

INSPIRING AND MOTIVATING OTHERS

The True Definition of Coaching

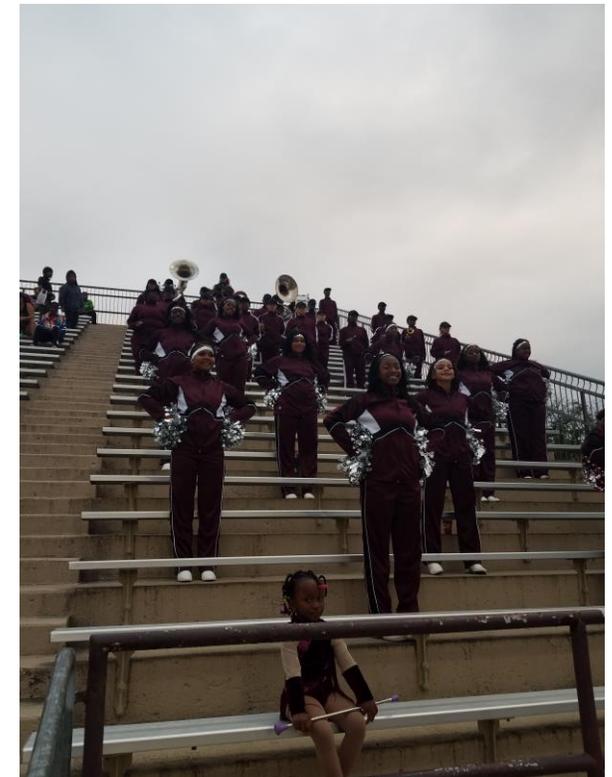
Angelic Dean

Founder/Executive Director

WHO IS IN THE ROOM?

- What is your name?
- What program are you with?
- What makes you unique?







HOW WE WILL SPEND OUR TIME TOGETHER



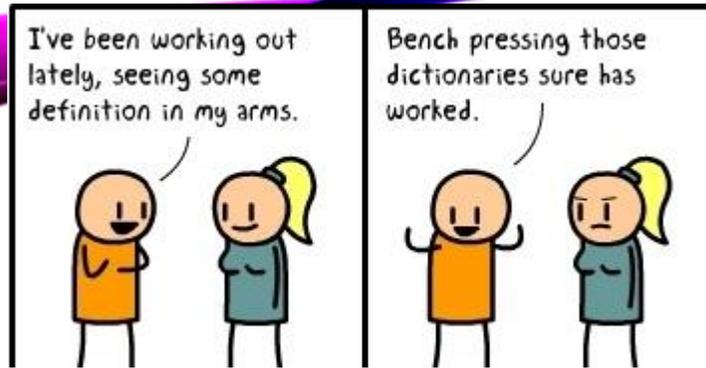
- Coaching vs. Inspire vs. Motivate
 - Strategies
 - Activities
- Group Vision and Mission to Inspire and Motivate Others
 - Self Care When Taking on Everyone's mess

“
YOU CANNOT BE IN LEADERSHIP, BEING NASTY TO
PEOPLE, THEN EXPECT TO BE RESPECTED BECAUSE
OF YOUR TITLE

”

-Author Unknown





DEFINITION TIME!

Inspire

- Fill someone with the urge or ability to do or feel something, especially to do something creative
- Create a feeling, especially a positive one in a person
 - Give rise to

Synonyms: inspirational, encouraging, uplifting, stirring, exciting, moving, influential, incite, stimulate, memorable, persuade, arouse, ignite, produce

Coaching

- To train or instruct
- Give someone extra or private teaching
- Prompt or urge someone with instructions
- Teach a subject or sport as a coach

Synonyms: Instruct, teach, tutor, school, educate, guide, drill, cram, train

Motivate

- Provide someone with the motive to do something
- Stimulate someone's interest in our enthusiasm for doing something

Synonyms: prompt, drive, move, inspire, stimulate, influence, trigger, provoke, push, persuade, activate

INSPIRING THOSE AROUND US

- Relationship, Relationship, Relationships!!!!
 - Be Authentically You
 - Be a good example
 - Challenge People
 - Read Often

WHEN YOU ARE AUTHENTICALLY YOU...

- You live in alignment with your values and beliefs
- You have an identity and your identity isn't defined by someone else
 - Find a path with focus and direction

<https://www.lifehack.org/articles/lifestyle/5-reasons-why-you-should-always-yourself.html>

MOTIVATING THOSE AROUND US

- Listen to hear and not to respond
 - Ask how you can help
 - Follow up- Consistency Matter!
- Be willing to ask open ended questions
- Know and understand that your way is not the only way
 - Know Your Why

KNOW YOUR WHY





ACTIVITY TIME!

Back to Back

- Find a Partner
- Decide who will be speaker and who will be the listener
 - Partners will sit back to back
- The speaker will be given a shape and must give instructions to their partner to draw. The speaker can not give direct clues to what the object is, only how to draw it. The listener may not talk or ask clarifying questions
- We will switch and the listener will become the speaker. Do not show each other your completed picture until told to.

DEBRIEF

Speaker

- What steps did you take to ensure your instructions were clear? How could these be applied in real-life interactions?
- Our intended messages aren't always interpreted as we mean them to be. While speaking, what could you do to decrease the chance of miscommunication in real-life dialogue?

Listener

- What was constructive about your partner's instructions?
- In what ways might your drawing have turned out differently if you could have communicated with your partner?

AND ANOTHER 1.....

Pet Peeve

In this game, one person has a full 60 seconds to rant about something which irks them. Keep it cute- (and work/service appropriate).

- (Player A) simply lets loose while the second person (Player B) listens carefully, trying to cut through the noise by singling out:
 - What Player A *really* cares about
 - What they *value*
 - What *matters* to them
- Player B then 'decodes' the rant by repeating it back to Player A, isolating the key positive points without the fluff or negativity. They can use some variant on the following sentence stems to guide their decoding:
 - “You value...”
 - “You care about...”
 - “You believe that...matters a lot”

Switch

DEBRIEF

- When your partner pulled out what was important to you, how did it make you feel?
 - How can this be relevant to real life situations?

OTHER CONCRETE TOOLS TO MOBILIZE A TEAM



- Weekly Goal Setting
- Affirmations and Shoutouts
 - Visual Goal Setting
- One on One Conversations vs Group
 - SMART Goal Setting



LEADERCORPS VISION AND MISSION TO INSPIRE AND MOTIVATE OTHERS

What will be the members of LeaderCorps Vision and Mission?

Vision

- Provides guidance and inspiration as to what an organization/person is focused on achieving

Mission

- How will you achieve the vision?



Vision Statement

We believe OUR students deserve intentional, empathetic, and trusting relationships with both peers and adults, creating a safe and welcoming environment, resulting in healing and transformation.

Mission Statement

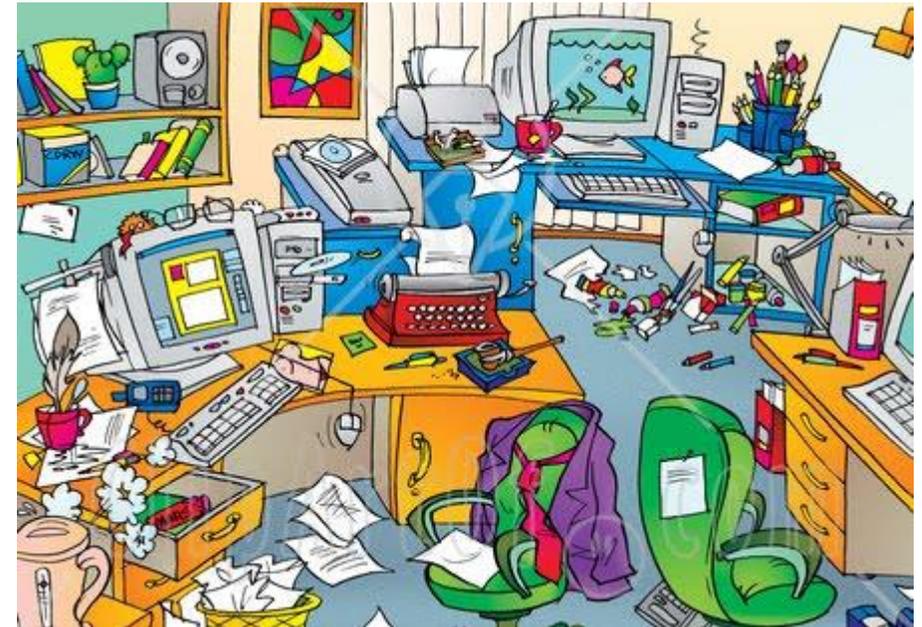
TOGETHER
We will take the time to create opportunities to foster relationships and position students to make positive connections.

We will utilize teachable moments, ask "what?" instead of "why?" and provide experience with empathetic situations.

We will be patient, withhold judgment, validate emotions, and provide a safe environment.

TAKING ON OTHER PEOPLES MESS

“Your relationship with yourself sets the tone for every other relationship you have.” –Author Unknown



“
YOU CAN'T
POUR FROM
AN EMPTY
CUP. TAKE
CARE OF
YOURSELF
FIRST.

DEVELOPGOODHABITS.COM

SELF CARE IS ESSENTIAL

DIFFERENT TYPES OF SELF CARE

- Physical
- Social
- Mental
- Spiritual
- Emotional



WHAT ARE YOU JUGGLING



SELF CARE ACTIVITY

LETS FOCUS ON YOU



TIME TO WRAP IT UP



Questions????

