

1: The Quarter-Life Breakthrough

The Quarter-Life Breakthrough is the ultimate field guide to living life on your own terms and creating meaning in your work." —Dan Schawbel, New York Times bestselling author of Promote Yourself and Me

The Quarter-Life Breakthrough Adam Poswolsky had his quarter-life crisis and has come out on the other side happier, healthier, and ready to help people who have experienced the same numbing uncertainty that caused him to leap in the first place. Along with several foundations he has dedicated his time to, he wrote a book dedicated to the generation of millennials and provided insight on what they can offer the world if they only listen to their hearts. I visited his webpage which is a cornucopia of inspiration for all ages and not simply millennials seeking guidance. It includes his mapped out journey, unique videos of his story, inspiring works of literature, fellowship programs, funding opportunities, along with places to meet like-minded individuals. WITI is proud to have him lead one of our Panels on the last day of our Annual Summit, and I was happy to get the opportunity to speak with him. One of the most interesting things was his take on speaking engagements and how WITI is going to be a different experience for him. Tell us how the WITI summit will be different for you and in what regard? Generally, when I speak it is me telling my story. In this way, I will be working with a group of amazing millennial women. I am excited to see what they are going to say. It is going to be spontaneous and heartfelt. In some ways, I think it is more relatable to those of us who are just starting. How do you feel that will help the audience? It will help the millennials who come to the panel realize they can do what they are reaching for. It creates less of an illusion to visualize those of similar stature, who are completing amazing tasks in the light of day, for all of us to see. The three women on my panel make success seem attainable and real. I also hope to show employers who have millennial employees with fresh ideas to embolden the worker to their full potential. Is there going to be a specific goal for your panel or an overall theme we could look for? We are going to improv a lot of it. I have some scripted questions to get the ball rolling, but after that, we want to focus on spontaneity and the idea that audience participation will guide our questions. The theme will be following your right path. I woke up every morning with pain in my back at the age of I heard praise about the kind of work I was doing from my peers and my fellow employees and it was an impressive job and yet, there was no joy in it for me. It was after I started talking to others who were my age I realized I was not alone. I recognized so many of us were unhappy with our choices, it was overwhelming, and scary and there were many reasons not to leap over for ourselves. But, I knew that I was going to have to make a change. Was there one thing specifically that inspired your change, or were there guideposts which led up to you leaving your unhappy life to find existence within a better one? I was afraid to leave my job because I had loans, and life bills aka, rent, etc. I came across the nonprofit Starting Block which is a foundation that brings together five institutes each year through social media. There I met Debbi Sterling, the creator of Goldie-Blox , a company dedicated to helping young girls to become more interested in building and engineering by using construction toys to boost confidence and advocate spatial skills. Her story inspired me first and foremost. As a woman in the engineering field, a graduate of Stanford University, she took what she enjoyed most and twisted it with something she believed in to create her type of career. It helped me see that I would be able to do such a thing as well. How soon after you started finding your inspirations and like-minded peers did you start to make a change for yourself? I started my new path in I am a self-starter, and once I had the idea, there was no stopping me, even if I was scared. I created vision boards which you can see on my website to help map out my plan and then, I moved to San-Francisco to build the life I always wanted and never knew I could have. I got a job with a non-profit company and did volunteer work and nonprofit work until I struck out independently with my book in I realized what I was doing was not portrayed in a positive light by our society, but I wanted to change that. Seventy percent of people who hold careers are disengaged from their jobs. When they do that they are robbing themselves of the impact they could have on the world. Your website sends out seamless messages with an abundance of resources provided by you on the internet. Do you feel that social media has helped create your journey at a faster pace, and if so, how do you create the juxtaposition from helpful to wasteful? Social media is a pivotal step in success for

anyone today. In embracing the idea of social media, it is important to create boundaries for oneself. It is easy to become distracted. What I do is only post information I hope will be valuable. By this, I mean interviews, articles, foundations, smart quotes. I like to think of it as using it in my favor. There are many time traps when dealing with the internet if healthy boundaries are not established the work will not get done. It will merely be an escape from a life which will continue to leave the individual disengaged. On that note, if people are having a difficult time trying to find the right path, the internet can be helpful. Places such as Meetup. However, meeting in person is where the magic happens. There is a specific kind of connection which is created only by face-to-face initiatives. Online is great to find people, but once you have found them, it is important to get together and explore ideas in person. What would you like your parting words to be about your panel? But I am excited to have these people who are showing that they are doing things. Millennial women are shaping the future. I want to show millennials how to be productive with their ideas and show employees how to utilize the millennials to the best advantage. Adam is a millennial workplace expert, motivational speaker, and bestselling author of *The Quarter-Life Breakthrough* and *The Breakthrough Speaker*. He empowers millennials to find meaningful work, and helps companies attract, retain, and engage their employees and foster inter-generational collaboration in the workplace. Adam speaks at Fortune companies, conferences, associations, business schools, and leadership retreats. Kara Zone is a professional writer, editor, and graphic designer. She is the managing editor of WITI. She is a critical thinker and builds departmental systems for companies to use when structuring organizational systems.

2: The Quarter-Life Breakthrough | Adam Smiley Poswolsky | | NetGalley

*The Quarter-Life Breakthrough [Adam Smiley Poswolsky] on www.enganchecubano.com *FREE* shipping on qualifying offers. An inspiring career guide for twenty- (and thirty-) somethings to get unstuck, pursue work that matters and change the world.*

I was hoping for something more lasting and less transitory. The authors says, "The journey to find meaningful work never really ends. He went broke and lived with parents twice since college. The book contains examples from several people in their 20s and 30s who changed jobs in search of meaningful work. Meaningful work provides personal meaning, reflecting who you are and what your interests are; allows you to share your gifts to help others; provides a community of believers that will support your dreams; and is financially viable given your desired lifestyle. The author says, The goal of this book is to help you find purpose for work, work that makes you come alive and feel excited to start your day, even on a Monday morning. Just strategize where to move and land. Each jump gets you closer to what you want. Instead of trying to find your purpose, learn it. Pay attention to how you feel about what you see. Pay attention to your motivations. Take advantage of opportunities when they present themselves; thoroughly explore career options to get closer to who you are, what you value, how you want to help others. Define Meaningful Work Very few people have only one purpose or calling. Our purpose changes throughout our lives as our circumstances change. Where Your Heart Resides What do you love about yourself? How are you different from your friends? What makes you, you? Who do you want to show up as every day? What memories do you have of when you were a kid? What is your most sacred memory of spending time with a grandparent? What do you really like to do? What do you absolutely hate doing? When was the last time you were really happy? When was the last time you cried? What Moves You What do you care about? What gets you fired up? What social issues are you most passionate about? What injustice infuriates you? What challenge is worthy of your time? What types of articles do you find yourself posting on Facebook? What personal life experiences have shaped your beliefs? What happened that made you change the way you see the world? Instead of your passions, look at your unique gifts strengths and skills and interests to guide you to meaningful work. Think about things you were really good at as a kid, in high school, and in college. These are your unique skills and strengths. For the remaining items, in what areas do you need to deepen your knowledge? What classes, books, experts could help? Pick one thing on that list and explore concrete ways to improve that skill. Community In order to do your best work, what types of people do you want to surround yourself with? What type of culture reflects your personality and your interests? What are you looking for from your supervisor, team, co-workers? Fill in circles with what you want. Star most important items. You may not be able to find overlap of all 4. Better advice than "do what you love" is "serve the people you love. Contact those making waves in your interest areas, to learn directly from them. Meet new people, explore new organizations, create new experiences, embrace the unknown. Take a rapid prototyping approach to your career. Use short-term entry-level experiences, side projects, crowdfunding campaigns to test assumptions about career interests.

3: The Quarter-Life Breakthrough: A Book for Millennials in Search of Meaningful Work - Culture-ist

The Quarter-Life Breakthrough provides fresh, honest, counterintuitive, and inspiring career advice for anyone stuck in a quarter-life crisis (or third-life crisis), trying to figure out what to do with your life. Smiley shares the stories of many twenty- and thirty-somethings who are discovering how to work with purpose (and still pay the bills).

What did you major in at Wesleyan and how did that influence your career path out of college? Did you always know or at least think you knew! If so, were you surprised when that belief was challenged by your actual experience? I majored in film studies at Wesleyan, so after graduation I moved to New York City and worked in film production for two years as a location scout and production assistant. The hectic film sets, the massive trucks, the brutal hours and long nights, the stressful months of pre-production, the crew members chain-smoking on set; it seemed out of sync with why I loved studying film at Wes, which was my interest in film as a medium for social change. The film major at Wes teaches you how to make movies, but more importantly, it teaches you how to craft a compelling narrative; it teaches you about perspective and persuasion. Was there a single ah-ha moment that inspired you to write *The Quarter-Life Breakthrough* or was it a gradual realization? I was working as the special assistant to the director of global operations at the U. Peace Corps in Washington, D. I had a good salary, health care, benefits and job security you literally cannot get fired from working for the federal government – and this was in through , in the aftermath of the recession. I felt guilty for wanting to leave a job that everyone else thought was awesome. Finally, in , I attended a social innovation fellowship program called StartingBloc, where I met lots of young entrepreneurs and change-makers who were chasing their dreams. So, after months of saving up enough money, I left my job, moved to San Francisco and started writing about career fulfillment. The blogosphere always talks about finding your passion, which oversimplifies the challenges of finding meaningful work. What if my passion is to start a yoga studio in San Francisco, but there are already 54 yoga studios on my block? I recommend millennials think less about what they love, and more about how they can serve the people they love – more about their purpose: How they can impact the lives of others. If you move beyond passion, and instead find the patience to keep learning about yourself, and the persistence to keep going when obstacles come your way, then even if you switch jobs every few years, your journey will be filled with many meaningful, life-changing opportunities. Finding meaningful work takes time. Four years is a long time. There have been many bumps along the road and times when I wanted to quit. People talk about how millennials are always job hopping – they never stick around for too long. Millennials, on average, are leaving their job every two to three years. This means that some of us will have as many as 20 or more different jobs in our lifetime. But the truth is that rapid changes in technology and the job market have made all employees job-hoppers to some degree; the average employee of any age is leaving their job about every five years. The corporate career ladder model is dead. We need to innovate college career departments and corporate HR departments to keep up with this new economy, which is more flexible and in flux than ever before. We need to prepare our employees for an uncertain and unstable job market and give them the skills, training and tools to succeed across disciplines and job titles. What are millennials looking for in their careers? What are the most important job benefits to millennials? How are they different than previous generations, for better or for worse? In the next ten years, millennials will make up nearly 75 percent of the workforce. We are the purpose generation. Other generations also rank meaning as a top factor in determining workplace engagement – millennials are not the only ones looking for meaningful work, everyone wants to make an impact with their work. Yet so many companies fail to put purpose and people at the top of their agenda, and instead focus too much on profit. Then they are surprised when millennials want to quit their job. If you want to engage your employees, give them an opportunity to make a lasting social impact. How is this different from the long-established career ladder mindset? Your roots may be driving you to do one thing now, but that thing may change in five years. I think a lily pad mindset is more relevant in a new workplace that requires embracing instability and recalibrating our career paths. Instead of climbing a career ladder that might not be around in five years, I recommend you treat your career like a lifelong experiment. Every job, every experience, every place you

travel is a chance to learn something new about yourself: The lily pad mindset recognizes that careers are not linear; they are fluid and always growing. Or does that change—and is that okay, too? How is that possible?! It makes me sick. As a writer and a creative, your work is always evolving. I think that growth is the sign of a healthy, vibrant work life. The thesis is that mastery leads to fulfillment. If you want to have a fulfilling career, become really good at something. My advice to others, especially career changers or folks looking for a new job, is to focus on your community. Surround yourself with people who believe in the beauty of your dreams. Find the networks, meetup groups, conferences, fellowship programs, classes and support groups that offer inspiration, accountability and connections to get you where you need to go.

4: The Quarter-Life Breakthrough by Adam Smiley Poswolsky | www.enganchecubano.com

The Quarter-Life Breakthrough has ratings and 31 reviews. Chad said: The most valuable parts are the exercises. The rest wasn't very helpful. The mai.

HPB condition ratings New: Item is brand new, unused and unmarked, in flawless condition. No defects, little usage. May show remainder marks. Older books may show minor flaws. Shows some signs of wear and is no longer fresh. Used textbooks do not come with supplemental materials. Average used book with all pages present. Possible loose bindings, highlighting, cocked spine or torn dust jackets. Obviously well-worn, but no text pages missing. May be without endpapers or title page. Markings do not interfere with readability. All text is legible but may be soiled and have binding defects. Reading copies and binding copies fall into this category. Mint condition or still sealed SS. Absolutely perfect in every way. No defects, little sign of use, well cared for. Not necessarily sealed or unused, but close. Could be an unopened promotional or cut item. Will show some signs that it was played and otherwise handled by a previous owner who took good care of it. Attractive and well cared for, but no longer fresh. Minor signs of wear, scuffing or scratching, but will play almost perfectly. This item is in okay condition. Obviously well-worn and handled. Most vinyl collectors will not buy good or below, but some tracks on CD or vinyl will play. This movie is unopened and brand new. No defects, little sign of use. No skipping; no fuzzy or snowy frames in VHS. Attractive and well cared for but no longer fresh. Minor signs of wear, but will play almost perfectly. This item is in okay condition and basically works well. Basically plays, but may be obviously well-worn with some scratching or tape distortion. Disc or tape is intact, but may be scratched or stretched. There may be skips or distortion or product defects. Sign up for bookish emails And get a coupon for your first purchase.

5: The Quarter-Life Breakthrough, by Adam (Smiley) Poswolsky | JewishBoston

The Quarter-Life Breakthrough provides fresh, honest, counterintuitive, and inspiring career advice for anyone stuck in a quarter-life crisis (or third-life crisis), trying to figure out what to do with your life.

Flash back to The clock strikes three in the morning and the room is dark, silent, and dormant, all except for the man lying awake in the middle of his bed. Despite the physical exhaustion, he mentally prepares himself to get up for work in a few hours. He repeats to himself what his parents and friends have said to him numerous times before: He just has to get up and continue to work to keep all of it. Adam Smiley Poswolsky, author of *The Quarter-Life Breakthrough* knows the feeling well—he was that very man with a seemingly perfect job that actually caused crippling insomnia and even, at one point, shingles. Two years ago, he was stuck in a rut, working a job that was perfect on paper, but invariably imperfect in practice simply because doing what he did at work was what he knew he did not want to do with the rest of his life. This mindset is one that has been inculcated into the minds of every millennial growing up in the US: But the reality is that a 70 percent majority of Americans feel unfulfilled in their jobs. In February he attended a social innovation fellowship program called StartingBloc, where he met people of a similar young age who were also trapped within the confines of mediocrity—of settling—but who were making conscious efforts to break free. The overwhelming support from his peers was ultimately what gave Smiley momentum to pursue his own ambitions: From that venture came *The Quarter-Life Breakthrough*, the book for millennials written by a millennial. I wanted to understand their motivations and how they defined meaningful work. The term is deceptively simple, merely ten letters on a page, yet its definition is undoubtedly nuanced, complex, and ever changing depending on the context of its usage. Hence, Smiley recommends starting small. Start with a small, easily achievable baby step: If you want to learn a new skill, sign up for an online class or read a book. For example, starting a new business as a side project in addition to a current job will enable you to save money while testing the waters to see if you truly enjoy being an entrepreneur. After all, you will never know the full scope of your interests unless you try new things. However, Smiley acknowledges that even after discovering what it is you want to do with your life at the moment, it is inevitable that you will change—people change, whether they intend to or not. But change does not have to mean flitting from job to job, accommodating every little shift in interest. The speed of innovation changes the job market so quickly that people are forced to learn new skills and to have multiple careers. A helpful tip from Smiley to navigating the tumultuous job market is to accept and, importantly, to embrace being a life-long learner. He suggests constant self-reflection, asking yourself if you are engaged with your work and if your work allows you to make the impact that you are uniquely capable of making. He highlights that everyone is different; everyone has unique financial and personal obligations. And that balance will shift along with your shifting priorities as you grow older and gain new responsibilities. In both cases, work is very important, but balance shifts from one case to the next—which is perfectly okay. Who are you living for? How much money do you actually need? Is it more important that you wake up every day doing work you care about or making an extra few thousand dollars? How can you do work that pays you well and is meaningful? Her penchant for reading at a young age has fostered her current passion for writing, particularly writing with vivid imagery that captures her own experiences and resurrects them in the imagination of the readers. Beyond believing in the transformative power of a good story, she harbors a deep love for food, whether that means eating, cooking, or baking. Especially because of the ever-changing scope of foods sold in the Taiwanese night markets she visited every summer growing up, Amalissa enjoys being adventurous, constantly trying new dishes unless seafood is involved.

6: Most Important Lessons Learned From The Quarter Life Breakthrough - Under30CEO

The Quarter Life Breakthrough has so many helpful pieces. It's validated many of my own feelings of needing a breakthrough and I'll be listening to it again soon. I like the simplicity of the book and the activities that it has.

THE QUARTER-LIFE BREAKTHROUGH pdf

7: Buy The Quarter-Life Breakthrough - Microsoft Store

Comes now a book, THE QUARTER-LIFE BREAKTHROUGH, written by a fellow Millennial. The author, Adam Poslowsky (who prefers to be called "Smiley") is a young professional who paid attention as he worked through the daunting process of re-inventing himself.

8: Poswolsky â€™05 Pens The Quarter-Life Breakthrough | News @ Wesleyan

Fr33 D0nwL04d The Quarter Life Breakthrough: Invent Your Own Path, Find Meaningful Work, and

9: The Quarter-Life Breakthrough by Adam Smiley Poswolsky

Adam Smiley Poswolsky is a millennial workplace expert, keynote speaker, and the bestselling author of The Quarter-Life Breakthrough, a career guide for millennials to find meaningful work.

Formulating an urban passenger transport policy Great adventures in the southern Appalachians Italian Verbs For Dummies Introductory biophysics New conquest of central Asia Today I am a clown Mechanical design synthesis Grand Opera House, London, Ontario Edit change font color Essential Truths of the Christian Faith Chuck klosterman fargo rock city Strategic planning for the successful business Reticuloendothelial system in health and disease Excellent mystery Check and Double Check Phonics Advances in mathematical modeling and experimental methods for materials and structures Sahlis Tuberculin Treatment: Including a Discussion of the Nature and . Effective recruiting strategies Fir filter design by window method Security+Fast Pass The World of Human Sexuality When God doesnt defend The Cheap Wood Companys price list of ironmongery. Roundtable learning 9. Ungendering in Art and Academia Making the right stock investments King Kong Kitchie Ambivalence as alternative to non-attitudes as explanation for unstable responses in attitude surveys Organizing civil society Cross-national studies of the quality of education Medieval readings of Romans Coming Attractions 5 The Tale of Jeremy Vole (Riverbank Stories, Book 1) No more cold calling The Mosquito Wars The sacred alliance of reactionaries Do one and one make two? TH TIEDONHALLINTA OYJ Guide to Audits of Local Governments, Set The norton anthology of poetry fifth edition