

How are millennials shaped by their moment in history and what does that mean for them in work love and identity?

Julia Samuel

A Vice President of BACP
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After Gen X Before Gen Z Millennials Gen Y 1980- 1996



Work

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Love



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Identity



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8 Pillars of Strength

1.
Relationship
with others

2.
Relationship
with oneself

3.
Ways to
express
grief

4.
Mind and
Body

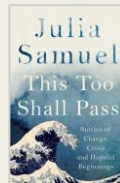
5.
Time

6.
Limits

7.
Structure

8.
Focusing

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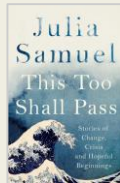


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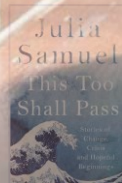
Identity



Love



Work



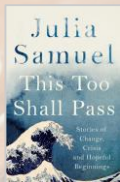
Work

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Work



Work

