

# Find Your “Drive”

Dr. Nimisha Vandan

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**Date:** March 9, 2023 (Thursday)

**Time:** 2:30pm - 5:20pm

**Venue:** Centennial Campus, HKU

## Overview

You know how it feels to work on a project that doesn't excite you! Deadlines loom, the work drags, and you dread sitting down to complete any task associated with it. Worst of all, when you're finally done with it, you don't feel any strong sense of accomplishment or reward. You're just happy it's finished. Even if you don't know why you aren't driven by this work, you do know that it's not for you. Therefore, what we do, how we do it and why we do is extremely important. To have a *why/drive* means to be giving yourself entirely to what you're doing. Your sense of drive, of passion, will guide you to your life's purpose. Just like we want to know how an item will improve my life, as well as what it does. So, when thinking about your own "why", think of the benefits: literally visualize your ideal scenario and work backward to find out what's motivating your action. Once you find your "why," it becomes easy to view your life through a "why" filter and make professional and personal decisions that complement your values and happiness.

## Learning Outcomes

- Evaluate the impact of doing a work with "why" and without "why"
- Understand core beliefs and values
- Identify your “why”
- Identify the steps after understanding the “why”

## Learning Activities

- Self-reflection exercises
- Group activities and sharing
- Activities for planning the steps to find the “why”

## Remarks

Please bring a pen and a notebook.

## About the Instructor

Dr. Nimisha Vandan, co-founder of OKAYMINDS and a former Post-Doctoral Fellow at the School of Public Health, Li Ka Shing Faculty of Medicine, The University of Hong Kong conducted research to understand the impact of COVID-19 on various population in Hong Kong. During PhD, her research focus was on understanding the effect of culture and ethnicity on patients' access to healthcare, their experience with healthcare system, cultural competency of healthcare professionals. Being passionate about understanding the influence of culture on life, she is keen on raising mental health awareness in the community and runs an initiative OKAYMINDS. She has successfully received certificates in “Intercultural communication” from HKU and received Achology Counselling Practitioner Certificate course. She has been conducting multiple workshops and trainings for universities and number of NGOs.

She did her master's degree in international health from The University of Tokyo, Japan and bachelor's degree in pharmacy from India.