

STAFF DEVELOPMENT CENTER PRESENTS

COYOTE LEARNING CIRCLE

A TWIST ON THE TRADITIONAL BOOK CLUB

FEATURED BOOK: **Professional Troublemaker** by Luvvie Ajayi Jones

DECEMBER 8, 2022 FROM 1:00 PM – 2:00 PM
STAFF DEVELOPMENT CENTER (PL-1104)



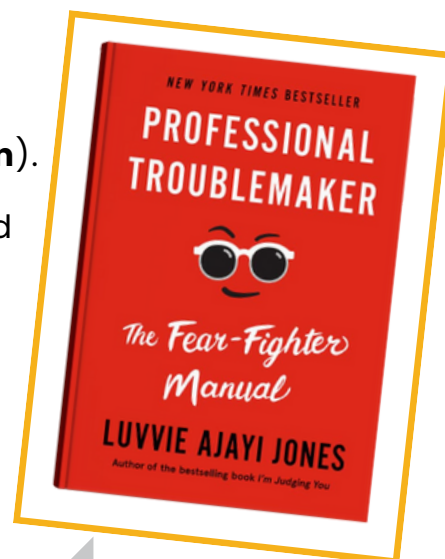
We often use labels or are labeled as professionals or troublemakers in the workplace and our personal circles.

Join us in unpacking the book *Professional Troublemaker*, considered a "How to Human" manual by the New York Times. Our facilitator LeSondra M. Jones, M.A., will guide participants through strategies on how to apply the *Fear-Fighter Manual* to their authentic selves by lending courage, not fear. In addition, participants will have the opportunity to create their own *Oriki*. Books (optional) may be purchased via Amazon or Audible.

Below are three (3) ways to register

1. Launch CSULearn (**myCoyote > My Employment > CSULearn**). Use the library search in the top-right corner, click on the course title from the search results. Select the Add button displayed next to your session of interest, then select Register.
2. Launch CSULearn (**myCoyote > My Employment > CSULearn**). Select the Training Schedule widget. Browse available offerings listed in the Activities Calendar. Select course and then Register.
3. Contact the Staff Development Center via email **staffdevelopmentcenter@csusb.edu** or call ext. **73125**.

REGISTRATION INFORMATION



PROFESSIONAL TROUBLEMAKER



MY LIFE MISSION STATEMENT

Create Your Life Mission Statement
to Help You Stand in Courage
and Fight Fear

MY LIFE MISSION STATEMENT

**Write your life mission statement, your compass. Type it up.
Here's the template. Fill this out.**

What's your name?

Who are you proud to be related to?

Even on your worst day, what makes you amazing?

What/who do you hold dear? What do you cherish?

What are your core values? What do they mean?

What brings you joy?

What is worth fighting for, even if your arms are too short to box with God?

What do you want them to say when they're lowering you into the ground?

PROFESSIONAL TROUBLEMAKER



Write YOUR OWN ORÍKÌ

Write your own Oríkì to help stand in
your power and speak life to your destiny!

Write YOUR OWN ORÍKÌ



What's an oríkì? It is a Yoruba word that combines two words to mean "praising your head/mind." Orí is "head" and kì is "to greet or praise." An oríkì is a greeting that praises you through praising your kinship and speaking life to to your destiny. It is your personal hype mantra, and can be spoken or sung.

Luvvie lists hers as:

LUVVIE *of* **HOUSE JONES**

First of Her Name. Assassin of the Alphabet. Bestseller of Books. Conqueror of Copy.
Dame of Diction. Critic of Culture. Sorceress of Side-eyes. Eater of Jollof Rice.
Rocker of Fierce Shoes. Queen of the Jones Kingdom. Taker of Stages.
Nigerian Noble and Chi-Town Creator.

So, how do you write a simple oríkì for yourself? Here's the formula:

First Name and Middle Name *of* _____
House Last Name

Number of Her / His / Their Name
(ie. Juniors are "Second of Their Name")

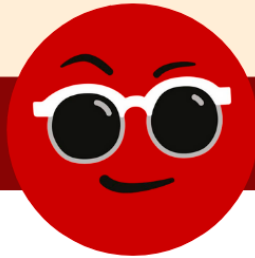
Noun (Occupation or Descriptor) *of* _____
Noun (Thing)

Have some *fun* and *gas yourself up!*

Write

YOUR OWN ORÍKÌ

Now that you have the formula, it is time to declare your oríkì with conviction! Use the square below to write and illustrate your oríkì.



Print your oríkì poem and display it on your mirror or frame it. It would even make an awesome Instagram bio. Read it daily for self affirmation and to give a standing ovation to your spirit! You deserve it.



LUVVIE AJAYI JONES is an award-winning author, podcast host, and sought-after speaker who thrives at the intersection of humor, technology, and justice. She is the author of the *New York Times* bestseller *I'm Judging You: The Do-Better Manual* and the new book *Professional Troublemaker: The Fear-Fighter Manual* (released March 2, 2021).

Her website, AwesomelyLuvvie.com, is where she covers all things culture with a critical yet humorous lens. She runs her own social platform and app, LuvvNation, which is a safe space in a dumpster-fire world.

She's an internationally recognized speaker who takes on dozens of stages every year around the globe and has spoken at some of the world's most innovative companies and conferences, including Google, Facebook, Amazon, and Twitter. She is also co-creator of the #SharetheMicNow global movement and host of the Professional Troublemaker podcast.

luvvie.org    [@luvvie](https://twitter.com/luvvie)