



**Passion & Persistence**  
The Key Components to Every Successful Person's Career

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**tilson & jazz**  
SOLUTIONS



**exposure  
precedes  
interest**

## Who's here today?

- In college now?
- Finished college and looking for a job?
- Finished college and employed in the past year?
- Thinking about/planning to go to college?
- Been working for at least 10 years?
- 20 years or more?
- Here to support a family member or friend?
- Teachers?
- Administrators?
- Counselors?
- Business people?
- Other?



## Networking Activity

- **Where you were born.**
- **A recreational activity (avocation) you love – and would do if you had 10 extra hours a week to do it.**
- **Something interesting or good that happened in your life recently.**



## A numbers game

- One person – you – knows 50 people
- Each of the 50 you know, knows 50 other people = 2,500
- Each of the 2,500 knows 50 others =

125,000 people in your network!





Empowerment and autonomy  
 Self-determination and self-advocacy  
 Inclusion  
 Natural supports  
 Informed choice  
 Person-centered approach



Self-Efficacy and collective efficacy  
 Customized employment  
 Quality of Life  
 Civil and human rights and personal responsibility  
 Accommodations, Access, and Assistive Technology



what is  
**social  
 capital?**



Dr. Mike Ward, professor and world citizen!



connections we have to  
other people, in every  
aspect of our lives,  
throughout our lifetime



& relationships  
networks



People who have a lot of social  
capital experience more  
opportunities, greater happiness,  
and achieve more of their desired  
outcomes than those who have  
very little social capital.

George Tilson & Michael Ward



## Reciprocity



Neil Jacobsen

My wife and I have been married for 33 years.  
We have a 29 year old son. I've always been very  
active in the Disability Movement. I have Cerebral  
Palsy. I use a powered wheelchair, I have a  
significant speech impairment and I need 10  
hours a day of personal assistant services to help  
me with my activities of daily living. I know first  
hand the importance of social capital.

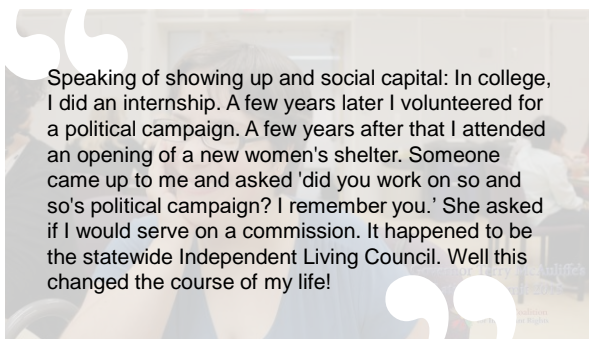
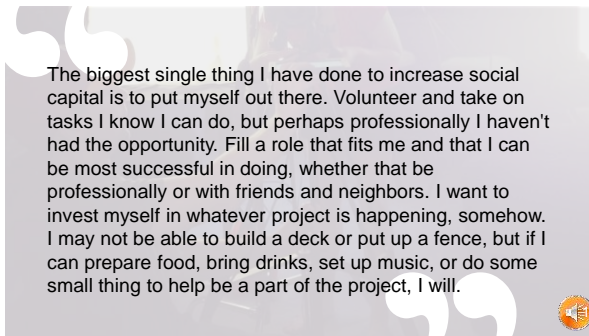
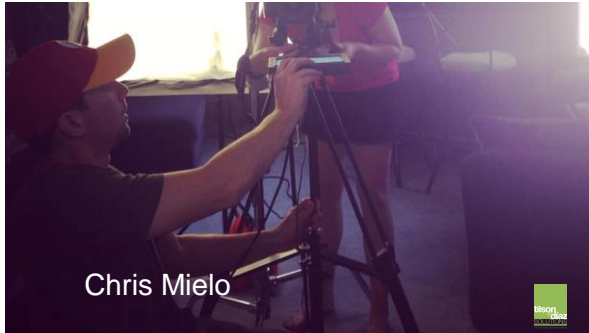


## Why is social capital important to Human Beings

- ✓ Better Health
- ✓ Greater Access
- ✓ Hopefulness
- ✓ Contributions
- ✓ Self-determination



- **Being:** characteristics of the individual;
- **Belonging:** aspects of how people fit with other people and places;
- **Becoming:** aspects of daily activities that promote personal growth, development and adaptation to life



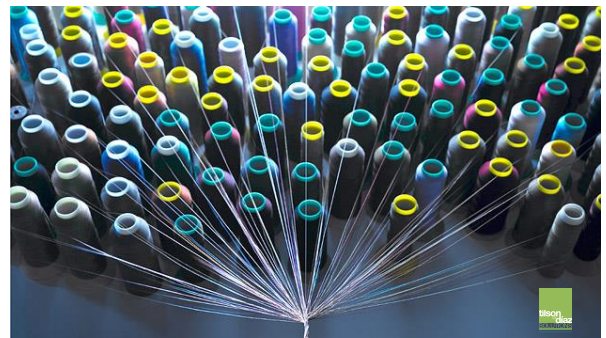
Bonding social capital constitutes a kind of sociological superglue, whereas bridging social capital provides a sociological WD-40

Robert Putnam



Social capital is the ability to be liked. It is by far the most important asset anyone has in both their professional and personal lives. All other assets and attributes can be acquired or compensated for if a person knows how to be liked, knows how to engage with people, knows how to appear to be alive, engaging, excited about life. I know that all the technical stuff can be learned if the social capital is there. Conversely, without social capital, technical skills are often useless.

I think I have a lot of social capital because of who I am naturally. I'm naturally an extrovert. I love talking to people and hearing their stories. I'm also involved in my community. I learned that when you show up, people ask you to do things. When you do things, more people get to know you. It's sort of a snowball effect.



**Alexandra Dixon**

Community Partnership Coordinator, HealthWork

I think part of the trick is to be open to possibilities. My friend says 'unless I can give a really good reason NOT to, I say YES to opportunities that come my way. I try to follow his philosophy. I think something else that is super important is to follow through when you say you're going to do something. That's how you build trust. And people trusting you is what builds social capital.



“Social capital is strongly linked to subjective well-being through many independent channels and in several different forms. Marriage and family, ties to friends and neighbors, workplace ties, civic engagement (both individually and collectively), trustworthiness, and trust all appear independently and robustly related to happiness and life satisfaction...”

Helliwell and Putnam, 2009



## Quality of Life



## Quality of Life 100+ definitions

Robert Schalock, 2000



- ✓ Emotional Well-being
- ✓ Relationships
- ✓ Material Well-being
- ✓ Personal Development



- ✓ Physical Well-being
- ✓ Self-determination
- ✓ Social Inclusion
- ✓ Rights



## Social Media



Community  
Communication  
Connection  
Contacts  
Commitment  
Collective  
Contribution  
Choice

Control  
Create  
Change  
Capacity  
Circle  
Coordination  
Confident



Higher levels of social capital lead to a better quality of life for a community and its individual members. A collective commitment to coordinate and use communication strategies in a way that connects people to various communities so they can build their network or circle of contacts to access opportunities to choose what they want their lives to look like, exercise control over their destinies and contribute their talents in a way that changes perceptions and creates a greater capacity for those communities to cultivate people who feel competent, confident, and comfortable.

George Tilson



Best wishes – and have enjoy the journey!

