



# Becoming You

Crafting the Authentic Life You Want and Need

## COURSE OVERVIEW

"Becoming You" is a transformative guide that navigates students through the intricate journey of discovering their ideal career path—one brimming with opportunities, personal meaning, and societal impact. It emphasizes the concept of finding your 'Area of Transcendence,' where your exceptional skills, core values, and lucrative opportunities converge. While this might seem straightforward, many bright and driven individuals often find themselves in accidental and stressful careers rather than deliberate and joyful ones.

The course utilizes exercises, assessments, and activities to provoke self-discovery in career paths. It encourages students to reflect on their past experiences, aspirations, fears, and unfiltered dreams, as well as consider their lifestyle preferences and entrepreneurial potential. It incorporates analytical tools, surveys, team activities, writing tasks, and insights from diverse career professionals. The culmination is a capstone project where each student identifies their 'Area of Transcendence' and devises a roadmap for their present and future endeavors.

## COURSE DETAILS

- > Location: NYU Stern
- > Cost: \$3,800
- > Faculty: Professor Suzy Welch
- > Certificates: NYU Stern Certificate in Becoming You
- > Learn More: <https://execed.stern.nyu.edu/products/becoming-you>

## PROGRAM TAKEAWAYS

### Values Assessment

Analyze unique life values for individual self-identification and growth planning.

### Aptitude Recognition

Assess individual intellectual and emotional strengths for optimal skill utilization.

### Economic Passion Mapping

Identify personal emotional and intellectual motivations for economic growth opportunities.



Executive Education

44 West 4th St, Suite 4-100  
New York, NY 10012  
+1 (212) 998-0789

ExecEd@stern.nyu.edu | [execed.stern.nyu.edu](https://execed.stern.nyu.edu)

### WHAT PAST PARTICIPANTS ARE SAYING ABOUT EXECUTIVE EDUCATION



*"The training exceeded all my expectations... all the exercises/ breakouts perfectly reinforced the content in a fun and practical way and made it easy to connect with other participants in a meaningful way."*



*"I am happy to report that this program at NYU has been extraordinary from start to finish... [including] clear communication and formatting of the content, excellent support, and much more."*

### EXECUTIVE CERTIFICATE PROGRAM BENEFITS

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Whatever your career progression, partner with NYU Stern Executive Education to position yourself for lasting success.

> **Immediate Applicability.** Courses are designed to equip participants with relevant theory, tools and frameworks in key business areas. Update your knowledge in new areas of business to stay competitive in today's market.

> **Academic Excellence.** Led by full-time NYU Stern faculty, our Executive Education courses offer program participants immediate access to current thought leadership across disciplines and functional areas.

> **Career Progression.** Courses provide the tools and confidence to make the shift from individual contributor to leader. Learn to create your vision, develop successful strategies and communicate effectively.

> **Network of Executives.** Take advantage of the opportunity to network with executives from around the world and across industries who are working to develop their skills with NYU Stern Executive Education.

### ENTERPRISE LEARNING

NYU Stern Executive Education also provides company-wide learning and development solutions that are tailored to address specific goals and challenges within your organization. Contact us at [execed@stern.nyu.edu](mailto:execed@stern.nyu.edu) to learn more.

### ABOUT NYU STERN

Located in the vibrant heart of downtown Manhattan, NYU Stern is a leading research institution at the global center of business and culture. Our faculty members, including three Nobel laureates, are deeply engaged in cutting-edge research to discover new ways to identify and predict the drivers of success in global business.



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