In Memory of Dr. JoAnn Harris Bowlsbey

Creating a More Meaningful Life

Ready to Start Your Online Coaching Course?

Success Mindset - What Is It and How Do You Get One

The MCDA Mission
The Maryland Career Development Association's (MCDA) mission is to promote a forum where career professionals network and share resources to ensure the quality of career services to the standards of the National Career Development Association.
Many MCDA members remember Dr. JoAnn Harris Bowlisby who passed away at age 88 on April 11, 2022 in her home in Finksburg, MD. Married for 34 years to Dr. Stan Bowlsbey, a dean of graduate studies and professor of education at what is now McDaniel College, she spent a large part of her life in Maryland and influenced many of our career professionals. She is best known as creator of DISCOVER, a computerized career planning system, which was purchased by ACT, Inc in 1982. She ran the development of DISCOVER in Hunt Valley until she retired. A prolific writer, she co-authored Career Interventions in the 21st Century, with Dr. David Reile and Dr. Barbara Suddarth and a popular textbook for career development students called Essential Elements of Career Counseling: Processes and Techniques co-authored with Spencer G. Niles and Norman E. Amundson, among many other books and manuals. She developed a career facilitator training program in Japan and worked for Kuder for many years post-retirement. She was a Past President of NCDA and received its Eminent Career Award.

**MCDA Newsletter|MCDA.org**
Creating A More Meaningful Life

When we spend our lives merely surviving, life can start to seem a little empty and pointless. Nevertheless, this is exactly how many of us live: we work for eight hours or more a day and then we come home feeling too tired and exhausted to do much of anything with our time. So, we sit and watch TV. The same thing repeats and repeats and the most excitement we have is a holiday once a year to look forward to. Is that really living? Here are four simple changes that can make your life more meaningful.

Learning: Constantly learning is a great way to give life more meaning and direction. Ultimately, one of the things that the brain craves most is growth. If it isn’t challenged to learn and grow, then it will shrink and we will become set in our ways. Make it your job to constantly be learning new skills and pursuits. That can be related to your career, a hobby, or even a new language!

Relationships: Likewise, relationships are one of the things that we really need to be happy. If you don’t have meaningful relationships, then you’ll have no one to share your experiences, your challenges and your triumphs with. A truly ‘meaningful’ relationship goes beyond friends of friends that you only ever meet in a group. This is someone that you can have a deep heart-to-heart with and who has a long and storied history with you.

Challenge: What’s also necessary for life to feel meaningful is challenge and to some extent, risk. Have you ever been in a situation that was truly life and death? Or perhaps that put you in a situation where you were close to accomplishing something truly amazing?

These are the moments that the brain focusses and engages with the world. These are the moments when we learn and when we realize the worth of what we have. It puts things in perspective and creates stories. Don’t shy away from the things that scare you!

Travel: Finally, everyone should seek to have some travel in their lives. This doesn’t mean you have to backpack across the dessert – but simply being able to experience new sights and new people is important to keep your mind open and your experiences varied. If you don’t have the budget to go away, then come up with an adventure you can enjoy a little closer to home.

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There are four things you will need to be clear about before you can start this process - but that’s the case for anything you want to create for people to purchase - on or offline. It’s simple, but not simple. So before you do anything...and I mean anything, put a lot of thought into these things:

1. Where you sell - this is your online ‘store front’ provided by your chosen online platform.
2. How you sell – examples are your marketing through email, social media, advertising, or other marketing tactics.
3. What you sell – it’s the range of your products or services. The fourth thing you want to be clear on is, perhaps, far more important than the other three. In fact, knowing this component helps you identify where, what, and how you sell. If you don’t know what the answer is, then attend the MCDA Webinar discussion on Saturday, June 18 @ 12noon, est. Click the link above and reserve your seat.

SUCCESS MINDSET—WHAT IS IT AND HOW DO YOU GET ONE?

If you’re interested in achieving more with your life, then you might have read a few self-help books. And if you’ve done that, then there’s a good chance you will have come across the phrase ‘success mindset’. But what exactly does this mean? And is it really possible to start achieving more in your life, simply by changing your mindset? Let’s take a closer look…What Does a Success Mindset Entail?

The success mindset, as the name suggests, is the type of mindset and beliefs that will place you on track to accomplish more. This is the set of beliefs, the attitude and the conviction that is required to really go out there and get what you want in life. And yes, it really is the mindset that is the most important factor here. Think about those people in your life and in the media who are highly successful and effective. What is different about them compared with everyone else? There are possibly a few factors but the most important thing is: A) They know exactly what they want out of life, exactly where their passions are and exactly who they are B) They have the unstoppable energy and determination to go out there and make it happen. C) Whatever you do, do it with passion.

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Put Your Business Out There — Advertise in MCDA News

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The annual MCDA conference after a three year hiatus, due to the COVID crisis, returned and delivered better than ever! MCDA members registered in anticipation of networking with colleagues, earning NBCC-approved Clock Hours, and collecting tools to utilize in their own careers. The conference was held on Thursday, April 28, 2022 on MCDA’s virtual platform on Zoom (creating a covid safe environment). The Conference was a wonderful opportunity for professional development! The theme of the Conference was “Pivot: Your Next Career Move” with dynamic speakers who brought a wealth of knowledge and valuable content. Dr. Sharon Givens, president of NCDA, researcher, licensed psychotherapist, career counselor, professional trainer and academician was the keynote speaker. She received rave reviews for her message. On the list of presenters, were: Ronda Ansted: Pivot to a Private Practice; Setting Yourself Up for Success, Karen James Chopra; Helping Clients Survive and Thrive in a Hot Job Market, Courtney E. Gasser; Empowering Your Clients through Social Justice: Utilizing Psychology of Working Theory (PWT) with Marginalized Populations, Karen Litzinger; Help Clients Pivot from Negative Emotions to Job Search Success, Lee Richmond; Dealing with Trauma in Career Conversations, and Eileen Snyder; Private Practice: How to Achieve Flow.

Concluding the career and counseling development conferences, amongst the connecting organizations, the National Career Development Association (NCDA) will be hosting its conference in Anaheim, California on June 27-29, 2022. Gregg Brown, a sought-after change and future of work strategist, author, and speaker will be delivering the keynote. Mr. Brown will be joined by two other keynote speakers: Dr. James L. Moore III, vice provost for Diversity and Inclusion and chief diversity officer at The Ohio State University, and Scott Pulsipher, former President of Western Governors University. To find out more about the upcoming conference click on NCDA Conference.

**DATE/TIME** | **EVENT**
---|---
5/9/2022 - 1pm | MCA Spring Networking Event
5/10/2022 - 12pm - 1:30pm | May 10 Bi-Weekly VIRTUAL Spirituality Peer Support Group for Counselors and All Helping Professionals
5/14/2022 thru 5/15/2022 | SAIGE-MD Annual Conference
5/24/2022 - 12pm-1:30pm | May 24 Bi-Weekly VIRTUAL Spirituality Peer Support Group for Counselors and All Helping Professionals
5/2/2022 - 7pm | SAIGE-MD LGBTQ+ Professional Development Group
5/27/2022 - 6pm | MACES Supervision Series #4 Clinical Supervision Evolution & Future Directions: Round Table Discussion

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