

LEADERS FOR LEADERS

Lead with AND

*The Secret to Resilience and Results
in a Polarized World*



BREAKOUT #1

1. Recently, what quadrant have you been spending the most time in?
2. What is something you can start, stop or continue doing to gain the positive results of “Care for Self”?
3. What is something you can start, stop or continue doing to gain the positive results of “Care for Others”?



BREAKOUT #2

1. Looking back on the past month, what quadrant(s) have you been spending the most time in?
2. What is one way you can spend less time in quadrant 1, 3, or 4, and spend more time in quadrant 2?
3. What quadrant 2 activity would be the most effective use of your time right now?

THE 4 QUADRANTS OF TIME

Thanks to Stephen R. Covey



SELF-CARE HACKS:

1. **MEANINGFUL** - Connect to what form of self-care works for you. Each of us have different needs and part of practicing effective self-care is **knowing which actions feel most supportive** and help you feel the way you want to feel.

2. **MANAGEABLE** - It's doing the **simple things consistently** that make the biggest impact for your mental wellness and health.

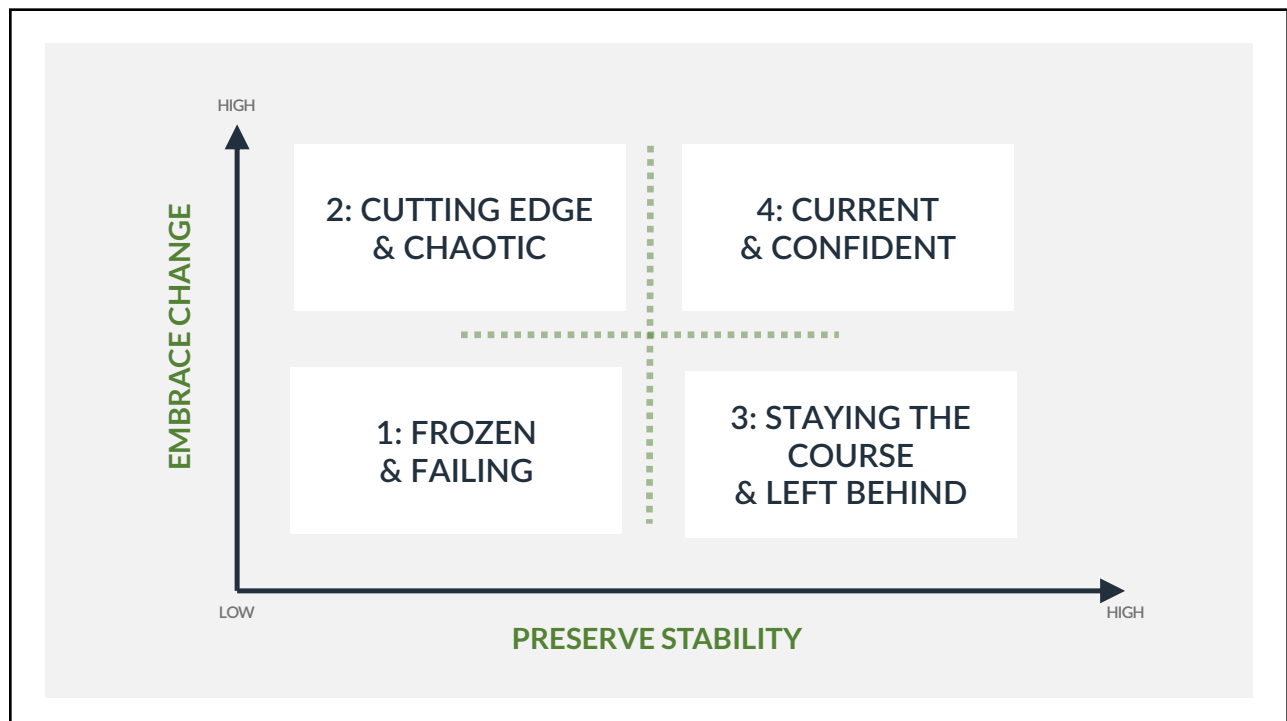
Thanks to Laura Hughes

COMPLETE THE STRESS CYCLE

1. **Get physical - escape the lion!**
 - Anything to get you moving- run, 20-second hug, tense muscles
2. **A good night's sleep**
3. **Learn to be a human 'being' not only a human 'giver'**

BREAKOUT #3

1. Recently, what quadrant have you been spending the most time in? Use an example to explain.
2. What is something you can start, stop or continue doing to spend more time in quadrant 4?



BREAKOUT #4

1. What stage in the Change Cycle do you feel you're at right now?
2. What does it take to move through the Change Cycle in a healthy way?

THE CHANGE CYCLE

Adapted by E. Kubler-Ross

Denial

- Shock
- Numb
- "Not Real"
- Focus on Past



Anger

- "Why Me?"
- Fear
- Yearning



Bargaining

- "Yes, but..."



Acceptance

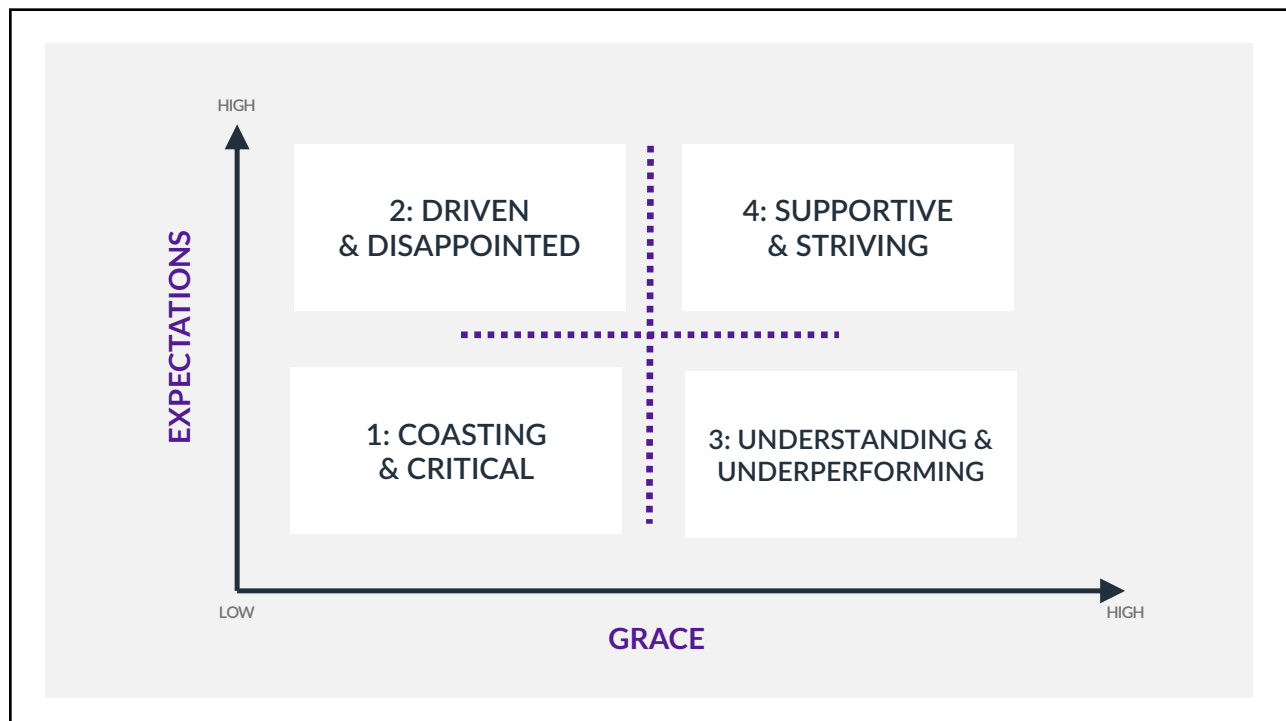
- Reorganize
- New Skills
- Live in Present
- Focus on Future



To laugh is to risk appearing the fool.
To weep is to risk being called sentimental.
To reach out to another is to risk involvement.
To expose feelings is to risk exposing your true self.
To place your ideas, your dreams before the crowd is to risk being called naive.
To love is to risk not being loved in return.
To live is to risk dying.
To hope is to risk despair,
and to try is to risk failure.

But risks must be taken because the greatest hazard in life is to risk nothing.
The person who risks nothing does nothing, has nothing, and becomes nothing.
They may avoid suffering and sorrow, but they simply cannot learn and feel and change and grow and love and live.
Chained by certitudes, they are a slave, they have forfeited their freedom.
Only the person who risks is truly free.

Author Unknown



BREAKOUT #5

1. Talk about a situation (that had a positive outcome) when your high expectations pushed you into your moderate zone.
2. What people and/or things allowed you to be successful?

Comfort Zones



Comfort Zone

Something you're comfortable, confident and familiar with. Doesn't take a lot of physical, emotional or mental energy.



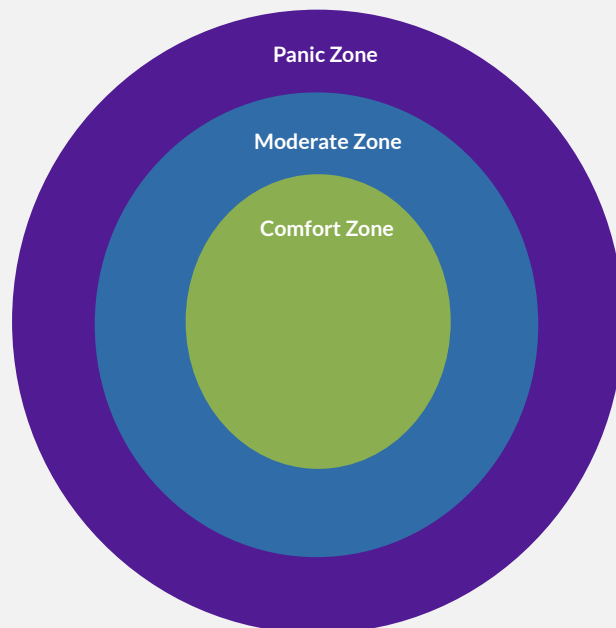
Moderate Zone

You are being stretched either physically, emotionally, or mentally. Also known as your learning zone.



Panic Zone

An unhealthy place where you often fight, flight, or freeze. Also known as the shut-down zone.



CHOOSE GENEROSITY

Choose one person in your life who you struggle to have grace or empathy for. Remember a circumstance where you really "ran out of grace" for this person.

Then, spend a few minutes reflecting and journaling on the following questions:

- What assumptions have I made about this person?
- What assumptions have I made about these circumstances?
- And then reframe by asking yourself, "What is the most generous assumption I can make about this person?"

PERMISSION SLIPS



1. Identify a situation or circumstance that is giving you stress or anxiety.
2. Next, think about what you need to do to feel more in control of the situation.
3. Write yourself a permission slip that gives you the grace to do what you need.
 - I give myself permission to have a messy house during a busy month
 - I give myself permission to be a beginner and make mistakes
 - I give myself permission to quit something

BREAKOUT #6

1. Which of the foundations do you need to commit to?
2. Is this towards myself or towards others?
3. What will be the impact or outcome if you are able to follow through with this commitment?

FOUNDATIONS OF EXPECTATIONS:

1. Choose to move into your moderate/learning zone.
 - *"The most interesting things in life happen just on the other side of your comfort zone."* (Michael Hyatt)
2. Be challenging AND realistic.
 - 1 to 3 goals per season
3. Have minimum standards that are non-negotiable at work & home.
 - i.e. Intake experience at the shelter
 - i.e. Dinner with the family around the table 3x per week

FOUNDATIONS OF GRACE:

1. Choose generosity.
 - What's the least negative assumption I can make about this person/situation?
 - Assume that people are doing their best - always!
 - Don't ask what's wrong with them, ask what happened to them?
2. Give "permission slips."
 - To others and to yourself.

Learning Commitment



Putting learning into action.

MAIN POINT TO REMEMBER ABOUT THIS TOPIC

WHAT CAN I START, STOP, OR CONTINUE DOING IN THE
NEXT 30 DAYS TO PUT MY LEARNING INTO ACTION?

WHAT IMPACT WILL SUCCEEDING WITH THIS COMMITMENT HAVE ON
MY EFFECTIVENESS AT WORK? AT HOME? IN MY RELATIONSHIPS?

STAY CONNECTED AND KEEP LEARNING



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