

# Invitation from ASQ Baltimore Section November 8, 2022 Virtual Meeting

**DATE:**

Tuesday,  
November 8, 2022

This is a virtual Teams meeting/webinar. Log-in information will be provided on the registration confirmation email.

**Time:**

3:00 pm – 5:00 pm PST

(check website to confirm times)

**Cost: Free for ASQ members and non-members**

To register for this meeting and obtain the Teams link and sign-in information, click [here](#).

**Attendance at this meeting earns RUs toward ASQ recertification.**

NOTE: Be sure to use the same email address to join the virtual meeting as you use when registering to receive the RUs. You must register for the event and join virtually to receive RUs.

For more information about Baltimore ASQ Section 502, click [here](#).

For more information about our local Columbia Basin ASQ section and future upcoming events: [www.asq614.org/](http://www.asq614.org/)

## Ikigai – Sense of Self-Worth, Finding Your Purpose



**Jennifer Ralston**  
HKPO Lean Six Sigma Experts



**Michelle Nellum**  
Department of Defense

According to the Japanese, everyone has an *ikigai*—a reason for living. And according to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life.

Having a strong sense of *ikigai* - where what you love, what you are good at, what you can get paid for, and what the world needs all overlap - means that each day is infused with meaning. It's the reason we get up in the morning.

It's also the reason many Japanese never really retire (in fact there is no word in Japanese that means *retire* in the sense it does in English). They usually remain active and work at what they enjoy, because they have found a real purpose in life - the happiness of always being busy.

***About the speakers:** Jennifer Ralston is the CEO and President of HKPO Lean Six Sigma Experts. She is a multifaceted Executive with a unique blend of experience in C Suite Mentoring and Coaching, Quality Management, Process Improvement, Process Engineering, Regulatory, Pharmaceutical, Quality Auditing, Software Quality, Project and Program Management, Change Management, Business and Strategic Planning, Innovation, Entrepreneurialism, and Lean Six Sigma. Jennifer has worked with many Fortune 100 and Fortune 500 companies. She is also an Examiner, Licensed Affiliate and Certified Facilitator for the Shingo Institute – a Leader in World Class Companies.*

***Michelle Nellum** is a former educator and cheerleading coach that transitioned from teaching into the corporate world by becoming a computer trainer for the House of Representatives and various corporations across the DMV. She entered the Intel Community and Department of Defense via Raytheon and later joined the executive team at Detica, Inc. These experiences gave her a firm understanding of the struggles and pressures of operating at an executive level while trying not to lose her individual values and perspectives. Michelle currently works with senior leaders within the Department of Defense, academia, state government, industry professional and small business owners.*