

WHITE PAPER

Symphony of Disciplines: Arranging Your Multidisciplinary Symphony

Abstract

As professionals, we are not monolithic. Like the instruments in a symphony orchestra, our various disciplines come together to create a harmonious persona. This paper seeks to guide individuals in understanding and arranging their multidisciplinary identities through the metaphor of an orchestra.

Introduction

Much like how an orchestra unifies various instruments into a cohesive performance, each individual carries with them a combination of experiences, skills, and interests. These contribute to their professional and personal identities. This white paper offers a structured approach to dissect, appreciate, and visualize these multifaceted dimensions.

Reflective Analysis

1. Your Symphony: Your Disciplines

As you go through each instrument in the orchestra, answer the question and fill your related disciplines in on the chart provided on Page 7. This is not a résumé. This is your symphony. The instruments that you write in or changeable throughout your life. You can acquire new instruments, get rid of old instruments and re-tune as often as you wish.

String Section: Primary Disciplines

Strings are the foundation of an orchestra, often carrying the melody and providing the core sound. Similarly, primary disciplines are foundational in a person's career.

- **First Violin - It is the lead instrument and plays the most dominant role in an orchestra. Likewise, your main discipline/profession; the lead in your career; your most dominant discipline or profession; think deep, expertise.**
 - Question: What is the primary area where you spend most of your professional time or have the most expertise? Do you have a

degree? Do you have a doctorate? Do you have any specific certifications for what you do?

- **Second Violin - Complements and supports the First Violin, like a secondary discipline would.**
 - Question: Which discipline closely supports or complements your primary profession? What are your next strongest disciplines, in terms of depth?

- **Violas - Serve as a bridge between the violins and cellos, filling in the middle range, just like tertiary disciplines support and bridge primary and secondary areas.**
 - Question: Are there any disciplines that bridge or support both your primary and secondary areas?

- **Cellos & Basses - Provide the depth and base to the music, anchoring it. Similarly, depth disciplines add depth and breadth to one's career, providing perspective and grounding;**
 - Question: What disciplines give depth or a regularly come in to play giving a different perspective to your primary area, even if they might be in the background?

Woodwinds: Specialized Disciplines

Woodwinds add color and nuance, often highlighting intricate passages. This is reminiscent of specialized disciplines that give specific skills and insights.

- **Flutes & Piccolo - Represent the high, often specialized notes. This mirrors niche areas in a profession.**
 - Question: Within your main disciplines, are there niche areas or specialties you've focused on?

- **Oboes - Their unique sound stands out, much like specialized roles within an industry.**
 - Question: Are there roles you've taken on that are unique or specialized within a larger industry? Are you involved in charitable endeavors? Are you involved in community organizations?

- **Clarinets - Versatile and can play various roles, similar to disciplines one has training in but might not currently focus on; consider academic or formal training.**
 - Question: Which disciplines have you formally studied or have certifications in but may not be your focus now? Do you have a degree that you were no longer using on a regular basis?

- **Bassoons - Often bridge the woodwind and brass sections, like transitional disciplines that have evolved over time but still play a part.**
 - Question: Are there disciplines you've shifted away from but still influence your current work?

Brass: Emerging Disciplines & Ventures

Often bridge the woodwind and brass sections, like transitional disciplines that have evolved over time but still play a part.

- **Trumpets - Bold and attention-grabbing, much like new ventures or startups. New ventures.**
 - Question: Are you currently embarking on any start-ups, entrepreneurial projects, or new ventures?

- **Horns - Have a wide range, suitable for exploration and early forays into new areas. Exploration.**
 - Question: Are there new industries or areas you're just beginning to explore?

- **Trombones - Can be both powerful and subtle, fitting for side projects that might grow in importance. Growing side projects.**
 - Question: Do you have side projects or roles that are gaining importance in your professional landscape?

- **Tubas - Represent Foundational Skills. These are skills like communication, leadership, or problem-solving that aren't tied to a specific profession but are essential and underpin everything you do. They might not always be in the forefront, but they're always playing in the background, supporting everything else.**
 - Question: What soft skills do you have the provide a foundation for everything that you do?

Percussion: Occasional or Past Disciplines

Percussion adds rhythm and flair, often punctuating key moments in a piece. They fit well with roles or disciplines that come and go, or that provide moments of significance.

- **Timpani - Provides dramatic emphasis, much like past careers that profoundly impacted one's journey. Significant past careers.**
 - Question: Are there past careers or disciplines that had a profound impact on your journey?
- **Other Drums - Add texture and rhythm, like short-term roles or experiences. Short-term roles.**
 - Question: Have you taken on temporary roles or projects that, while brief, influenced your growth?
- **Cymbals - Used for accenting and emphasis, reflecting disciplines on hiatus that may still have a significant impact when "struck" or revisited. Disciplines on hiatus.**
 - Question: Are there any disciplines you've paused but consider revisiting in the future?
- **Xylophone - Offers a distinct, often playful sound. It mirrors creative outlets that are pursued for joy and personal satisfaction. Creative outlets.**
 - Question: Are there disciplines you explore occasionally purely for the joy of it or to flex your creative muscles? Go ahead, throw your hobbies under xylophone; it's a fun instrument!

2. The Conductor

Determine Your Core Identity: Recognize the Conductor of your orchestra by answering:

The conductor, the “why” behind your every endeavor. The conductor orchestrates the harmonious interplay among your diverse skills and interests.

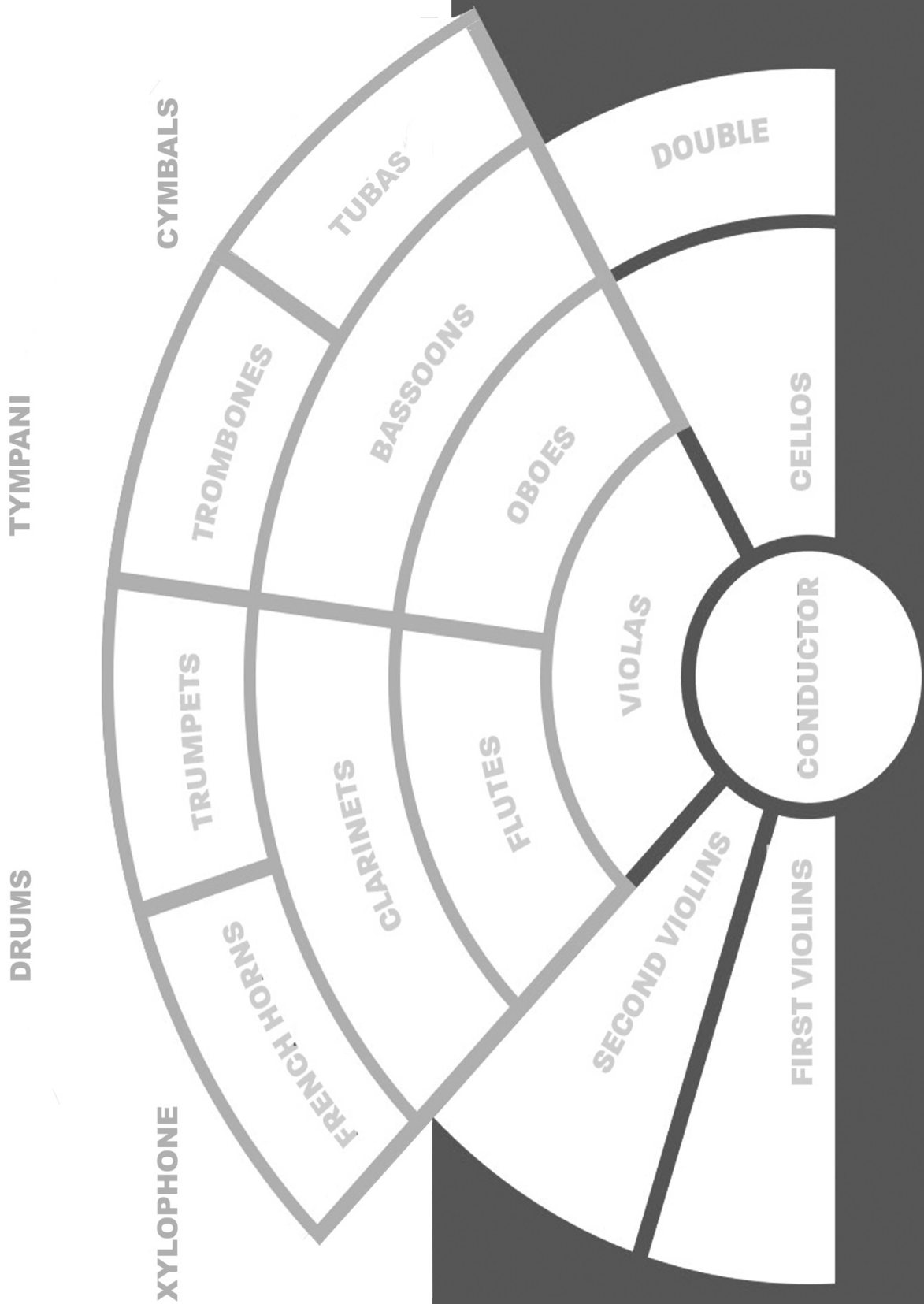
Begin by identifying the common threads that weave through your disciplines. Your personal brand tagline should encapsulate the essence of who you are and what you stand for. Consider the qualities in admired figures that resonate with you, and how they align with your own aspirations.

Your journey so far has shaped your core identity. How have you faced and overcome challenges? Is there a symbol that encapsulates your journey, an image that represents the trajectory of your growth? Reflecting on your historical perspective will unveil how past experiences have molded your essence, while your future vision will reveal the shared goal that spans across your disciplines.

By undertaking this introspective journey, you tune into the melody of your “why”, allowing the conductor of your symphony to lead with purpose and clarity.

To assist your development of your “Conductor,” consider the following:

- Common Threads: What recurring themes run through your disciplines?
- Elevator Pitch: Summarize your professional identity.
- Feedback from Others: What strengths have others often highlighted in you?
- Your “Why”: Why are you drawn to each discipline?
- Personal Brand Tagline: Describe yourself as a brand.
- Admired Figures: Which qualities do you resonate with in figures you admire?
- Challenges Overcome: How have you consistently faced hurdles?
- Visual Imagery: Which symbol embodies your journey?
- Historical Perspective: How have past experiences shaped you?
- Future Vision: What shared goal spans your disciplines?
- Descriptors: Which adjectives consistently describe you?
- Learning Methods: How do you commonly adapt or learn?



ARRANGE YOUR LIFE SYMPHONY

Reflection and Visualization

Having arranged out your disciplines, visualize them in an orchestra layout. Reflect on:

- How do these disciplines harmonize?
- Any areas you wish to deepen or new terrains you want to venture into?
- As you look back over your life of disciplines, what did you learn that you had forgotten?

Conclusion

Much like a musical symphony, our professional identities are ever evolving. Regular introspection and review can help in understanding your own unique symphony and fostering growth.

Embrace the continuous melody of your multidisciplinary journey. The more you are able to visualize your array of gifts and talents, the more you will be able to call upon your diverse lanes of thought to engage in cross-disciplinary thinking.

Recommendation: Periodically revisit this exercise to stay attuned to your evolving professional symphony.