is a transformative journey of self-discovery, exploration, and continuous refinement. It's a path that can lead to a life of meaning, joy, and lasting contribution.



Finding your Ikigai

Final activity:

1. Print the IKIGAI image
2. Use the Post-it from previous exercises or write down single Post-it referred to the single areas (What you love, What you are good at, What you can be paid for, What the world needs)
3. Place the Post-it close to the Ikigai image
4. Use a personal little object (meaningful for you) to refer where you are in the IKIGAI
5. Are you far from the centre?
6. If so, write on a piece of paper 3 actions that you could use to reduce the gap
7. Collect feedback and opinions from others by showing your Ikigai
8. Take a photo and periodically take a look and, if you think it is useful, revise it

Read more

Books

- Héctor García and Francesc Miralles, *Ikigai: The Japanese Secret to a Long and Happy Life*, Penguin Life 2017
- Ken Mogi, *Awakening Your IKIGAI: How the Japanese Wake Up to Joy and Purpose Every Day*, Experiment Llc 2018

Web links

- <https://iki-you.com/blogs/news/the-four-elements-of-ikigai-a-deep-dive>
- <https://modelthinkers.com/mental-model/ikigai>
- <https://www.calm.com/blog/ikigai>
- <https://6q.io/blog/guide-to-ikigai/>
- <https://www.mindtools.com/blog/what-is-your-ikigai/>
- <https://www.linkedin.com/pulse/career-planning-using-ikigai-strategy-janine-rix>
- <https://ieucg.eu>
- <https://ikigaitribe.com/ikigai-course/>
- <https://mentorcruise.com/blog/using-the-concept-of-ikigai-to-excel-your-career-and-improve-your-wellbeing/>
- <https://aventislearning.com/course/japanese-ikigai-purpose/>
- <https://www.peopleatheartcoaching.com/find-your-ikigai-online-course>
- <https://www.performance.edu.au/career-blog/how-to-use-ikigai-to-plan-your-career>
- <https://interviewtraininggermany.com/blog/recruiting-101-exploring-career-choices-through-ikigai>
- <https://ikigaitribe.com/ikigai-course/>
- <https://www.apolloadvisor.com/ikigai-guide-finding-your-purpose/>

Erasmus+ Cooperation
Partnership in Vocational
Education and Training

PROJECT NO. 2021-1-IT01-KA220-VET-000035649

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