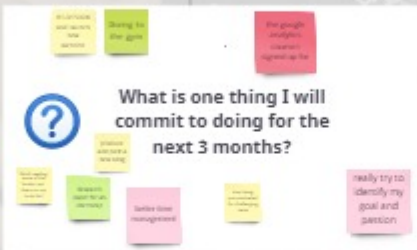


THE PASSION PROJECT

Transitioning into Work You Love

What is one thing I will commit to doing for the next 3 months?

Staying fit
The growth mindset concept
really try to identify my goal and passion
I will read 10 books on leadership



What are you hoping to learn tonight?

dream holiday location
What are the most interesting facts about...
The history of the...
The science of...
The benefits of...
The importance of...



Questions? Park them here!

What did you think...
How do you...
Why did you...
Does everyone...
Why is finding...
What would you...
What can you...
What are the...
What is the...
What is the...
What is the...



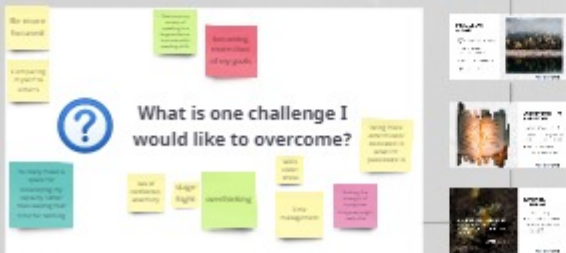
Why is it hard to find your passion?

I don't know...
I'm not sure...
I don't have...
I'm not...
I don't...
I'm not...
I don't...
I'm not...
I don't...
I'm not...



What is one challenge I would like to overcome?

the stress...
Lack of...
Lack of...
Lack of...
Lack of...
Lack of...
Lack of...
Lack of...
Lack of...
Lack of...



What may be interesting to learn about that you've never tried learning before?

Fishing
Renovating
Skiing
The guitar
Judo and...
Skiing
Renovating
Fishing
The guitar
Judo and...



What capacity would you like to develop more of?

Music
Data analysis
Water sport coach
The Internet
EQ
The guitar
Judo and...
Skiing
Renovating
Fishing
The guitar
Judo and...





THE PASSION PROJECT TRANSITIONING INTO WORK YOU LOVE

Dr Jack Tsao

Faculty of Medicine HKU



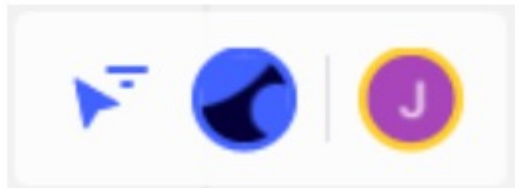
COMMONCORE
THE UNIVERSITY OF HONG KONG

THE JOURNEY THROUGH MIRO

GUIDELINES

- Be respectful to others when commenting on the board
- Participate and share
- Have fun!

Please download the Miro app if you are joining with your mobile phone: <https://miro.com/apps/>



LOGIN DETAILS



[https://miro.com/app/board/o9J_I0zJmVU=/
/](https://miro.com/app/board/o9J_I0zJmVU=/)

dream holiday location



What's your dream setting?

1. Click on the sticky note icon in the menu on the left side of your screen
2. Select a sticky note, then click on a photo to place your note
3. Type your name on the sticky note.



Look for
this icon
in the
menu

THE PASSION PROJECT

WHAT IS IT?

Workshop series to:

- Help you explore and uncover what your passion is in life
- Encourage and inspire you to pursue your dreams
- Develop capacities to further that passion

Talks given by thought-leaders, entrepreneurs, industry professionals, innovators, and dreamers, covering a range of topics from life-planning, sharing of success stories, relationships, and self-development.

We would love to hear your ideas on how we can make the workshops more useful for you.





What are you hoping to learn tonight?

how do you find the courage to keep transitioning till you find what you love

how can I find one single passion/ career to pursue when I'm interested in so many things? And time is limited

How do you transition from one industry to another? Especially ones that do not necessary match the academic qualifications you have

Shall I try to pursue things I wish to do in life or follow what most people do after graduating college?

how to confirm your passion

Getting Insights from Experts on How To Take My Passion and Fulfil on it.

how can I find my passion

How do I come up with a feasible idea to start following my passion

How do I narrow down / figure out the industries I want to get into?

Turning passion from idea to action/achievement.

How to find the courage to start and follow your passions

How do I make my passion into a sustainable career field?

How do you figure out which passions to pursue and when?

what should I focus on/ aiming other than getting too obsessed with grades



Questions? Park them here!

How did you transition from someone shy who didn't know how to communicate to being able to teach others about communication and leadership?

how to tell the difference between my passion and stuff i'm interested in

How/why did you come to HK?

Why did you enter finance? Was it for the money?

Why did you get into fashion?

About the job search: focus on quantity and a broad search, or a focused, narrow search?

What made you think getting into business banking was a mistake?

How do I ensure I'm not spreading myself too thin when exploring?

Do you have any advice for developing communication skills?

Why did you get a PhD? Were you expecting/trying to go into academia?

How do you know when it's time to leave a role and search for a new one?

Does everyone have a passion? or some people just don't

Why is finding your passion important?

How do you go about doing large career transitions?

Do you think you would've taken biochemistry if it were not for your parents?

At what point should I give up on one passion, in terms of pursuing it as a career?

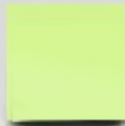
What is your advice for building meaningful, authentic relationships with others? Especially pertaining to work relationships



Pad



Pad



Pad



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TONIGHT'S JOURNEY

WHY IS IT HARD TO FIND YOUR
PASSION?

DEVELOPING OUR CAPACITIES

RELATIONALITY

OUR POTENTIAL

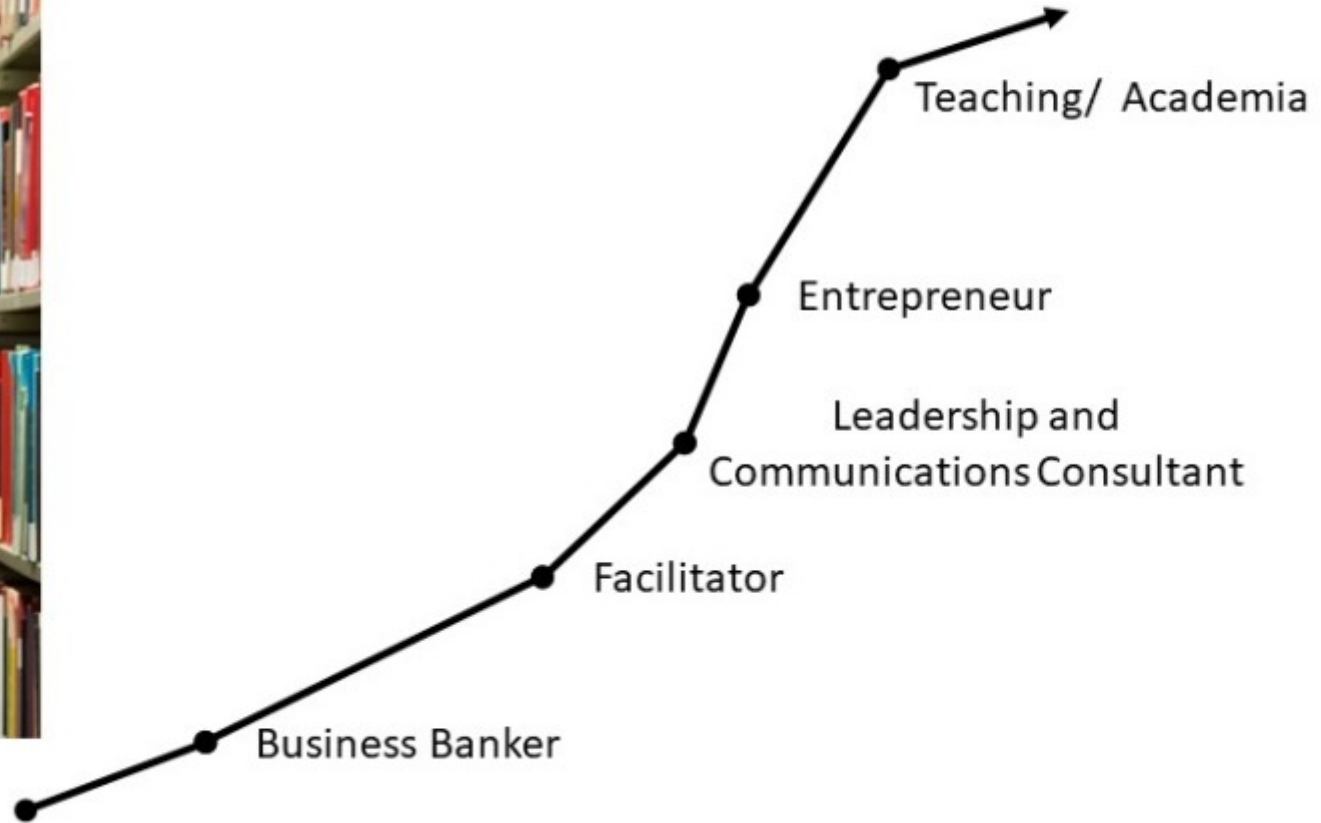


THE PASSION PROJECT

MY BACKGROUND



Undergraduate Student
Science (Biochemistry) / Economics





We are not honest with ourselves

I never got to explore what my passion is



not sure if the transition will work!

Not sure if my passions can become a money earning job.

And not sure if my talent is there.

My interests are conditioned by social expectations

To find your passion, there is an element of experience: but it's a huge investment to take the leap and get into something you don't necessarily know you'll enjoy

not good at sth im interested, but not interested in sth I can do, so dunno what should I focus



Why is it hard to find your passion?

will it get money?

sometimes the idea of passion is different from actually pursuing it! it might not be that fascinating

because it's hard for you to be sure of it being your passion?

My interests are based on my parents' expectations. I don't really have a passion of my own

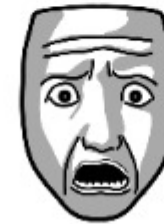
need to financially support yourself

how to tell the difference btw my passion and stuff im just interested in

how can i determine if something is my passion?



People have busy everyday lives, too tired to think and explore their passions.



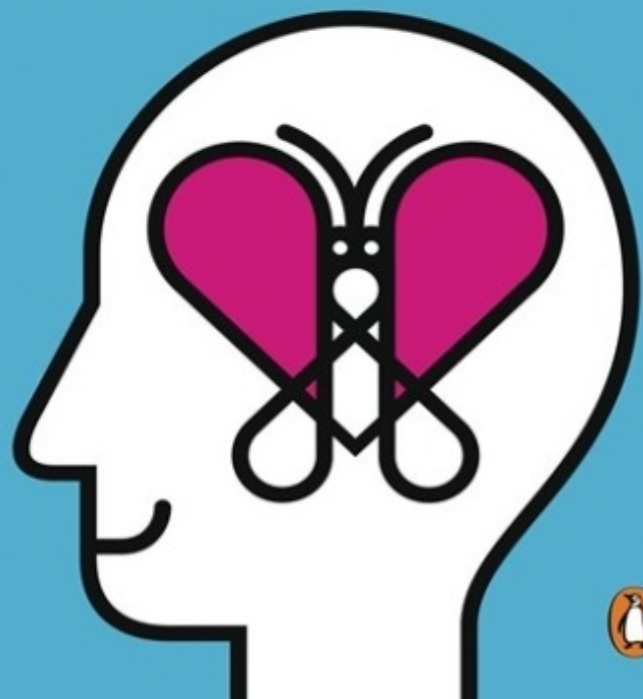
Look for this icon in the menu

The Element How Finding Your Passion Changes Everything

———— 'Happiness really is within your grasp' *Guardian*

Ken Robinson

———— with Lou Aronica



LIMITATIONS TO FINDING OUR PASSION

1. Limited understanding of our capacities.
2. Limited understanding of how all these capacities related to each other holistically.
3. Limited understanding of our potential for growth and change.

Influenced by our relationships, culture, expectations of ourselves, and our education.

THE PASSION PROJECT



DEVELOPING OUR CAPACITIES



CREATING SPACES

- Opportunities do not always arise in our everyday lives to discover or develop what we are good at.
- Need to actively seek out and create these spaces.



EXPLORATION

- Messing around with different things. Accumulate and diversify your passions.
- Self-discovery of your passion period is valuable.
- Do stuff and make mistakes.
- Always be active doing stuff and meeting people. Discovering your passion comes from doing.

CULTIVATING DIFFERENCE

- Told to suppress your nature when you start your career.
- Passion economy vs widget economy
- Searching for authenticity.
- Rewarded for finding your passion and what sets you apart from others.
- Give up stability and clarity of your job.



The Passion Economy

The New Rules
for Thriving in
the Twenty-First
Century

**Adam
Davidson**

Cofounder, NPR's Planet Money

FINDING OUR WEAKNESSES

- Weaknesses can act as signposts to identify your passions.
- Starting from a position of weakness can be a source of strength.
- What 'medium' do you need to develop?



THE PASSION PROJECT



HUMILITY TO LEARN

- Danger if you start feeling you already know all there is to know.
- Literature through history warning of hubris.
- Pay attention and listen to people as if they have something to teach you.



data
analytics

presentation
skills

water
sport
coach

**What capacity would you
like to develop more of?**

Music

Tea
brewing

EQ

Leadership
Skills

social
skills

the skill to
identify and
correct my
mistakes

interpersonal
skills in a
social context



Look for
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menu



RELATIONALITY



PLACE IN THE WORLD

- World is complex and interdependent. Disciplinary boundaries are blurred.
- How do you fit into this world?
- Matching passion to the economy



LAUREN BERLANT

CRUEL OPTIMISM

CRUEL OPTIMISM

“A relation of cruel optimism exists when something you desire is actually an obstacle to your flourishing.”

- Attachments to unachievable fantasies of the good life – upward mobility, job security, durable relationships, political and social equality – despite the rapid changes to our society.
- Doing what everyone is doing but expecting a different result.

THE PASSION PROJECT



TOUR VS MAP KNOWLEDGE

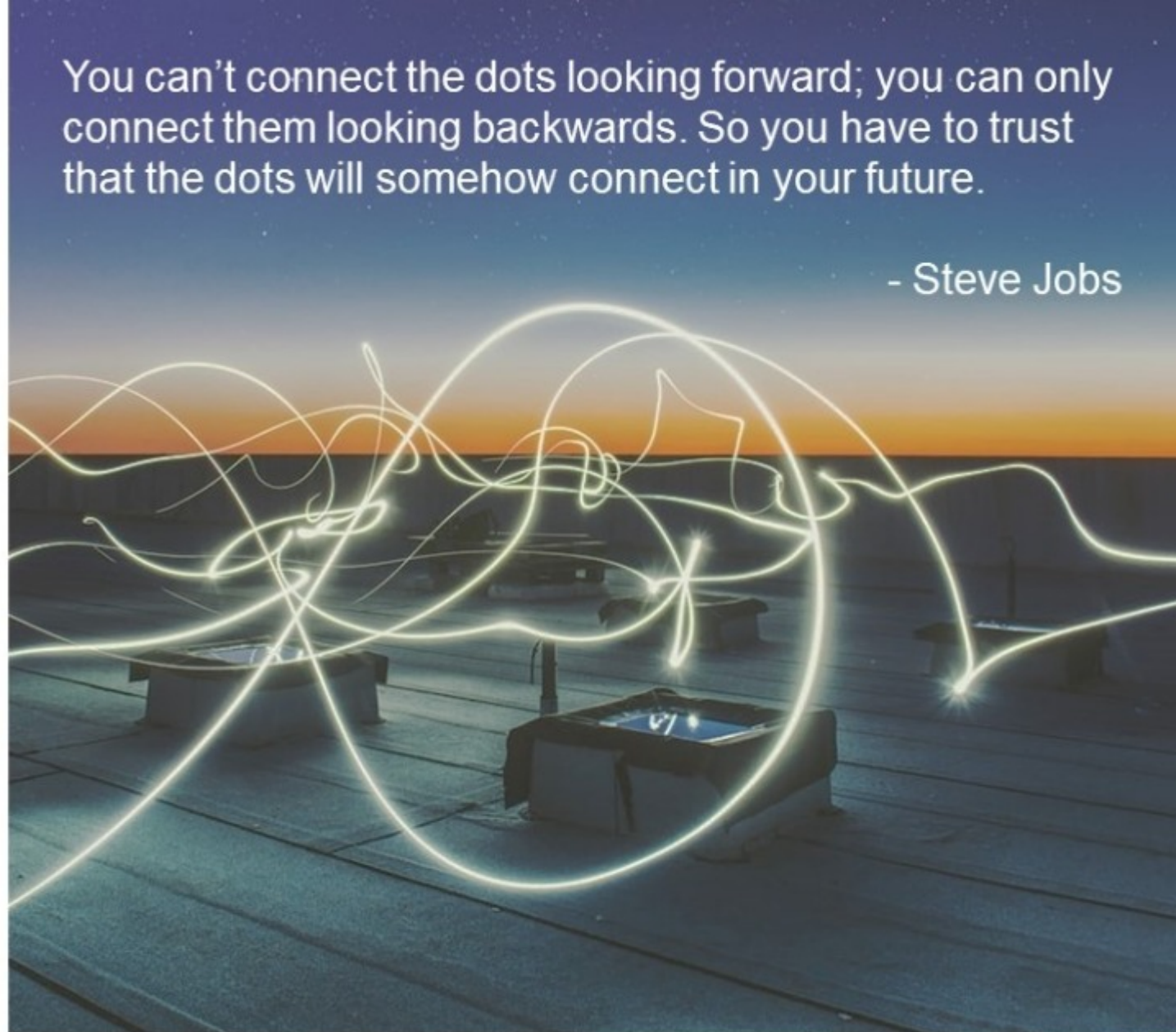
- Tour (or topographical) knowledge – operational, recognize directions of another, take prearranged route and vague understanding of final destination.
- Map (or topological) knowledge – see the bigger picture, familiar with territory, sense of direction, knowledge of nodes & pathways to desired destination, awareness of alternative routes. Explorers and cartographers.

CONNECT THE DOTS

- Life rarely follows a logical or linear progression.
- Passions will form from intersections of unlikely interests and capacities.
- Carving out unique path and combination.

You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future.

- Steve Jobs



MY BACKGROUND



Undergraduate Student
Science (Biochemistry) / Economics



Filming

robotics

Painting

Archaeology

philosophy

organizational
development

Positive
Intelligence

**What may be interesting to
learn about that you've
never tried learning before?**

Chinese
literature

journalism

surfing

AI
marketing

renovating

skiing

the guitar

guitar
and
ukelele



OUR POTENTIAL

RENEWAL AND CHANGE


- Not like there's something inherent that is waiting to be unlocked. There is no perfect path.
- Turning points or epiphanies.
- Our passions may evolve over time.
- Can take pieces from the past and (re)create yourself from past experiences and networks.
- Stupid choices will eventually lead to redemption or a better outcome.



OUR PERSONAL LIFE NARRATIVES

- Stories (either fictional or non-fictional) are a way to make sense of the world.
- Passion is a story. Need to learn the vocabulary and how to tell your personal story to others and more importantly yourself. Be a storyteller of your value.
- Invites dialogue and self-reflection.
- Agency and communion with others.





Sometimes when you're in a dark place you think you've been **buried**, but you've actually been **planted.**"

- Christine Caine

NECESSARY SUFFERING

- Part of the process of change
- A sign you are shifting to a new paradigm
- Letting go before you are forced to let go
- The beautiful idea that we can sacrifice the present for the future



What is one challenge I would like to overcome?

Be more focused

Comparing myself to others

Overcome my anxiety of speaking to a large audience. Improve public speaking skills.

becoming more clear of my goals

being more determined/ dedicated in what I'm passionate in

to really make a space for developing my capacity rather than wastng that time for nothing

lack of confidence, assertivity

stage fright

overthinking

work under stress

Time management

Finding the strength of trying new things we might really like

KEY TAKEAWAYS

- Be curious and explore beyond your subjective limitations. Go acquire different types of knowledge and skills, you won't know where it will take you.
- Everything you learn and experience will connect somewhere in the future.
- Wherever you are, the potential for renewal and change is always present.



RE-DESIGN
and launch
new
website

Going to
the gym

the google
analytics
course i
signed up for



**What is one thing I will
commit to doing for the
next 3 months?**

produce
and post a
new song

Finish reading
some of the
books I put
down on my
to-do list!

Research
paper for an
internship

better time
management


stop being
procrastinated
for challenging
tasks


really try to
identify my
goal and
passion



THANK YOU

Love to hear from you!

 JACK TSAO

 jtsao@hku.hk

THE PASSION PROJECT

Transitioning into Work You Love

What is one thing I will commit to doing for the next 3 months?

really try to identify my goal and passion

ask my manager for advice

ask my friends for advice

ask my family for advice

ask my colleagues for advice

ask my boss for advice

ask my mentor for advice

ask my coach for advice

ask my teacher for advice

ask my friend for advice

ask my partner for advice

ask my child for advice

ask my pet for advice

ask my dog for advice

ask my cat for advice

ask my horse for advice

ask my bird for advice

ask my fish for advice

ask my plant for advice

ask my rock for advice

ask my tree for advice

ask my mountain for advice

ask my river for advice

ask my ocean for advice

ask my sky for advice

ask my earth for advice

ask my universe for advice

What are you hoping to learn tonight?

dream holiday loc a ton

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ask my rock for advice

ask my tree for advice

ask my mountain for advice

ask my river for advice

ask my ocean for advice

ask my sky for advice

ask my earth for advice

ask my universe for advice

Questions? Park them here!

How did you transition from college to work? Why didn't you know how to be successful in the workplace?

How to tell the difference between the passion and what you're interested in?

Does everyone have a passion? Or some people just don't?

Why is finding your passion important?

How can you get started with your passion?

What are some of the most common reasons people give up on their passions?

How can you stay motivated when you're not seeing results?

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How can you stay motivated when you're not seeing results?

What are some of the most common reasons people give up on their passions?

How can you stay motivated when you're not seeing results?

Why is it hard to find your passion?

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ask my ocean for advice

ask my sky for advice

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ask my universe for advice

What may be interesting to learn about that you've never tried learning before?

ask my manager for advice

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What capacity would you like to develop more of?

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