

OWHE

OREGON WOMEN
IN HIGHER EDUCATION

April 2018

EMPOWERMENT, EQUITY, AND ADVANCEMENT FOR ALL WOMEN IN HIGHER EDUCATION.

Hello Mutual Mentors!

This month, we're talking about inspiration. We all go through times of energized motivation and times of boredom or apathy. Why does this happen? Do we recognize patterns in our own feelings of inspiration?

Monthly Check-in – Begin this month's meeting with the *Monthly Check-In Guide* in your handbook.

Handbook Activity – The activities this month focus on bringing awareness to what inspires you and brings energy to your work. By taking time to notice what sparks energy in us, we can adjust our habits and our environments to bring about inspiration without consciously thinking about it. For example, do you love being outdoors, but you work in an office without windows? Consider getting a small plant to put in your line of vision on your desk. Change your screensaver to a picture of a recent hike you took. Small changes can create unconscious shifts that spark happiness, tranquility, and motivation.

Conversation Topics – As a supplement to the activities in your handbook this month, consider discussing the following::

- When you're having a busy week, how do you stay engaged in the things that matter most to you?
- Does inspiration come naturally to you?
- What little changes could you make to alter your environment and make it more inspirational?
- What books, podcasts, or articles have sparked your inspiration lately?

For more inspiration, check out the resources to the right.

Happy mentoring!

-OWHE Director of Professional Advancement



Resources

Our self-talk and mindset impacts our inspiration. Learn about the difference between the [Learner Mindset and Judger Mindset](#).

What is [inspiration](#)?

Need some inspiration? Check out these [12 motivational quotes about education](#).

[Avoiding job burnout](#) in academia

Have a great resource you'd like to share with the group? Let us know! mentorship@gmail.com.