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MOTIVATIONAL SPEAKER



Learning Objectives

- Discover a technique that will support you in developing resilience and adjusting your perspective during challenging times
- Understand a simple habit you can do daily to help prevent overwhelm & burnout
- Experience how easy it is to create meaningful connections that will support you in succeeding in your career and in your lives

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**Describe in one word how 2023 has
been for you?**

**HAVE AN
HONEST ATTITUDE**

Have an Honest Attitude

- Acknowledge how you feel (don't ignore)
- Gain perspective
- Decide what you want then take action to move forward



Changing Your Playlist





Hold Up...
That is Whack!

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 Mentimeter

What is something that you've overcome in your life that you are proud of?

 Start Menti





**MAKE TIME DAILY TO
RECHARGE**

UNLEADED FUEL ONLY ▶



**CHECK
ENGINE**







What activities recharge you?

**LIFE IS A
TEAM SPORT**

“If you want to go fast go alone. If you want to go further go together.”

~ African Proverb

A group of diverse people are shown in a social setting, laughing and talking. The background is filled with green foliage and colorful bunting flags, suggesting an outdoor event. The people are dressed in casual attire, and the overall atmosphere is one of joy and connection.

**Stop Networking.
Start Connecting!**

The Pause for Praise!

You have one minute to share all the positive qualities you possess and all the things you are most proud of!

“Wow that’s GREAT... I’ve got to hear more!”



The Messed Up Minute!

You have one minute to share everything that makes you less than perfect!

*“That’s Okay...
What Else is Wrong
With You?”*



3 P's for Meaningful Connection

1) Presence

2) Participation

3) Personal

EMPATHY

HEAR
AUTHENTICITY
SOUL
RELATIONSHIP
EMOTION
UNDERSTAND

COMPASSIONATE
PROFESSIONAL

COMPASSION
UNDERSTANDING
SELF-EMPATHY
COMMUNICATION

CONNECT
PRESENCE
I HEAR YOU
MEETING
DISCREETNESS
SAFETY
NEEDS
PRESENT
WARMTH

LISTENING
FEELINGS
EMOTIONAL
RESPONSIVE

SPEAK
REQUEST
GIVING
DIALOGUE
INSIGHT

HEART
ALIVE
MUTUAL
AWARENESS
EMPATHIC

Empathy

“A conscious decision to put your thoughts and emotions aside so you can better understand what another person is thinking and feeling.”

~ Hoan Do

Exercising Empathy

- Ask yourself, what don't I see?
- Tell me more
- Thank you for sharing...what can I do to support you?



Questions?



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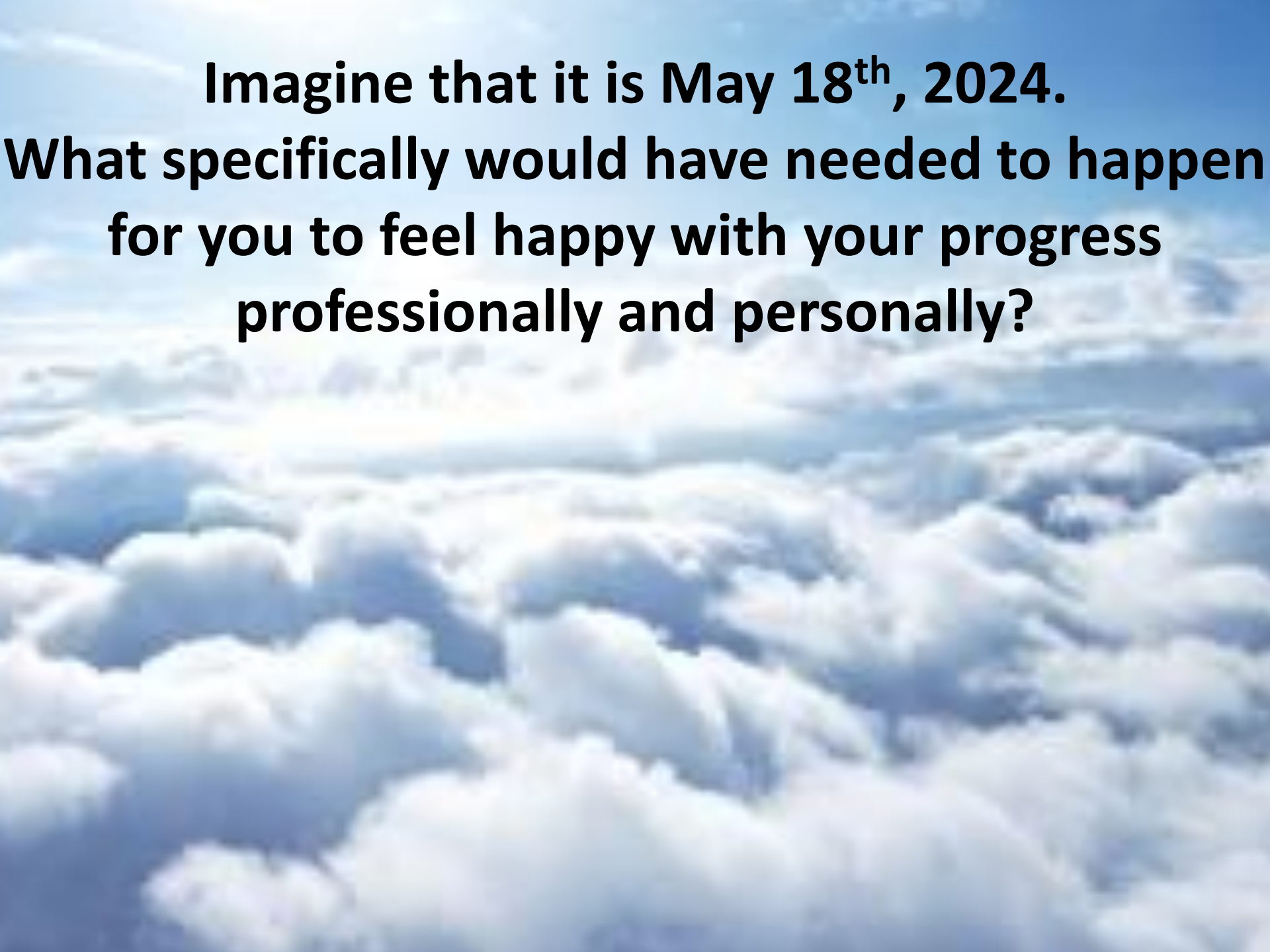


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*“The best way to predict
the future is to create it.”*

Learning Objectives:

- Gain crystal clear clarity on your professional and personal goals
- Discover a three step framework that will help stack the odds in your favor to achieve your aspirations
- Create an action plan so you can immediately begin making progress toward these goals



**Imagine that it is May 18th, 2024.
What specifically would have needed to happen
for you to feel happy with your progress
professionally and personally?**

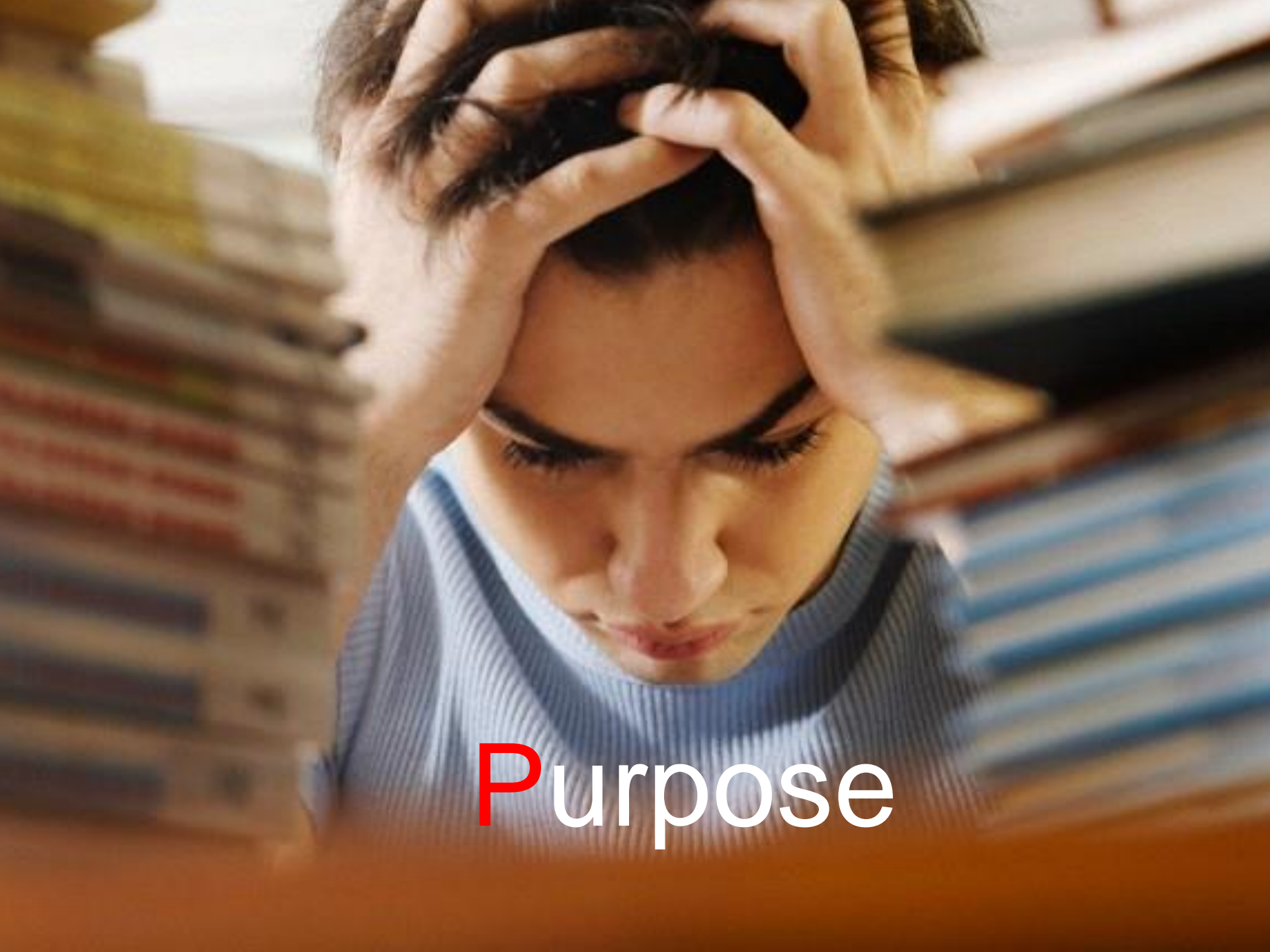


Goals. Purpose. Strategies.

STARBUCKS COFFEE



Goals



Purpose

Strategies



Share with a Partner

- What is your specific goal you want to achieve?
- What would it mean to you to accomplish this goal?
How would it make you feel to make this happen?
- What are some obstacles you can envision yourself encountering?
- What are some strategies that you can implement to make progress with this goal?

Principles to keep in mind

- 1) The power of accountability
- 2) Do your best and forget the rest
- 3) Progress over perfection

Turning Knowledge into Action

What is an action you can take by the end of lunch to help you take one step closer toward your specific goal?



Questions?

SHARE ABOUT OUR TIME W/HFMA



Example

Inspiring time w/@hoando at @OregonHFMA spring conference. He would be a great keynote for the @hfmaorg annual conference!



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