

LEADING IN A SOCIAL AGE

March 2, 2017

HOW TO ACHIEVE MEANINGFUL OUTCOMES

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https://prekteachandplay.com/ 2017cde-state-meeting/



Self-Awareness Flipped Learning Activities

• A colleague of mine, Jonathan Fields, wrote a book titled, "How to Live A Good Life". In one of his chapters (Know What Matters), he provides a set of steps to help identify what you value most, and then how to make decisions that are in line with your values. The ability is a necessary skill for an effective leaders. In this flipped activity, you are invited to read Jonathan's chapter, follow the four steps found at the end of the chapter, and then see if you are able to begin "saying yes to those thing that genuinely matter most to you."

Chapter Pages: 1 2 3 4 5 6 7 8

Looking to change something about you, your life, your work? Try
the WOOP method developed and researched by Oettingen and
colleagues. Click here to learn more, and here to access and try out
the free app. I'll demonstrate how I've used the method to "turn down
the shark music" when we gather on March 2nd.

 Want to explore tools and tips for helping children identify and build their character strengths? Check out the Character Lab. Surf around the site and bring one idea with you to the conference.

Handouts (print or keep in digital format)

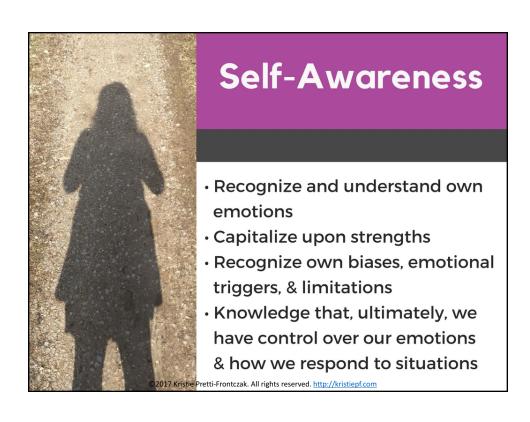
- Essence Glossary Printable [pdf]
- Self-Assessment Key Printable [pdf]
- Self-Assessment At-A-Glance Printable [pdf]
- Superpowers Categories Printable [pdf]
- Mindful Inquires Sampler Pack Digital only [pdf]
- Emotional Vocabulary Words Printable [pdf]

Supplemental Resources

- · Learn more about your strengths-take the free VIA assessment [link]
- Teach others about Superpowers-share the Self-Assessment [link
- Learn more on the Workbook of Human Superpowers [link
- · Learn how to keep a gratitude journal [link]

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WHAT DO WE GET?

- **01** Increased working memory
- **02** Cognitive openness
- **03** Optimal immune system functioning
- O4 Ability to handle complex tasks
- **05** Creativity
- O 6 Openness to people & emotions

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Self-Awareness Strategies



Let your vision drive you actions

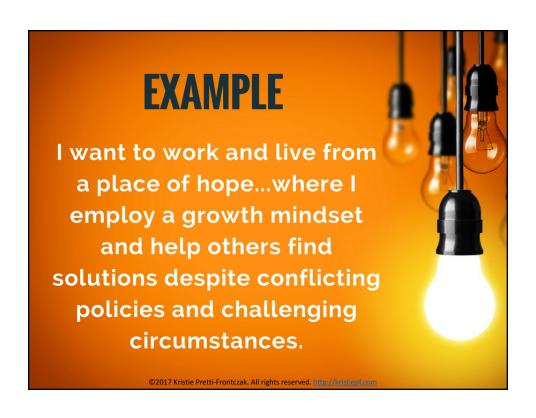


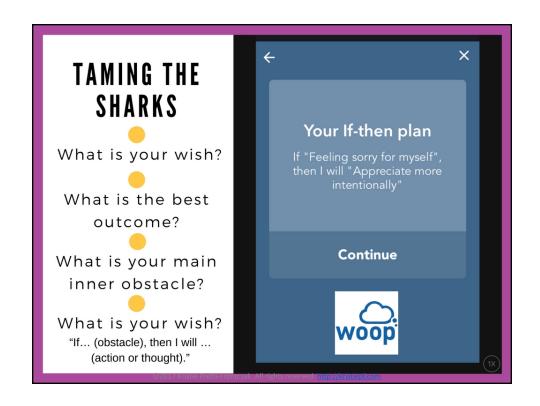
Turn down the shark music



Work from a place of compassion

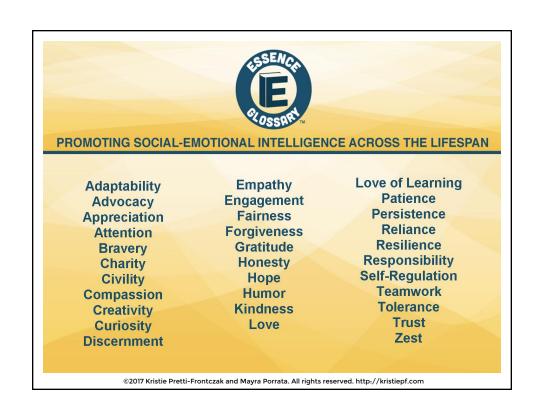
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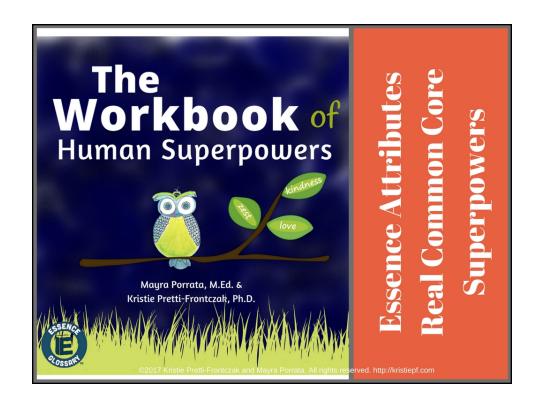










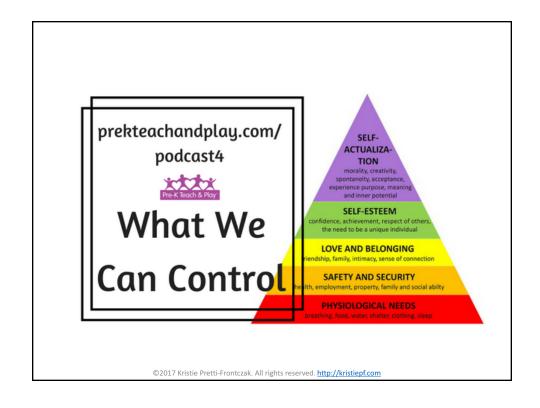




Self-Regulation

- Ability to adapt and manage change
- Ability to understand the best response for the situation
- Ability to control emotional reactions in order to respond in productive and authentic ways

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USING SELF-REGULATION SKILLS TO RESPOND TO CHALLENGES



SOLUTION #1: KNOW WHEN TO HOLD 'EM (BE PART OF THE CONVERSATION)

SOLUTION #2: KNOW WHEN TO FOLD 'EM (KNOW HOW TO ADAPT)

SOLUTION #3: KNOW WHEN TO WALK AWAY (BE PREPARED TO OPT-OUT)

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Situational Awareness



- Ability to see and understand what is happening, why it is happening, and what is likely to happen next
- Mindful of what is going on in terms of issues, concerns, relationships, and group dynamics
- Ability to predict and take action regarding future events.

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Social Awareness

- Ability to consider what others want/need and then to take action to meet those needs
- Ability to demonstrate empathy
- Ability to engage in active listening and effective communication skills to meet the needs of others

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Spirituality

- Connects with self, others, content, and contexts
- Works from a place of authenticity
- Promotes positive change by connecting and collaborating

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