SRC Leadership DEVELOPMENT
THRIVING UNDER PRESSURE in 2020!
January 11 2020

@DrADinardo  DrAndreaDinardo.com
You get the best performance from others not by lighting a fire underneath but by building a fire within!

Bob Nelson
Strength Based Leadership Practices

My Hopes
My Goals
for Today
Your Hopes

1. For Today’s Session
2. 2020 Winter Semester

Your Goals
What makes a leader great?

1. Pick 3 Words.
   - Accessible
   - Active
   - Adaptable
   - Admirable
   - Agreeable
   - Alert
   - Aspiring
   - Athletic
   - Attractive
   - Balanced
   - Brilliant
   - Calm
   - Capable
   - Captivating
   - Caring
   - Challenging
   - Charismatic
   - Charming
   - Cheerful
   - Clever

2. Identify **Action** for Each.
   - Confident
   - Considerate
   - Cooperative
   - Courageous
   - Courteous
   - Creative
   - Cultural
   - Curious
   - Decent
   - Decisive
   - Dedicated
   - Directed
   - Disciplined
   - Discreet
   - Dramatic
   - Dutiful
   - Dynamic
   - Earnest
   - Ebullient
   - Educated
   - Efficient
   - Elegant
   - Eloquent
   - Empathetic
   - Energetic
   - Enthusiastic
   - Exciting
   - Extraordinary
   - Fair
   - Faithful
   - Felicific
   - Firm
   - Flexible
   - Focused
   - Forgiving
   - Forthright
   - Friendly
   - Fun-loving
   - Generous
   - Gentle
   - Genuine
   - Gracious
   - Hardworking
   - Healthy
   - Hearty
   - Helpful
   - Heroic
   - Honest
   - Honorable
   - Humble
   - Humorous
   - Idealistic
   - Imaginative
   - Impressiv
   - Innovative
   - Intelligent
   - Intuitive
   - Invulnerable
   - Kind
   - Leisurely
   - Liberal
   - Logical
   - Lovable
   - Loyal
   - Mature
   - Optimistic
   - Orderly
   - Organized
   - Painstaking
   - Patient
   - Patriotic
   - Peaceful
   - Popular
   - Practical
   - Precise
   - Principled
   - Profound
   - Protean
   - Providential
   - Prudent
   - Punctual
   - Purposeful
   - Rational
   - Realistic
   - Reflective
   - Relaxed
   - Reliable
   - Resourceful
   - Respectful
   - Responsible
   - Reverential
   - Romantic
   - Skillful
   - Sober
   - Sociable
   - Sophisticated
   - Strong
   - Wise
   - Witty
A Leader is a dealer in hope.

Napoleon
THRIVING UNDER PRESSURE

3 C’s = 3 Teams

<table>
<thead>
<tr>
<th>CHALLENGE</th>
<th>CONTROL</th>
<th>COMMITMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cephra</td>
<td>Kiara</td>
<td>Nikita</td>
</tr>
<tr>
<td>Jorge</td>
<td>Santokhsar</td>
<td>Gilberto</td>
</tr>
<tr>
<td>Cassandra</td>
<td>Aravind</td>
<td>Valeria</td>
</tr>
<tr>
<td>Jeremy</td>
<td>Ryan</td>
<td>Ujjwal</td>
</tr>
<tr>
<td>Ajeo</td>
<td>Kabir</td>
<td></td>
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Journey from Stress to Strength

Stress Hardiness Research ♦ Dr. Salvatore Maddi

Photo Credit: Unsplash
Challenge
Threat or Opportunity?
Challenge Exercise

Identify a major leadership challenge

1. What’s required to solve it? What skill is missing?

2. How is this ^ struggle an opportunity for growth?

3. What strength is being fostered in you as the result of the difficulty?
We see things as we are, not as they are.

Leo Rosten
ABC Model – Albert Ellis

A
• Activating event
• Situation

B
• Thoughts
• About event

C
• Consequence
• Emotions
What do you see?
What do you see?
1

REDUCE THE CHALLENGE

BREAK IT DOWN

ENHANCE SKILL SET
Challenge Skill

PEAK PERFORMANCE

- Anxiety
- Arousal
- Flow
- Control
- Relaxation
- Boredom
- Apathy
- Worry
Practice
Strength
Finding
# Team Communication Styles

<table>
<thead>
<tr>
<th>Love Languages</th>
<th>Communication</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WHICH LOVE LANGUAGE?</strong></td>
<td><strong>HOW TO COMMUNICATE</strong></td>
</tr>
<tr>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>WORDS OF AFFIRMATION</td>
<td>Encourage, affirm, appreciate, empathize. Listen actively.</td>
</tr>
<tr>
<td>PHYSICAL TOUCH</td>
<td>Non-verbal – use body language and touch to emphasize love.</td>
</tr>
<tr>
<td>QUALITY TIME</td>
<td>Uninterrupted and focused conversations. One-on-one time is critical.</td>
</tr>
<tr>
<td>ACTS OF SERVICE</td>
<td>Use action phrases like &quot;I'll help...&quot; They want to know you're with them, partnered with them.</td>
</tr>
</tbody>
</table>

**Self & Social Awareness**
Be a Strength Finder
Pay Attention
Notice Everything

- Learn from Individual Differences
- Search for Similarities
- FAVOURITE SONG
- What’s below the surface?
- Be Curious
- Ask Questions
- Ask teammates to teach your something
- Have fun 😊
Reframe the Challenge

NO PRESSURE

NO DIAMONDS
"When you change the way you look at things... The things you look at change"
Control is the belief in one's ability to influence life events.
Control Exercise

1. Identify two areas in your life that are beyond your control as a leader. (Need to let go of.)
   • e.g., Too high standards. Being unrealistic. Complaining repeatedly about the same situation.

2. Identify two areas in your life that you can directly influence as a leader (Within your control.)
   • e.g., Managing my attitude. Meeting my own needs (Sleep, Fresh air). Having fun. Relaxing.
C. P. R.

CPR SUSTAINABLE
Mental Health Habits
Stress Management

Catch Pause Repair
SIMPLE THINGS ON REPEAT
SAVE THE WORLD

DR. ANDREA DINARDO
Catch

Identify your triggers

Catch them before they escalate
Pause

One minute time out
Repair

Identify & Take Care of What’s Missing

Create a long term sustainable plan
Those who have a WHY TO LIVE can bear with almost any how.

Victor Frankl
Ignite Commitment *through* Shared Vision
What energizes you?
What’s your North Star?

What guides you?
Why become a student leader?
Commitment Exercise

1. WHY did you become a student leader?
2. What’s your VISION and MISSION as a leader?
3. List 3 daily actions as a student leader that matches your VISION and MISSION.
4. Pick one word that epitomizes YOUR why.
5. Once completed, share your one word WHY.
Leadership Tip

Rise Above Differences

- 1 word Vision Boards
- Lightness & Laughter
- Team “Safe Words”
I believe in the power of education to transform lives.
I believe in you.
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