



2024
GRADUATION
PROGRAM

-- ASCENT LEADERSHIP PROGRAM --

SIX WORD STORIES

2024 ASCENT Graduates

I am The me To be.

Tapping potential, building bridges, creating ripples.

Yes and you can choose love.

All alone, future unknown, welcome home.

Trust Broken. Picking up heart pieces.

Sometimes I doubt, mostly I commit.

Peeling layers, a leader is found.

I walk my path with assurance.

Knocked down but not knocked out.

Too much work, not enough time.

Really bad accident, you'll never walk.

Not leaf or tree but forest.

Curiosity. Receptivity. Integrity. Get caught trying!

Self-awareness fuels impact, authentic leadership blooms.

Growing leader, making impact, journey continues.

This is my journey to myself.



ASCENT 2024

TRANSFORMATIONAL LEADERSHIP PROGRAM

Collaborative contributions

ASCENT is a collaborative effort across Oregon government to develop transformational leaders. ASCENT Programs benefit from the contributions of many individuals and organizations.

"I love that this program exists in state government. It really shows that the state sees the bigger picture. It's not just about performance reviews, statistics, and how much they can get out of workers. ASCENT is about developing transformational leaders, leaders that will raise the consciousness of their agency and challenge other leaders, managers, and employees to raise their level of consciousness."

ASCENT GRADUATE

Inspiring leadership

Fariborz Pakseresht, Lisa Sumption, Berri Leslie, Kris Strickler, Andrew Stolfi, David Gerstenfeld, Joe O'Leary, Andrea Bell, Jessie Kampfe, and Craig Prins recognize the importance of investing in leadership capacity now for a better tomorrow. These state executives sponsor and champion continuous learning and transformation.

"This program is so much more than a resume builder. It is a guide to self-growth mentally, physically, and emotionally. It is a guide on how to role model and inspire the people around me to grow. It is a map on how to achieve the best version of myself. This program has allowed me to find my true purpose. I truly believe that this program has changed my life forever."

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"This program is like nothing I have participated in before. It's helping me to create a map, a path to who I want to be for my staff, my family, and my community."

2024 TLP GRADUATE

Audacious sponsorship

The ASCENT Leadership Program was founded in 2010 under the sponsorship of DAS-State Services Division (SSD). In 2012, ODOT and DAS-SSD collaborated to provide the 2012 ASCENT offerings, provide the staff, and financial resources to create the foundation of the program. Their collaboration made ASCENT programs available for more state employees. The ASCENT Learning Coalition (ALC), our board, was formed in 2013 to provide governance and facilitate additional sponsorship. Agency sponsorship has grown to ten agencies.

The ALC is a coalition of visionary state leaders who govern, resource, and sustain ASCENT Leadership Programs. The coalition promotes transformation by investing in employee development and learning at all levels and values the contributions and positive results created by a purposeful, values-based, self-aware, and authentic workforce.

ASCENT Leadership Programs build Transformational Leadership capacity across Oregon State government. Transformational leaders are guided by strongly held values, powered by purpose, ethical, and inspire a shared vision to create needed change. They expand their awareness and influence by seeking feedback and personal development.

“ASCENT sessions, discussions, and readings are helping me to better understand who I am and providing the support needed to stay true to core values in the face of adversity...This has led me to consider my core values, reflect on the purpose of my gifts, and the meaning I bring to life. Ascent has provided a dedicated time and space in which to explore and grow in such ideas, with others who are traveling a similar path of exploration.”

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Sponsoring Managers & Co-workers

ASCENT intentionally makes a strong connection between workshop content and workplace application. Participant’s sponsoring managers and co-workers put action behind their commitment to support their engagement by creatively managing workloads, courageously offering feedback, and demonstrating a willingness to apply new strategies to emerging and longstanding challenges.

“Together we can all learn, by trusting in each other. I am committed to engaging in discussions that are based on trust and authenticity. I don’t necessarily know where this journey is going to take me.”

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“The most valuable thing I have learned is I do not have to “fix” everything and I don’t and won’t have all the answers. I will however walk along side of you if you need me to lend you strength and/or support along the way for as long as you need me to. I will not let it consume me, and I will set boundaries.”

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Engaging Content

Course content is offered by experienced practitioners and peer leaders, who bring hard-earned learnings and best practices into the learning environment. Presenters who generously contribute their time, wisdom, and wit: ODHS Director Fariborz Pakseresht; OPRD Director Lisa Sumption; DAS Director and State Chief Operating Officer Berri Leslie, Shirlene Warnock and Jeannie Nyquist of Innovative Growth Solutions; ASCENT coaches and associates: Jami Quiring (ODE), Deanna Dyer (DAS), Dorothy Bean (DCBS), Tom Braibish (ODOT), Matt Rippee (OPRD), Tara Morrell (OED), Lisa Hylton (DAS), Josh Stone (DAS), and Tony Rosendahl (ASCENT).

“Another part of the program that I greatly appreciate is how certain activities are designed to push us out of our comfort zones. This aspect of TLP really sets the program apart from other leadership development programs I have participated in. Leadership is not always easy, in fact, difficult situations and uncomfortable conversations are a normal part of the job and I think experiencing discomfort, recognizing it, and practicing productive ways to deal with it in a safe classroom environment is extremely beneficial.”

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Coaches, Faculty, and Core Team

These leaders and coaches helped participants discover new pathways to leadership and identify the “*things that derail progress*”: POD coaches: Deanna Dyer, Lisa Hylton, Garrett Klever, Cassie Mance, Jami Quiring, Tony Rosendahl, and Paul Egbert. 360 coaches: Tina Boone, Chelsea Cappadona, Deanna Dyer, Paul Egbert, Haven Garber, Christopher Glantz, Lisa Hylton, Cassie Mance, Erin McGladrey, Marina Nieblas, Jami Quiring, Tony Rosendahl, Dan Shanahan, and Talon Wood.

“The 360 profile has provided insight into my tendency to act in a complying manner. I am now focused on providing an achievement mindset to my daily work. This has not been an easy transition and feels uncomfortable at times. However, I have seen positive results when I remain consistent in practice.”

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“I enjoyed doing the Leadership 360. I appreciate the support from our class coaches in walking us through it and helping us to getting the most out of the 360. I also got a lot out of having a one on one to help create actionable growth.”

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Wise Mentors

Experienced executives, managers, and long-tenured employees generously offer their learning and hard-won wisdom through mentoring. This contribution helps sustain momentum after graduation and reinforces ongoing growth – essential to solving adaptive challenges.

“Never doubt that a small group of thoughtful committed people can make a big difference; indeed, it’s the only thing that ever has.”

MARGARET MEAD

Willing Colleagues, Partners, Family, and Friends

Each person enrolled in TLP operates within existing relationship systems. Relationship and systems, working as they do, often mean our colleagues, partner, family, and friends are impacted by a participant’s new thinking, actions, and results. Their support is a significant factor in each participant’s success.

“Never would I have thought I would be in a training that would dive deep into my past, present, and future to really understand who I am to my core. The experience is almost an out of body experience where I’m getting the chance to learn about who I am from a whole new angle. This has led to deeper conversations with colleagues, my spouse, and my family. It has led to more interesting conversations where I find myself trying to dig deeper about other folks to develop that connection but to build on what I have been learning about myself.”

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Other contributions include:

Program Administration: Lori McCauley and Robin Taylor (CCBI), Krista Campbell (DAS).
Budget & Accounting: Robert Oteri & Mini Fernandez (DAS), Shasta Prunk (DOC).
Publishing & Distribution: Carlee Justis & Duane Schmidt (DAS)
Photography: Tim Miller (ASCENT alumni)
Contracting: Kellie McDonald (CCBI) and Laure Konseibo (DAS)

ASCENT: The act of intentional movement in a direction that is upward rising or returning to source; to climb, to succeed.

- Adapted: Webster and Oxford

The ASCENT Leadership Programs

Cultivating leaders who are **authentic, intentional, and engaged** to power transformation.

ASCENT is a portfolio of leadership development programs and services that are offered to Oregon state employees and partners. All programs and services focus on transformational leadership, cultivating knowledge and skill to lead in times of increasing complexity and unprecedented change. ASCENT works with executives, managers, team leaders, and individual contributors at all levels. The program portfolio includes:

- Transformational Leadership Program**
- Promise of Leadership workshop**
- Outward Performance workshop**
- Leader to Leader Development Series**
- Coaching and Consulting Services**
- Mentoring Services**

ASCENT programs are intended to help participants build individual and collective capability and capacity in state government to meet the evolving needs of all Oregonians. ASCENT programs seek to integrate timeless wisdom and contemporary leadership principles into a comprehensive development experience that contributes to a meaningful life and work legacy.

“The emphasis on genuine conversation rather than one-way communication has been a particularly valuable lesson, highlighting the importance of listening and exchanging information. Moreover, the program’s focus on continuous growth and development highlights that leadership is an ongoing journey of learning and adaptation, rather than a static skill set. This mindset aligns with my personal philosophy, reinforcing my commitment to continual improvement as a leader and a person.”

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“The dynamics of the ASCENT community have greatly enriched this journey. Engaging with the core team, guests, and my cohort peers has opened up a world of diverse perspectives and shared wisdom. The stories and experiences exchanged within our cohort have not only broadened my understanding of leadership but have also deepened my appreciation for the value of community and support in my personal growth.”

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ASCENT Programs are comprehensive, skillfully designed, rigorous adult learning programs. Participants explore work-related issues in participatory workshop sessions that use a coaching model of development. In addition to workshop sessions, participants also receive small-group, 1:1 coaching, and extensive feedback to support the discovery of new ways of thinking and acting.

“I do know I’m feeling more at ease and peaceful in my life and with myself. The changes in me that are resulting from my Ascent experience, coaching, and trainings are having a positive impact in my life and are transforming my engagement. I feel it permeating into all my relationships and am experiencing an openness and joy that have been lacking for a while.”

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The kind of organizational change we have been striving for requires more than skill development of our leaders. It requires that leaders upgrade their internal operating system and have increased awareness of their beliefs and assumptions, their actions and reactions, and their impacts on others. Informed by leading research in psychology, neuroscience, organizational change, and leadership studies, people learn unique mental models that create new possibilities for action and hence new results. Participants re-define their view of leadership, work, partnership, commitment, accountability, intention, risk, and learning – all skills needed for leading in the 21st Century.

“I have started to formulate a voice to be heard by others and I am building the foundations for a beautiful future. One that I can be proud of.”

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Outcomes and Results

- Using timely and valid feedback that results in increased awareness and openness to disconfirming information and adjustment in thinking and actions
- Enhancing achievement by strengthening integrity based on clarity of individual purpose, values, and vision
- Growing greater awareness of self, relationships, and systems within demanding and complex environments
- Increasing energy and resiliency, managing stress, uncertainty and setbacks—for self and others
- Demonstrating interrelationship of decisions and strategy development
- Encouraging courage and authenticity
- Promoting flexibility in thinking, innovation, and actions, in consideration of near-term and distant goals
- Building influence, collaboration, and trust while thinking and acting systemically
- Mentoring and developing others

ASCENT thanks the leadership of our sponsoring agencies and partners who make our services possible and available to Oregon state government.

Oregon Department of Administrative Services

Oregon Department of Transportation

Oregon Youth Authority

Oregon Parks and Recreation Department

Oregon Employment Department

Oregon Department of Consumer and Business Services

Oregon Department of Human Services

Oregon Department of Housing and Community Services

Oregon Public Defense Commission

Oregon Liquor and Cannabis Commission

Chemeketa Center for Business & Industry

Oregon Department of Corrections

Transformational Leadership Program



“Here’s to the odyssey—the trials, triumphs, and transformative growth. With each stride forward, I inch closer to embodying the quintessential leader I aspire to become. The journey ahead teems with promise and possibility, and I eagerly anticipate the untold adventures yet to unfold.”

2024 TLP GRADUATE

2024 TLP Participants

Participants	Agency	Sponsoring Manager
Jenny Adkins	ODOT	Omar Ahmed
Hannah Aeby	ODHS	Teresa Chavez
Nick Antoine	ODOT	Kevin Arnzen
Norma Armstrong	DAS	Darwin Kumpula
Theresa Asher	ODOT	Christine Hyink
Carlos Barrientos	OYA	Raymond Byrd
Jamie DeHut	OYA	Nicole Wollenweber
John Day	ODE	Harris Geddes
Casey Gillespie	ODOT	Chris Ford
Robert Harrison	ODOT	Carol Cartwright/James West
Ian Kappel	OYA	Noel Hoback
Alee Langford	ODOT	Mandy Putney
Jason McClaughry	DOGAMI	Ruarri Day-Stirrat
Mary McRobinson	SOS	Stephanie Clark
Gregory Morgan	OYA	Pete Roberts
Matt Rosen	HCS	Keeble Giscombe
Albert Salinas	SOS	Chris Molin
Rob Shaffer	OED	Sara Cromwell
David Spangler	OPRD	Clay Courtright
Nathan Stevens	OED	David Gerstenfeld
Sara Stewart	ODOT	Patrick Moore
Cesar Villaca	DEQ	Angel Gillette
Bruce Voges	OYA	Doug Smith
Carl Ward	OYA	Doug Smith



Jenny Adkins

Department of Transportation
Right of Way and Survey Manager

Eleanor Roosevelt once said in a speech, "People grow through experiences if they meet life honestly and courageously. This is how character is built."

I pledge to strive for new experiences and lean into opportunities to grow. As my wise best friend in high school said to me after a disagreement, "Problems are only opportunities in work clothes". And we are still friends today. I pledge to challenge my beliefs and turn towards things that are worth investing time despite it being scary or uncertain.

In the next year I pledge to bring weather that fosters growth in the systems I am a part of. I will encourage courageous actions and honest conversations among the people I lead.



Hannah Aeby

Department of Human Services
Branch Manager

I pledge to lead with intention, grounded in the values of harmony and meaning. Creating an environment where growth is nurtured, connections are deepened, and collective success is achieved through mutual respect and collaboration.



Nick Antoine

Department of Transportation
Eastern Oregon Fleet Repair Supervisor

I am committed to lead by holding my core values close and using them to guide my path forward. These values include integrity, honor, respect, humility and humor.

This next year, I will work on the following with my team:

- Lead by example, stand behind my team but work alongside them. Take ownership of my actions.
- Focus on progress not perfection.
- Provide valuable feedback. Give praise when it's deserved and provide constructive feedback in a timely manner.
- Maintain focus on goals and direction and what is truly important.
- Provide levity in all situations especially when times are tough.



Norma Armstrong

Department of Administrative Services
Procurement Manager - IT

As a leader, I commit to embodying the following values in my actions and decisions:

Respect: I pledge to treat everyone with dignity and consideration, recognizing and valuing the unique contributions and perspectives that each person brings. I will listen actively, communicate openly, and create an environment where everyone feels valued and heard.

Growth: I am dedicated to continuous learning and development, both for myself and for those I lead. I will encourage and support growth opportunities, fostering an environment where challenges are embraced as opportunities for improvement and innovation.

Teamwork: I believe in the power of collaboration and will strive to build strong, cohesive teams where trust, transparency, and shared goals guide our work. I will promote a culture of cooperation, where the success of the team is celebrated.

Gratitude: I will lead with a spirit of gratitude, acknowledging the efforts and contributions of others. I will express appreciation regularly and ensure that recognition is an integral part of our team culture.

This pledge serves as my commitment to leading with integrity and dedication, always striving to inspire and empower those around me.



Theresa Asher

Department of Transportation
DMV Licensing/Permitting Supervisor 2

As a leader, I pledge to lead with kindness, understanding, and grace, supporting accountability with integrity and transparency. I will foster joy and a positive environment, celebrating growth and making a meaningful impact.



Carlos Barrientos

Oregon Youth Authority
Investigator 3

My leadership pledge is to become the “Leader as Learner.” We are currently dealing with an increasingly more ambiguous and uncertain context in which to lead. The leader must now be more of a “leader learner”.

Helping others learn along the way rather than being the source of all knowing and all directional. This allows many different types of people with increasingly different backgrounds to learn and lead.

I plan to lead by continuously learning through empowering myself and others. I don’t have to worry about being right all the time.

I commit to this pledge by building an abundance of trust, transparency, and belief in myself and my team members.



Jamie DeHut

Oregon Youth Authority
Administrative Services Manager

I pledge to Stop, Challenge,
& Choose in all interactions.

I will avoid emotionally
reacting during
conversations and when
making decisions.

I will encompass an available
and supportive role as a
leader.

I will promote and encourage
an environment of growth
and career development.



John Day

Department of Education
IT Operations Lead

As a leader I pledge to create an
environment open to listening and
thorough communication with my whole
authentic self. An environment open to
all ideas based off experiences or even
gut feelings.

As a leader I will make mistakes, but I
will do my darndest to learn from them.
Mistakes will be widely accepted as
growth opportunities and not looked at
as failures.

I pledge to do my part in promoting
personal and professional growth and
mentoring. To create an environment
that challenges us continuously. An
environment where we can admit
knowledge gaps and work together to fill
them.



Casey Gillespie

Department of Transportation
Program & Funding Manager - Region 1

As a leader, I pledge to hold myself to a high standard of excellence, leading by example in all that I do.

I will foster an environment of trust by being reliable, transparent, and supportive.

I believe in consistently recognizing and celebrating the achievements of my team and peers.

I will strive to create an environment where innovation thrives, and where every individual feels valued and motivated to excel.

Together, we will navigate challenges with foresight and build a legacy of trust and sustained success.



Robert Harrison

Department of Transportation
Regional Survey Manager – Region 2

I pledge to provide - “steadfast leadership, to develop the core of others, and mentor valuable change, self-awareness and inspiration”.

I will look to lean on my core/creative tendencies and improve those same tendencies in others. Establish trust of others by finding and sharing my own areas where I am uncomfortable/vulnerabilities.

Share my core and how it has been strengthened over crucible moments, using my own experiences, knowledge, successes and faults to help others realize that improvements come through being uncomfortable and challenging moments.

Instruct, coach and guide people to understand and have an outward mindset, to understand the systems they work in and perform in and how to improve. Transform thinking to “Be, Do, Have”.

I will look to share my core values of faith, integrity, knowledge, service, empowerment, and encouragement with others, looking to be both a coach and mentor to others.



Ian Kappel
Oregon Youth Authority
Living Unit Manager

As a leader, I will bring with me the integrity that I expect from others. This will encompass all that I do.

I will acknowledge and help others enhance their individual skill set, provided to them through a unique history and perspective.

Culture is created by individuals and therefore it is not fixed. It is a dynamic process of interaction, adaptation and shared meaning.

My commitment is to recognize that every person and every action matters.

I will generously invest in others and provide opportunity for them to take a risk, make a mistake, and grow.

I will lead with humility and value the individual, as this is the key to our long-term success.



Alee Langford
Department of Transportation
Business Operations &
Contracts Manager

My leadership pledge in the form of a 6 word story:

Cultivate harmony to unlock unlimited potential.



Jason McClaughry

Dept of Geology & Mineral Industries
Geological Survey & Services
Program Manager

We are a **TEAM**, committing to learn, practice, and grow together. Our success lies in unification **T**ogether, with consistent **E**ffort, positive **A**ttitude, and resolute **M**ental toughness.

As a team leader, I pledge to nurture a high-performance culture of trust and belonging that is always open and honest. empathetically listen, alive to the perspectives, needs, and challenges of the team; be my best self, bringing positive energy to each interaction and task; celebrate the accomplishments of our teammates and organization; courageously start with our goals in mind, setting our expectations, defining our measures of success, and a plan to achieve them.

I invite all to not only tell of their dreams, but to realize them by boldly following a path of life-long learning, personal growth, and team success.



Mary McRobinson

Secretary of State
Reference and Publications Manager

My leadership pledge starts with a practice of self-awareness and self-management and a promise to show up in a manner that is consistent with my values.

My leadership builds upon my commitment to the mission and vision of our agency and our shared desire for innovation.

My leadership supports my team in ways that are compassionate, trustworthy, and customized to meet each person's needs and advance their goals.

My leadership makes space for camaraderie, creativity, and joy.

My leadership skills grow and improve because I am open and curious, incorporate feedback, and practice a beginner's mind.



Gregory Morgan

Oregon Youth Authority
Program Analyst

As a leader of those who work with at-risk youth, I pledge to uphold the principles of compassionate, supportive, and effective leadership. Recognizing the vital impact our work has on the lives of vulnerable young people, I commit to fostering an environment where my team feels valued, empowered, and equipped to provide exceptional care and support.

I will approach my role with empathy, actively listening to my staff, validating their experiences, and providing a safe space for open communication. I will invest in the growth of my team by providing access to training, resources, and opportunities for advancement, ensuring they are well-prepared to meet the needs of the youth they serve.



Matt Rosen

Housing and Community Services
Homeownership Division
Planning and Policy Analyst

As an analyst, I am a reality tester evaluating how closely we live out our stated intent and achieve our expected goals. Though my position is without formal authority, my insight holds tremendous potential energy to bring about positive change, threaten the status quo, and/or generate conflict and distress.

Believing leadership relies on relational influence to elevate people above our anxiety and turn our focus toward the common good, I commit to engaging others with compassion, assuming we are living in our fullest adaptive capabilities. I will respect our defenses, partner in inquiry and development processes, advance common goals, and offer gratitude. Building the beloved community only happens at a feasible pace.



Albert Salinas

Secretary of State
IT Service Delivery Manager

As a leader, I commit to the following principles to foster a thriving and supportive environment within our agency:

Acceptance of Mistakes: I will embrace mistakes as opportunities for growth and learning.

Pursuit of Professional Growth: I will continuously seek opportunities for personal and professional development.

Fierce Conversations: I will engage in open, honest, and respectful dialogues.

Promoting an Outward Mindset: I will prioritize the needs and goals of the agency and its stakeholders over individual interests.

Outstanding Support: I will strive to provide exceptional support to my team and the agency.

By adhering to these principles, I aim to lead with integrity, inspire my team, and contribute to the overall success and well-being of our agency.



Rob Shaffer

Employment Department
Unemployment Insurance Benefits
Claims Program Manager

I commit to being available and present for each member of our team and to inspire professional and personal development whenever possible.

I commit to building positive relationships based on mutual trust, honesty, teamwork, and respect to ensure we are meeting our collective expectations and shared values.

I commit to inspiring excellence, encouraging continual education, and ensuring accountability in the performance of our duties for our team, our business partners, our organization, and the people we serve.

I commit to demonstrating that each person, their ideas, and opinions have value and should be honored by expressing appreciation for their time, energy, and commitment to the team and our collective goals as well as recognizing them for their achievements and contributions.



David Spangler

Parks and Recreation Department
Park Manager

To lead with grace and humility to empower teams and individuals to reach their full potential.



Nathan Stevens

Employment Department
Contributions and Recovery Director

I am a courageous leader, and you can count on me to consider others as more significant than myself. Putting the needs of my team and the people we serve before my own self-interest.



Sara Stewart

Department of Transportation
Workforce Solutions Manager

My leadership pledge is to serve others in a caring, gracious, and authentic way.

Caring about who they are as a unique individual, seeking to understand and appreciate them as a person, while using our shared humanity to promote grace and compassion.

Grace that honors where they are, validating their experience, and welcomes a differing viewpoint. Grace that serves to uplift them in a way that is empowering and sets them on a path to create their own positive impact.

Authenticity that respects who I am, upholds my values and purpose, while fostering genuine connection with the other person. Authenticity that demonstrates my sincere care, while engaging in service that is meaningful and impactful.



Cesar Villaca

Department of Environmental
Quality Software Development
& Integration Manager

To be a great leader, I pledge to show my staff and those around me LUVÉ. That is to Listen to Understand, to Validate and Empathize.

With LUVÉ, I pledge to be present with them, listening with full interest and attention, driven by genuine curiosity of their lives.

I pledge to listen with the intent to Understand wholeheartedly, while honoring their perspectives with authenticity.

I pledge to Validate with them my understanding of what they share, ensuring they felt heard and valued. With this knowledge.

I pledge to sit with them in a place of Empathy and compassion, supporting their needs, with gratitude for the trust they have placed in me.



Bruce Voges

Oregon Youth Authority
Living Unit Manager

In an environment and world that I work and live there is so much hate and division. That's why as a leader I pledge "To lead and inspire with love and compassion".

I will provide an environment where everyone feels valued, heard, and wants to grow to be the best version of themselves. Development of a strong team will be achieved through celebrating everyone's diversity and developing a sense of belonging with mutual respect.

Through this process I hope to inspire others to become leaders of the future. I believe with enough inspiring leaders we can make a positive change in the world we live in today.



Carl Ward

Oregon Youth Authority
Case Coordinator

"I will be a guiding light for the lost", this is my purpose in life. I find that I am drawn to aiding people whenever possible. To help someone discover themselves and to find purpose in life brings me joy in a way that is often indescribable.

It is like finding the last piece of the puzzle after losing it under the couch, relief and excitement. It is like taking the last cheesecake piece at the family reunion, deliciously guilty. It is like seeing a beam of light breaking through a heavy fog on the coastline, hope.

For this, I pledge that as a leader, I will never consciously leave behind someone that is in need of my help, I will always help others in a safe, supportive, and caring manner, and finally, I will be like a lighthouse in the fog that gives hope to those who have lost their way in the grind of the day to day.

Notes

“This is the first time in a long time where I’m spending time to self-reflect. Giving serious thought to my behaviors, motivations, desires and evaluating my values. The journey so far has been informative but also frightening because I’m not exactly sure what I will discover.”

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“The delivery of the workshops is stellar. I appreciate the fast pace, the building up of ideas on ideas, and the variety of activities. Even if one idea or exercise doesn’t resonate with me, I know another will.”

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ascent.program@ascent.oregon.gov

FAVORITE ASCENT QUOTES

“Our lives begin to end the day we become silent about things that matter.”

– Martin Luther King Jr.

“Vulnerability is the birthplace of innovation, creativity, and change.”

– Brene Brown

“The conversation is the relationship.”

– David Whyte

“Everything you want is on the other side of fear.”

– Jack Canfield

“We don’t see things as they are, we see them as we are.”

– Anais Nin

“Leaders bring the weather.”

– James Geiger

“The privilege of a lifetime is being who you are.”

– Joseph Campbell

“There is no safe path to greatness.”

– Bob Anderson

