



Finding Your Ikigai

Thursday - Feb 20th

3pm to 4:30pm

Contact peerworknetwork@vch.ca for the Zoom link

Something NEW *

Pick-up preview material of this entire presentation & supportive material

<https://spotlightonmentalhealth.com/peer-work-network-resource-list/>

Research this topic in advance, contribute to the discussion

and make this meeting truly interactive.

Pre-reading/research definitely not essential!

ikigai can serve as a powerful form of self-care

offering support and purpose during challenging times. By tapping into ikigai, individuals can discover a meaningful tool to navigate life's struggles and enhance their overall well-being.

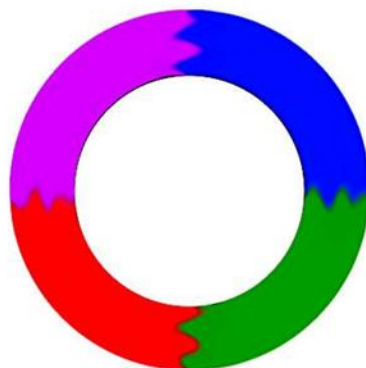
“For those unfamiliar with the ancient Japanese concept and philosophy of ikigai, it is about the lifelong discovery, appreciation and acceptance of who you really are – now – authentically, as gauged by what gives you joy, what you care about, and what is in your true nature.

Your Values:
What you care about
What you are grateful for

Your Pleasures:
Things that bring you delight
When/where you are joyful
Things that spark your curiosity
Things that spark your interest
How you like to play

Your Community:
Who/what/where/how you belong
Who/what you relate to
Your tribe
Your true place/home

Your Way of Being:
What you notice/pay attention to
(within yourself, & in the outside world)
How you are present in the world
Your true nature



Contrary to some business consultant’s perverse and simplistic misappropriation of the concept ... ikigai is not about the work you are meant to do, or finding your purpose, or about anything inspirational.”

Your Ikigai: A Self-Awareness Compass?
Dave Pollard – 2024

* This format is an experiment suggested by one of our PWN members during last month’s review meeting. Hey ... we listen!

A Consumer Involvement and Initiatives forum for all BC peer workers; including peer support workers, peer facilitators, peer navigators and CIF project leads



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