



MAIN FINDING SHEETS

# CO-RESEARCHING YOUR FUTURE

GRADUATION PROJECT  
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# RESEARCH OUTCOMES

## MAIN OVERALL FINDINGS-SHEETS

A lot of data was gathered over the research activities. Everything was analysed in order to draw conclusions out of the results.

Out of these outcomes five main findings are shown in the next pages, where recurring concluding elements throughout all the research done are clustered and visualized.

The five main findings are stated in the following keywords and can be recognized by the given colors:

- #1 Motivation (green)
- #2 Choices (purple)
- #3 Eye-opener (blue)
- #4 Self-actualization (pink)
- #5 Guidance (orange)

The findings were translated to sheets showing the relevance of each and also show different ways to apply the findings into future design(s). All of the main findings were backed-up with striking quotes from different research activities. The activities that formed the basis for each of the main findings are shown in the table that can be found below in figure 1.



Figure 1 Main findings research activity grounding.

The main findings are grounded on mainly the career-lifelines perceived perspectives of the participants of these research activities. Yet it has to be mentioned that the findings can easily be notified into overall-lifelines as well. Especially ICPs (the main participants of the research) do not seem to divide work and life in their lifelines. Professional and personal matters are all overlapping and interwoven, or at least crossing at several points in their lives. The level of stress is also interwoven to the perceived negativity of a certain phase in life. See figure 2.

All of the main findings are somehow connected to each other, are overlapping or a cause for another, and can also be put in a circular system.

For example: being motivated (#1) to make a choice (#2), having had an eye-opener (#3) of some sort, to create personal growth (#4). Admitting you need some help to do so permitting to let you be guided (#5).

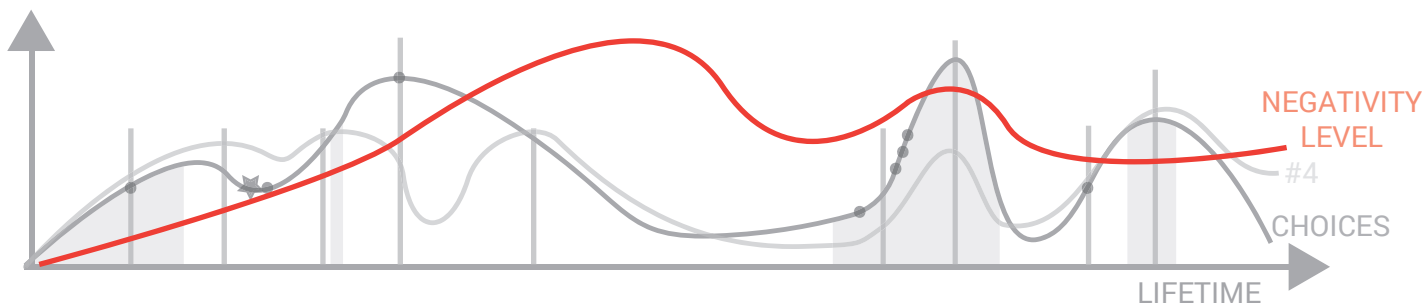
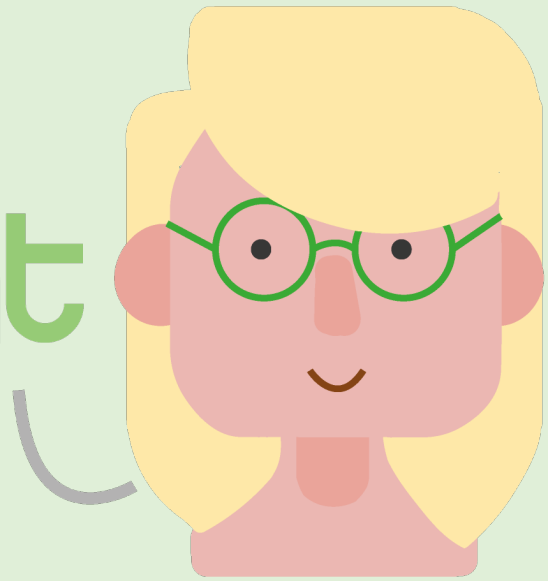


Figure 2 Moments in life.

Extra note: the colors of the different main findings have nothing to do with the colors of the Trinity installation (chapter 06: Final design) since they were set up in an earlier stage of the project.

# #1 MOTIVATION

"Why I  
love what  
I do.."



## GET INSPIRED

Getting inspired helps people to be motivated to continue with their work or start a new project.

- WONDER, ADMIRE & INSPIRE
- INTRIGUE



"Curiosity  
always  
wins."

"I love to  
show  
people  
another  
world."

"No day is  
the same,  
it's fun and  
surprising,  
that's nice!"

## FEELING MEANINGFUL

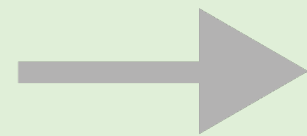
Having the feeling that one is needed for their knowledge, skills and/or advice

- **BEING APPRECIATED**

Creates a feeling of value and happiness.

- **CONTRIBUTE**

Adding something to the development of others or cultural heritage. Contributing also creates a bonding towards others, what leads to motivation towards creating and showing meaning of the input.



## THINGS TO ACHIEVE

Having a goal to work towards.

- **GROWING**

By overcoming something challenging and to grow towards new opportunities.

- **INTERESTED**

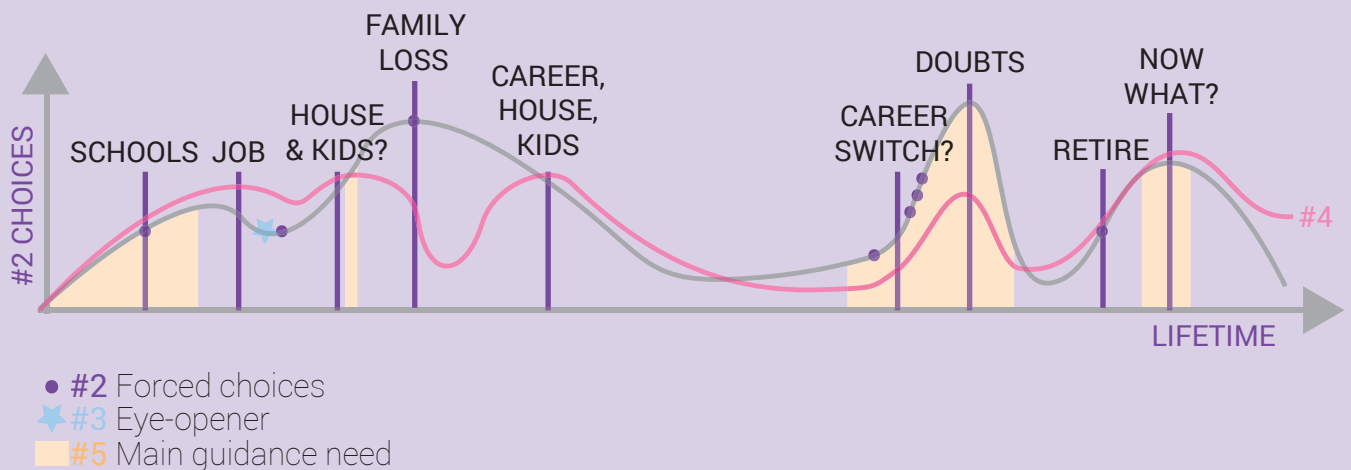
Variety, versatility. Avoid boredom.

# # CHOICES

Making choices, or the lack of doing so, in life is found to be hard. What if you make the wrong one? It has a lot of influence on your life and well-being. The moment one makes choices and the way in doing so is found to be of great importance.

## STAGES OF LIFE

Having different phases in life, different moments of choice can be found. The impact of these (amount) of choices are different over these phases.



## DIFFERENT WAYS

There are many different ways, be it positive, negative or just neutral, in making decisions.

### • NOT MAKING CHOICES

Leaving others to make decisions for you, often leads to not being satisfied with the path taken.

### • RAPID DECISIONS

Rapid nearly always means not thought-through.

### • CREATING ASSURANCE

Choose to invest in yourself, as well as in others around you.

## WHEN THEY ARE FORCED

A moment where a choice has got to be made, are most of the time caused by a certain #3 eye opener or an negative situation.

"I realize now that I really have to think about it"

"Otherwise, I would never have done it!"

"And all of a sudden, you're facing the facts."

"PLAN B? I DON'T EVEN HAVE A PLAN A."



# #3 EYE-OPENER



The moment one makes a choice is often led by a certain point in life where someone or something interferes.

"The  
moment  
I knew.."



## FIRST ACCEPTANCE IS NEEDED

Facing the fact something has to change is just as important as facing where one is capable of in order to know which direction to go.

**"Believe in yourself and in your potency."**

**"Facing your own qualities."**



## IT HAPPENS WHEN..

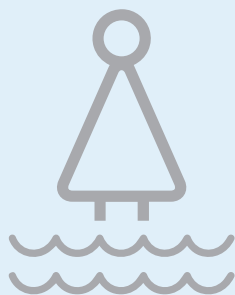


### DIFFERENT ROLES IN ONES LIFE

- Parent
- Lover
- Mentor
- Companion
- Colleague

Where eye-openers are often found to be people in the lives of the ICPs, be it in different roles, they are close enough to care and dare to speak up and may also when a failure has occurred.

YLOS might have the same role, interaction, with ICPs in the form of an orchestrated moment.



## DARE TO FAIL

### • COURAGE

When change is about to come, you need to find the courage to actually take the step.

### • OPEN UP NEW WORLDS

You don't know if you want it until you try.

### • GROWING

By reflecting on yourself and your earlier decisions, you can find strengths and weaknesses, set-up (new) goals and strike things off.

**"You will get there, even if it is with a detour."**

# #SELF- ACTUALIZATION

(The highest level of Maslow's Hierarchy of needs, 1962)

ICPs desire to become actualized in what he/she is potentially. Self-actualization could be measured through the concept of peak experiences; when there are feelings of euphoria, joy and wonder.

## PERSONAL GROWTH

The market shows that people nowadays need to improve themselves and develop skills along their career.

A different market could be tapped into with their combined new and old knowledge, or a change of career is necessary because of age.

"Reflecting on what happened helped me further"

"I want to become better in what I do"

"You should never stop learning"

"You can help others when you know what you're capable of"

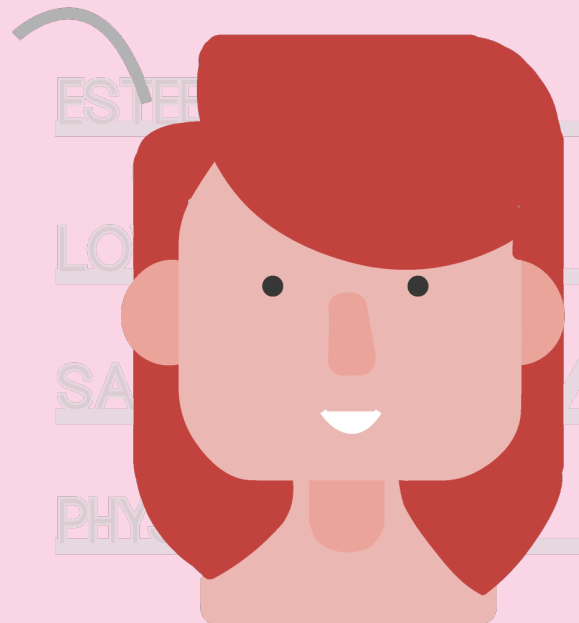
SELF-ACTUALIZATION

ESTEEM

LOVE

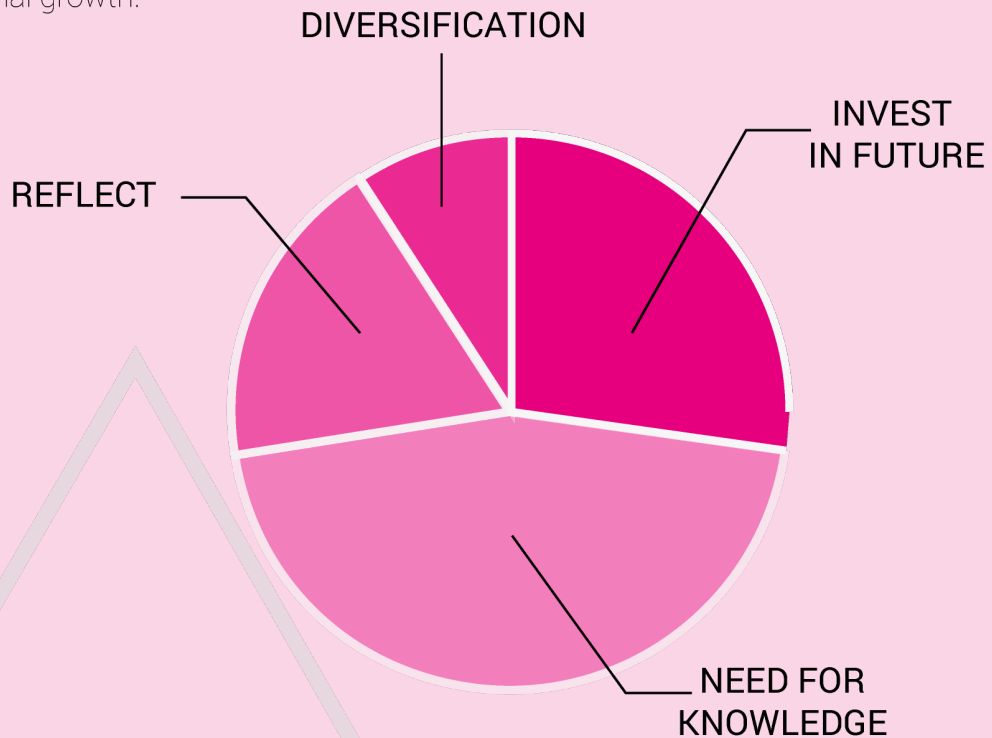
SAFETY

PHYSICAL



# HOW TO IMPROVE..

The different ways ICPs mentioned to achieve personal growth.



## HEADING TOWARDS

- **INDEPENDENCE**

Becoming adult, taking responsibility and making your own decisions. Where any help from outsiders isn't necessary.

- **PROFESSIONALITY**

Ever improving your skills and knowledge helps staying or becoming professional.

- **NEW CHALLENGES**

Growing into a new function or job.

- **CONTRIBUTION**

Adding things to the community and/or context, leaving a trace behind.

# #5 GUIDANCE

How one can help ICPs in finding their own way to self-actualization is by offering guidance where one can have the feeling of making their own choices and taking their own new paths.

## NEED FOR STRUCTURE & INFORMATION

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- **MENTORING**

Somebody to help with finding the knowledge. So one doesn't need to dig into all information available but can learn the (road to) the answer from someone with the knowledge.

- **PROFESSIONALIZE**

Learning to manage all information (or lack of it) on your own helps one to grow in their job.



# #HOW

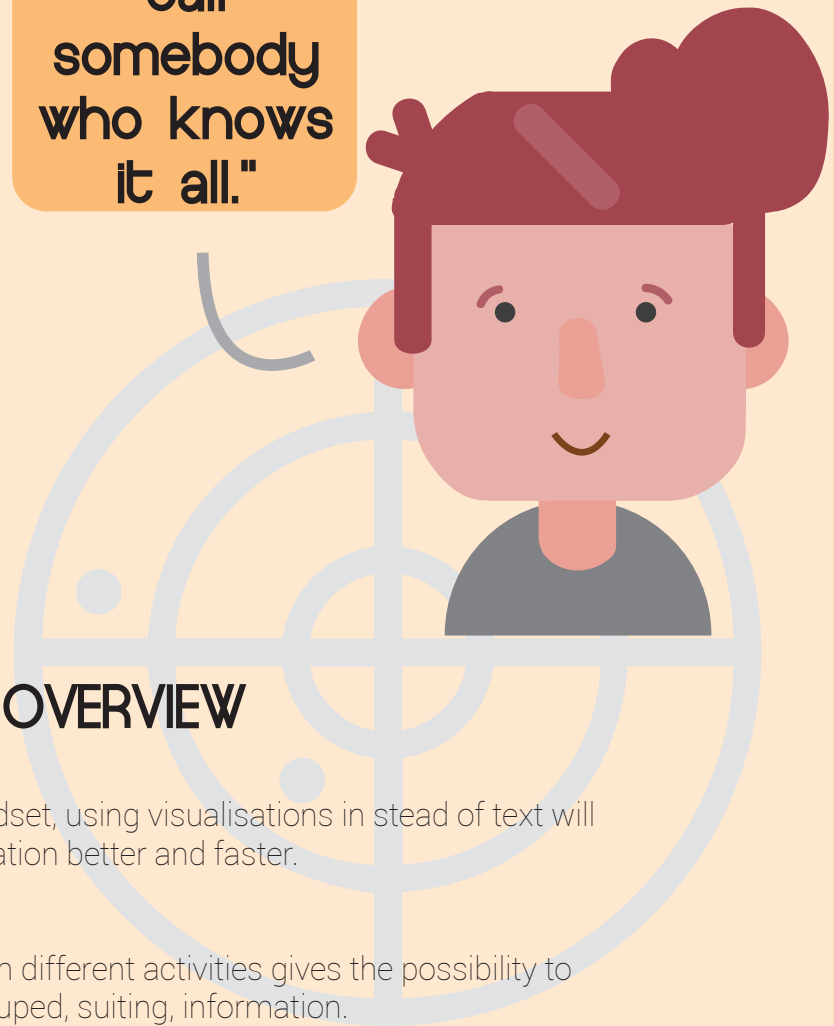
## MUST BE EASY ACCESSIBLE

One should be able to find information easily without having to spend much effort and time.

"I don't know where to look, or where to go"

"I wish I just could call somebody who knows it all."

"Transparency would help the sector in understanding."



## GIVE A QUICK OVERVIEW

- **VISUALIZE**

Having a strong visual mindset, using visualisations in stead of text will help understanding information better and faster.

- **THE USE OF COLORS**

Adding colors to match with different activities gives the possibility to communicate different grouped, suiting, information.

- **FAMILIARIZE**

Something familiar will lead to more interest and therefore better understanding. Keep it close to the people involved.

