

# The Incubator Lab for Career Services Professionals:

## Get Inspired & Turn Ideas into Action

Have you ever had any of these thoughts?

*“If I had the time, I could create this new workshop for our career center.”*

*“I love to brainstorm, but I lose energy when it comes to the discipline of implementing.”*

*“What I’d like to do is come up with a new strategy for our [social media, appointment booking, employer relations, career fair marketing, etc.], but I get hit with too many interruptions during the day to take this on.”*



*“I’ve got lots of ideas, but it would be nice to bounce them off other people outside my organization.”*

Now imagine getting to spend a couple of hours generating new ideas or strategy, and taking those ideas beyond conception, to a more concrete level.

The “incubator stage” of a new start-up signifies the beginning, new ideas, hope, excitement, possibilities, freedom. Adopting this initial principle, and putting it into a hands-on workshop intensive, is what we have in store for you.

**Look inward.** As a first step, we’ll do an exercise to help you clarify what you love. You’ll be looking at what parts of your work are the most rewarding and what you might want to put your energy into for future projects.

**Be Inspired.** Next we’ll share some inspiration. Each participant will be asked to share something exciting, innovative or interesting that you heard about at a conference, from a colleague or that you contributed to in your own organization.

**Brainstorm.** Come to this session with some ideas for projects you want to work on, or come with an open mind and expectations to create.

**Get Feedback.** Your fellow “lab participants” will act as your “start-up” project advisors as you generate ideas and move forward.

**Turn Ideas into Action.** You’ll have the gift of time during the session to begin working on your ideas. If it’s a new workshop that you are developing, you’ll spend time in the lab, actually working on the PowerPoint itself. If you are working on a benchmarking research project, you’ll be encouraged to put together an outline and start the research on the spot. You are welcome to come to this session full of ideas that you want to hash out, or come with an open mind and the excitement to see what pops up and unfolds.

# The Incubator Lab

## Feedback from Career Services Professionals, April 2016

“The Incubator Lab was a fantastic opportunity to share and ignite creative ideas. It was helpful to have time, space and a supportive environment to work on our projects, share thoughts/ideas with others and gain a fresh perspective. This was my second workshop with Sabrina, I love her facilitation style and ability to create a comfortable space and meaningful workshop.”

**Nicole Collins**

Director of Career Services, Unity College

“A much needed morning to work on and network about those important projects that keep getting pushed to the side. Very motivating to be in a room of focused professionals that are ready to offer assistance.”

**Hope Lanza**

Career Advisor, Goodwill Industries of Northern New England

“I found the Incubator Lab to be a timely process for me to advance a business idea I’d hatched. Sabrina provided a container/environment that was safe, fun, and collaborative, with just enough structure (worksheets) to help me develop some concrete next steps. She also circulated amongst participants to listen to their ideas and added helpful suggestions as part of the mix. I left the session feeling invigorated and committed to action!”

**Kathy Maloney**

Principal Coach & Consultant, WorkPaths Consulting

“What a great opportunity to carve time out of a day to work on a new idea or project that keeps getting pushed to the back. Sabrina is such a great facilitator, always optimistic, and always “nudging” people to improve. Her ability to create a workshop where you leave with something practical in your hands is what makes this session so valuable.”

**Jim Peacock**

Career Counselor, Colby College & Principal, Peak Careers Consulting

"I wasn't even sure if I should attend this workshop, but I am so glad I did. The exercises gave me the time I needed to work on a personal and important goal, which for me, had a transformational outcome. We career specialists spend so much time helping others, and rarely take the time we need to help ourselves. Take this workshop if you can; it has the ability to engage you in a powerful way".

**Leigh Mundhenk, Ph.D.**

Founder/Consultant, WorkConcepts & Former Associate Professor, University of Southern Maine