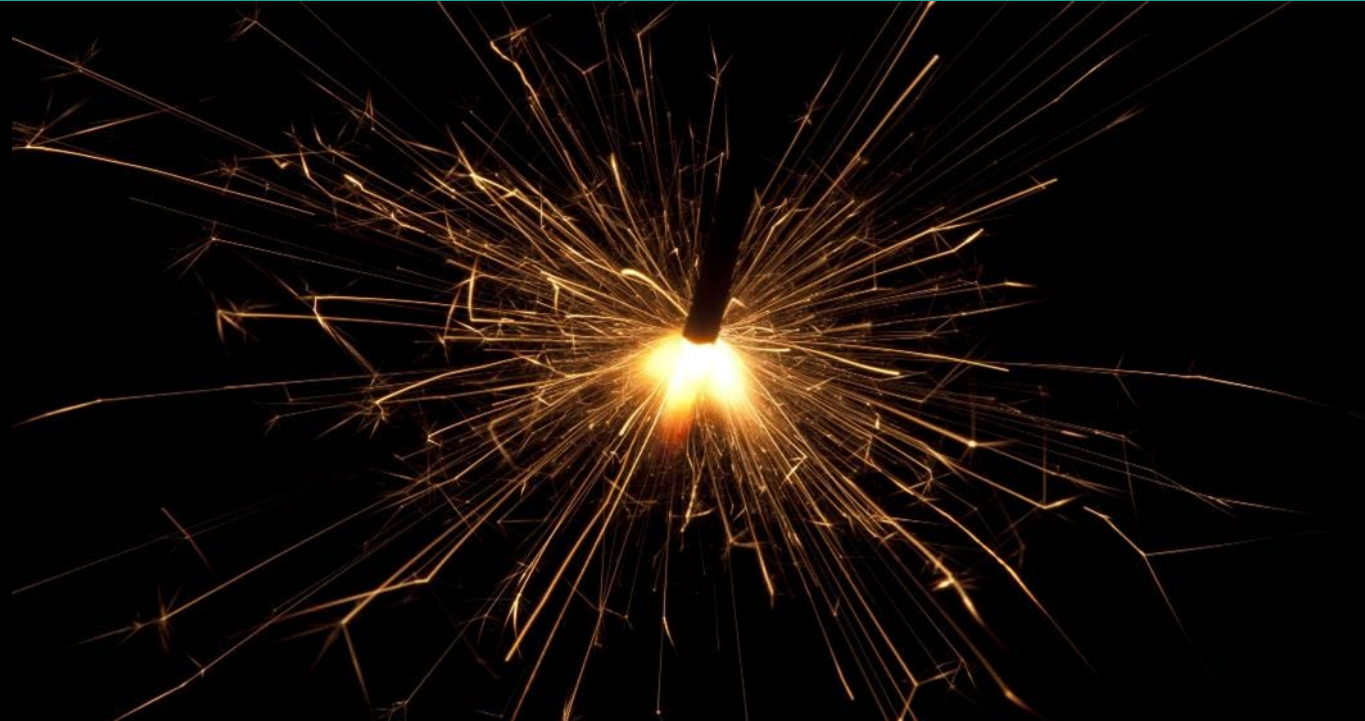


# Career Center: “Finding Your Spark”

**Self Discovery &  
Superhuman  
Museum Skills**



Brooke Evans  
Laurie Pasteryak  
NEMA 2022



# “Finding Your Spark” NEMA Conference Description

The COVID-19 pandemic and the “Great Resignation” compelled many of us to pause and take stock of our lives. How do we choose to spend our time? How much is our energy worth? What inspires us to get up every morning? What truly lights us up?

As museum and non-profit workers, we often identify with the idea of giving back to our communities. We're attached to the positive benefits of social good. We love our jobs. We are our jobs. However, what happens when the job doesn't love you back?

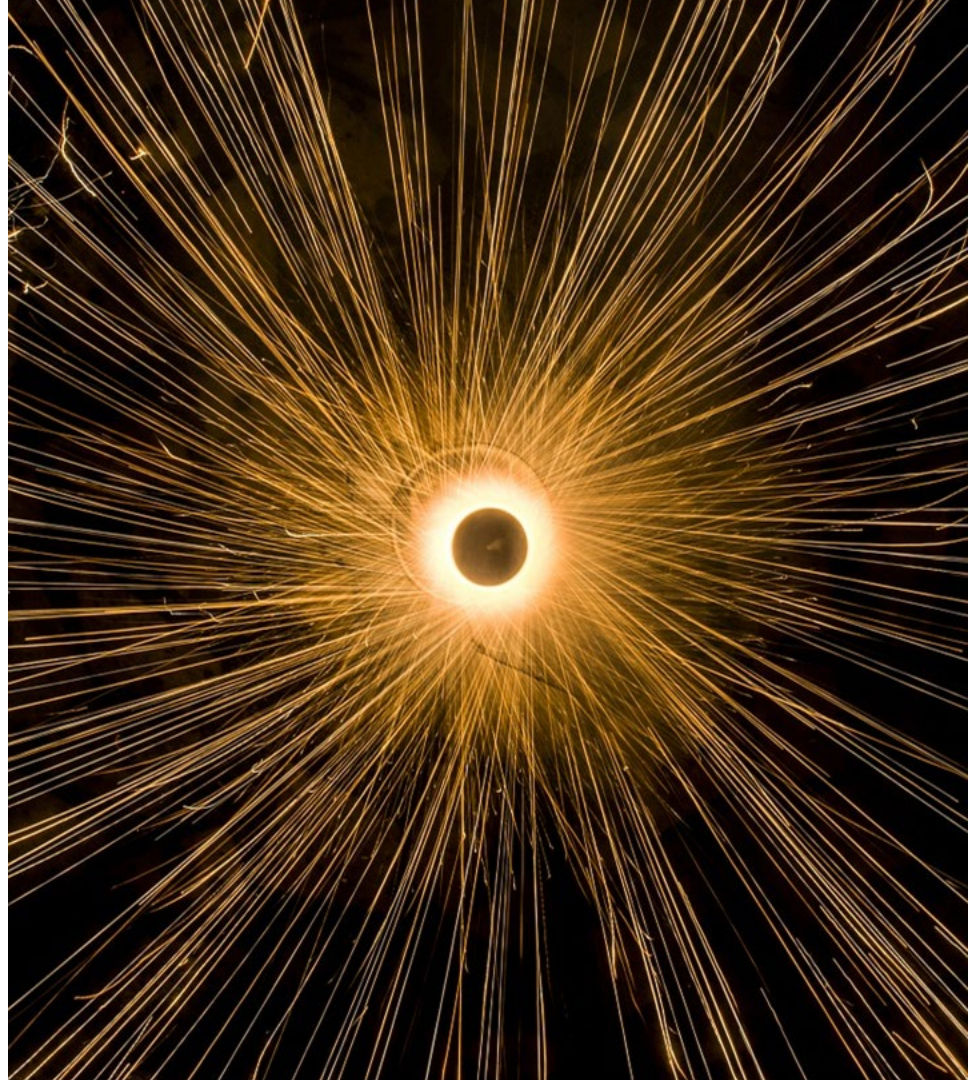
In this session, meet two museum-lifers who took stock of their lives and risked a career leap away from the nonprofit world (gasp!). Inspired by Jonathan Fields' book *Sparked* we'll highlight our personal experiences and how we aligned our personal values with our unique strengths to feel curious and empowered enough to reframe our careers. We'll discuss transferable superhuman museum skills, how you can recognize them, and how you can describe them for employers and hiring managers—whether you're in a museum and want to reframe your role—or you're feeling risky to take a leap into the unknown.

# Agenda

- Introduction
- *Sparked*& Your Sparketype
- Self Discovery: Questions from Sparked
- So, now what?



# Intros



# Brooke's spark journey...

## Questions I reflected on:

- What gets me out of bed in the morning?
- How can my career skills best be used?
- What values do I want to see reflected in the organization I work for?
- Who in my network can I reach out to?
- How can I work toward this goal?

# Where I landed...



Center for Visual Arts in Healthcare  
at Brigham & Women's Hospital

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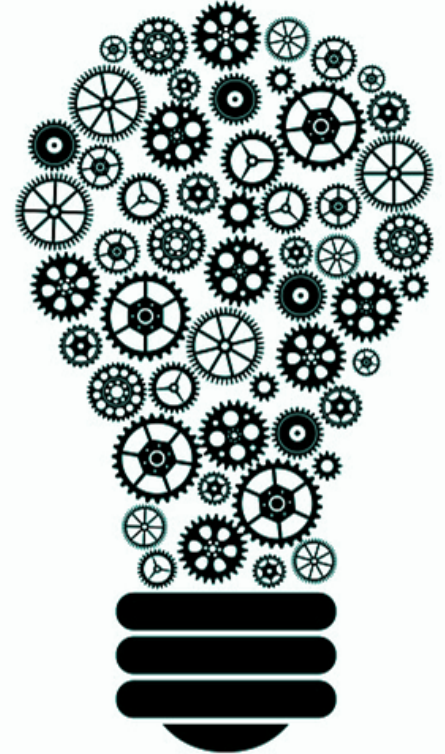
[CVAH Blog](#)



# Laurie's spark journey...

- **Saying “yes”** : created a career of varied experience, however not a true sense of what inspired me or a path forward
- **Burnout** : pandemic life changes, internal sense of ~~dis~~ease (languish)
- **Something new**: opportunity to learn, benefit of reflection time, & renewal
- **Support**: working with a mentor for personal reflection and career development
- **Coming home** what do I truly enjoy, and what do I feel like when I enjoy it?
- **With that lens** : what do I offer to the world that's unique?

# Where I landed...and where I'm heading next.





# Superhuman Museum Skills



# Superhuman Museum Skills

- Resourceful (do a lot with a little)
- Strong Communicators (customer service, storytelling, management, messaging, public speaking)
- Excellent Memories (we hold & store information)
- Relationship Management (we listen to the public, our donors, our community)
- Advocacy (why is what we do important)
- Organizational & Relational Systems (PastPerfect, Raiser's Edge, Gantt charts)
- Multitasking/Multiple Jobs
- Creativity/Design/Writing
- Project Management/Teamwork
- Budgeting/Fundraising

**SPARKED**



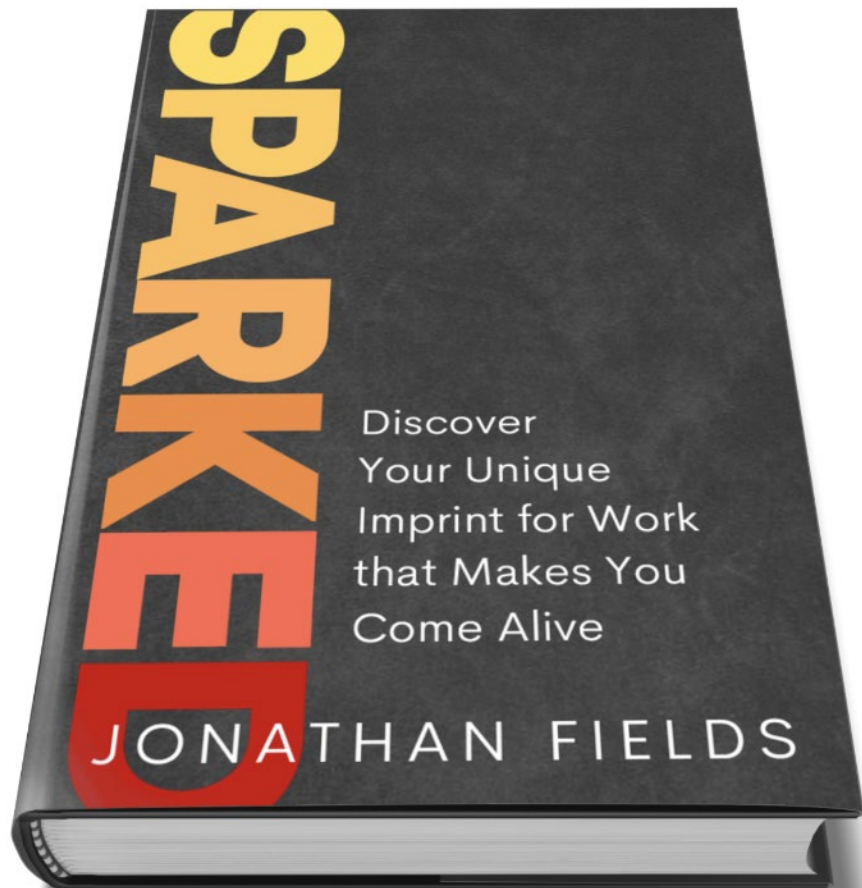
What am I  
here to do?

"SPARKED offers an invaluable, thought-compelling framework to help us understand ourselves, so we're better able to create happier, more productive, and more creative lives."

- Gretchen Rubin  
#1 NYT bestselling author of  
The Happiness Project



What is  
the essential  
nature of  
the work I'm  
here to do?

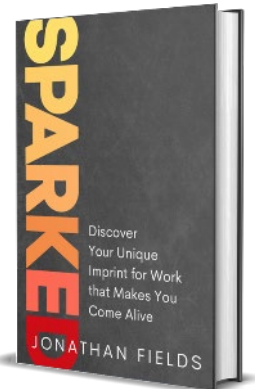


<https://sparketype.com/book>

# What does it mean to be *Sparked*?\*

1. **Purpose:** knowing you're moving toward something you believe in
2. **Engagement, Excitement, Energy, and Enthusiasm** for the pursuit of something
3. **Meaningfulness:** the feeling that what you do and who you are matters
4. **Expressed Potential:** the sensation of being fully you, leaving nothing untapped
5. **Flow:** the blissful experience of getting lost in an activity

\* *Sparked*, Jonathan Fields



# What does FLOW *feel like?*



Mihaly Csikszentmihalyi was a Hungarian-American psychologist.

He recognized and named the psychological concept of "flow," a highly focused mental state conducive to productivity; or the psychological state of optimal performance.

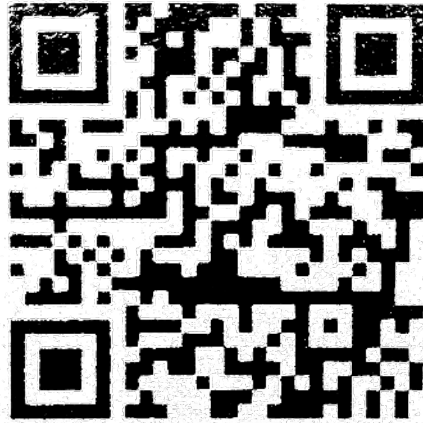
Adam Grant, "How to stop languishing and start finding flow," TEDMonterey

[www.ted.com/talks/adam\\_grant\\_how\\_to\\_stop\\_languishing\\_and\\_start\\_finding\\_flow](https://www.ted.com/talks/adam_grant_how_to_stop_languishing_and_start_finding_flow), 6:34 to 7:36

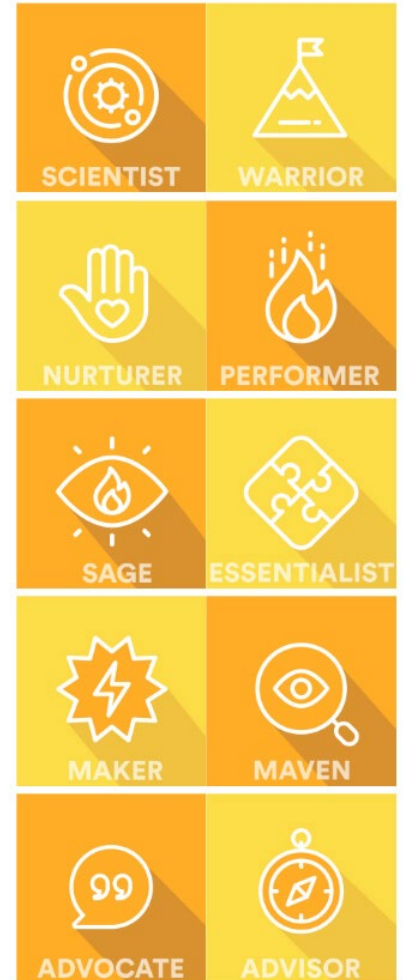
  
**SPARKETYPE**<sup>®</sup>

*\* Sparked, Jonathan Fields*

# What's your *Sparketype*?\*



<https://sparketype.com/assessment>



\* *Sparked*, Jonathan Fields



# Consider your life's activities...and answer below.



Paid work



Leisure, fun,  
and/or craft



Roles you've played  
(i.e. parent, volunteer)



Classes or  
areas of study

- What were the tasks you were doing when you felt most alive?
- What were the processes you were engaged in when you felt most alive?
- What were the topics, subjects or areas of focus you were focusing on when you felt most alive?
- What were the projects you were engaged in when you felt most alive?
- What were the tools/tech/platforms you were using when you felt most alive?

# Your Anti -Sparketype\*

What **drains** you? What does that feel like?

Acknowledging that **this is a real thing...**

What can you do to **recover**?

And what happens when you don't...?

*Remember...*

*we can't do everything and be everything for everyone.*



**meh.**

# Now what? Don't blow it all up!

What stories illustrate your superhuman museum sparktype skills?

How can you align more with your personal spark?

How can you approach your boss/supervisor with this information?

- Honest internal conversation 1st
- Examples of 1:1 approaches

How could you approach your coworkers/team with this information?

What now? Ignite yourself...

# Feel free to contact us...

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