



Personal Effectiveness

“The Professional Linchpin!”

THE LEADERSHIP GROWTH FORMULA:



Internal Change

+



External Action

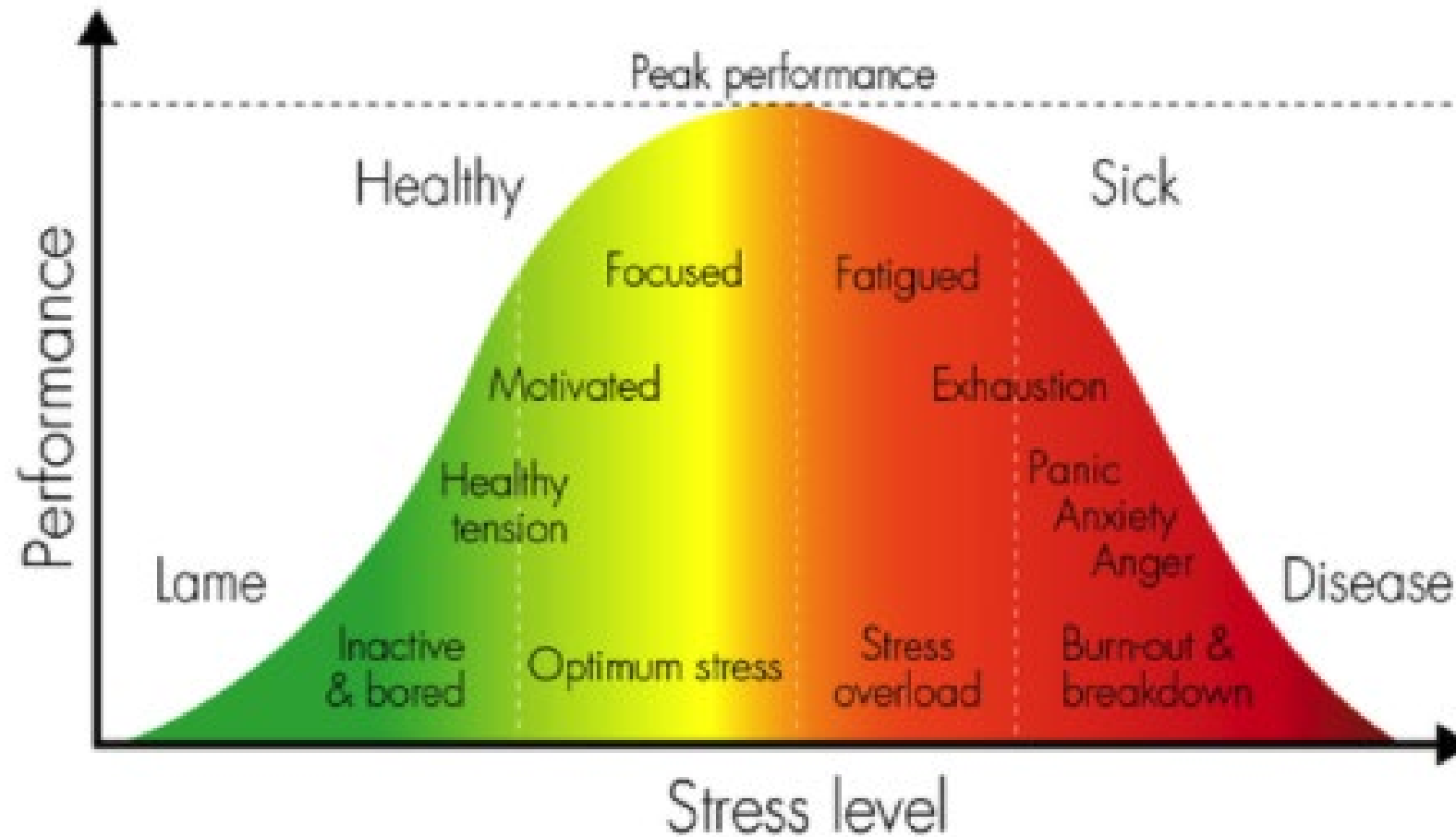
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Desired Results!



Yerkes-Dodson Human Performance Curve



THE LEADERSHIP GROWTH FORMULA:



Internal Change

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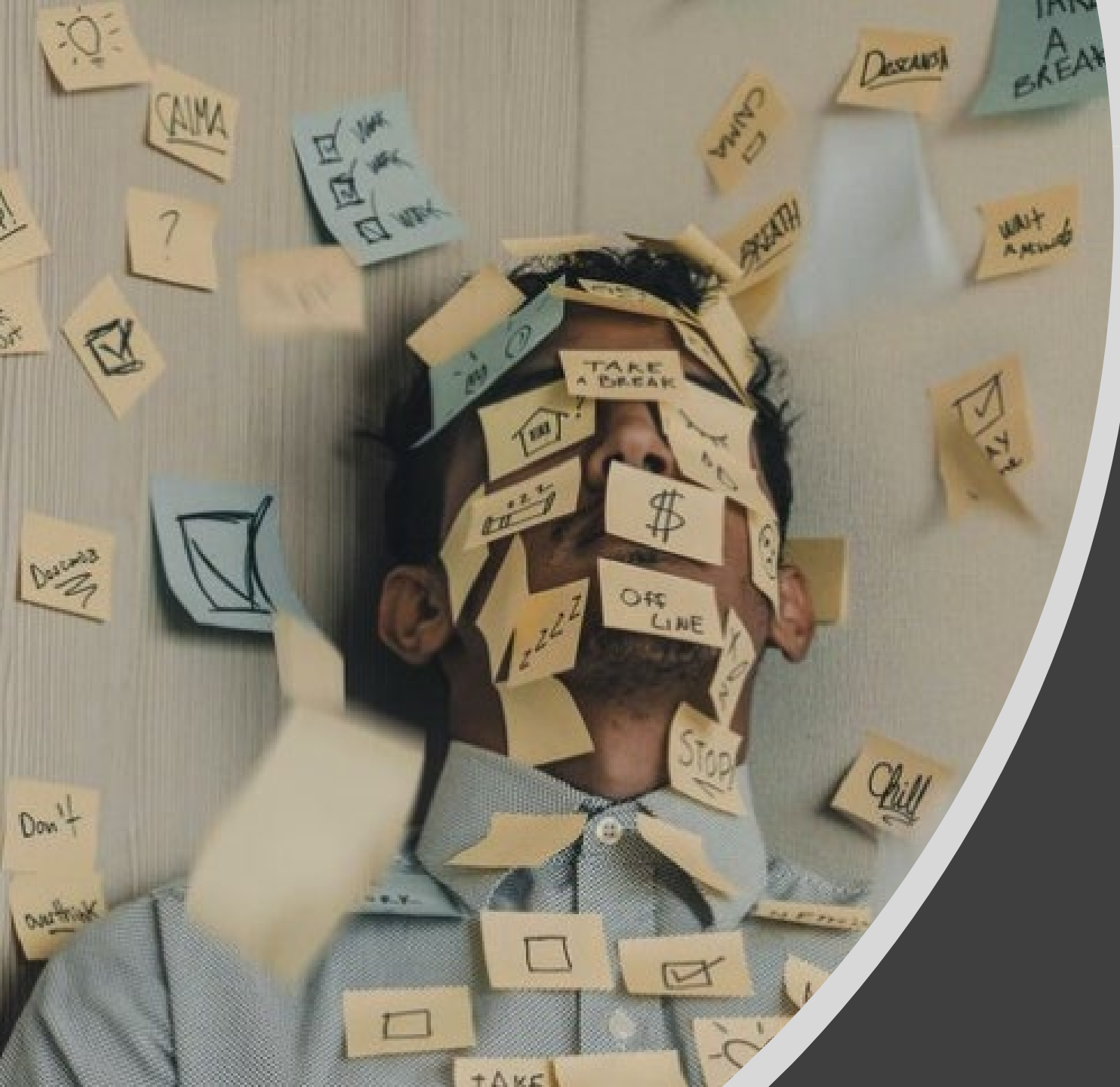
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Desired Results!



Long lasting
leadership
change is an
inside job...
it starts with an
internal shift in
YOU!



Overwhelm is Real!



**Stress
Overwhelm
Burnout**

The Myth of "Work/Life Balance"





EUDAIMONIA

“...the fullest and purest expression of you in your most elevated state.”



BELIEF

'It ain't what you don't know that gets you into trouble. It's what you know for sure that just ain't so!' –Mark Twain



YOUR PERSPECTIVE
DETERMINES YOUR LIFE...






**WHAT DO
YOU SEE?**

Are your beliefs limiting...



The Voice of the Saboteur



*What if I fail? What if I
am not good enough?
What if...? What if ...?*

If the voice in your head isn't kind, loving, caring, and supportive, it is the voice of the 'saboteur.'

Or, Empowering?

Nothing is impossible.
The word itself says
“I’m Possible!”

AUDREY HEPBURN

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An
EVENT

Your
RESPONSE

The
OUTCOME

THE LEADERSHIP GROWTH FORMULA:



Internal Change

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External Action

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Desired Results!



My Relationship with Time

Time Management Matrix



“There’s plenty of time and more arriving, all the time!” -Terri Norvell

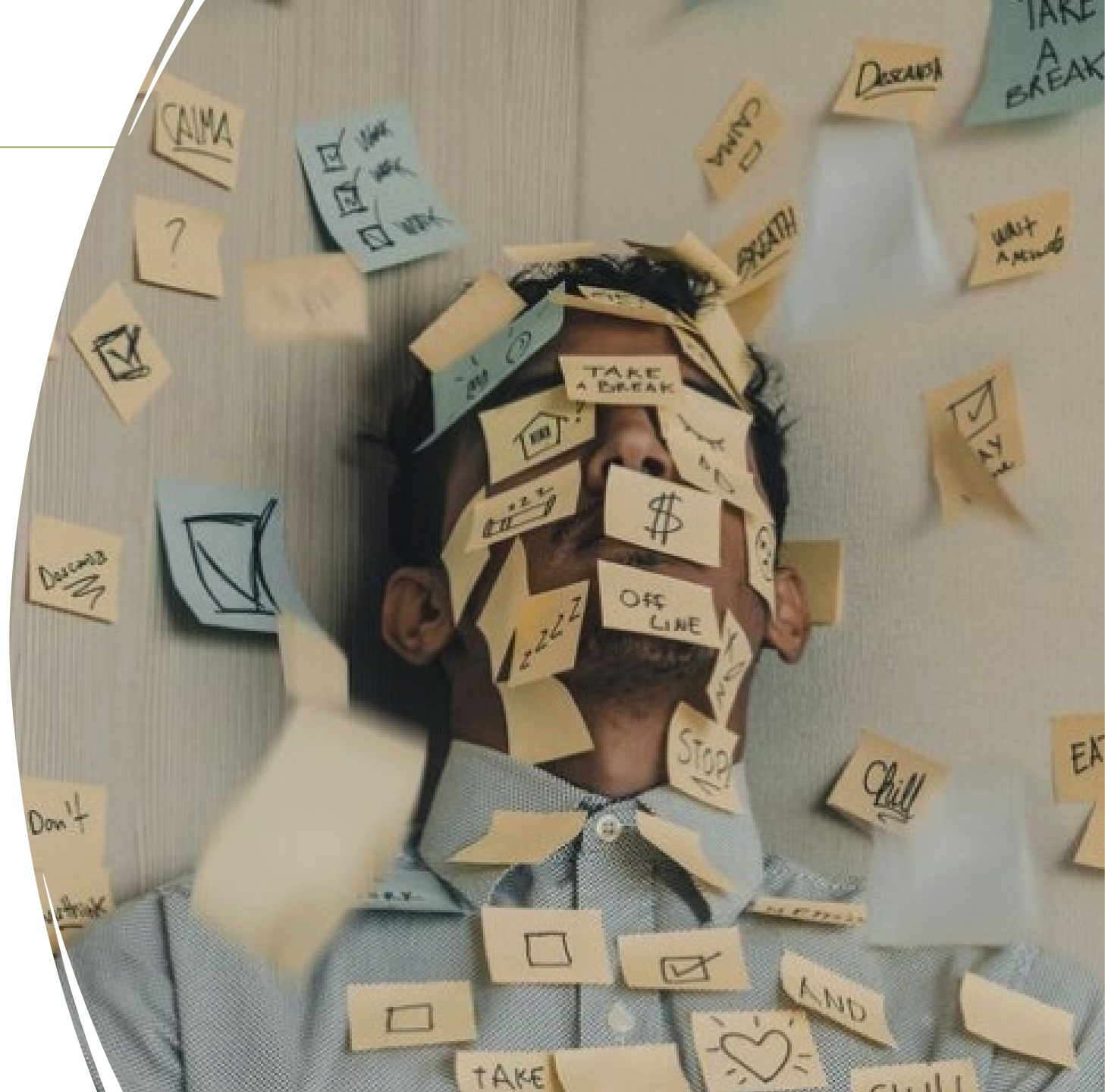


Benefits of Tracking Your Time

1. You are back in the Driver's Seat
2. Gain time for priorities
3. Gain time for effective delegation
4. Awareness...Visibility to stressors

Tools and Tips

Let's Do a
Brain Dump!



Brain Dump

- laundry
- dishes
- clear kitchen counter
- Purge study - catch up
- purge master closet
- hang kids clothes
- clean bathrooms:

4
①
②

1
5
6
⑤
⑥
⑦
⑧

- priority
- 1 Bible study caten.
 - 2 check in with team
 - 3 pay designer
 - 4 laundry
 - 5 Purge Master closet
 - 6 Hang kids clothes

- kids
- master
- guest
- sign up for soccer
- Scholastic book order
- instacart order
- meal plan

-5-
-6-
-2-
-1-

- 1 Tisher
- 2 Clean kitchen counter
- 3 Proof planners
- 4 planner covers
- 5 clean bathrooms
- 6 kids
- 7 master
- 8 guest

- write blog post
- newsletter
- check in w/ team (voxer)
- update Instagram
- planner covers
- proof planners
- pay designer #

-3-
-4-
2
-7-
④
③
3

- 1 Meal plan
- 2 Instacart order
- 3 Write Blog post
- 4 Newsletter
- 5 Soccer sign ups
- 6 Scholastic order
- 7 update Instagram

Brain Dump

Two Lists:

1. Personal
2. Professional



THE 5 SECOND RULE

1. COUNTING BACKWARDS REQUIRES OUR CONCENTRATION
2. ACTIVATES THE PART OF OUR BRAIN...

WHY 5 SECONDS?



A person with dark hair is seen from behind, sitting at a desk and writing in a notebook. The person is wearing a dark blue long-sleeved shirt. The desk is cluttered with various items, including a yellow folder, a blue folder, and a red folder. The background is a soft, pinkish-red color with a subtle pattern of light-colored circles. The overall scene is brightly lit and has a warm, positive feel.

Creating Lasting Habits

Habits Scorecard Debrief...

There is a positive
intention behind
EVERY behavior!

What is my positive intention
behind negative habits?



Habit Stacking



After, _____ (Current
Habit) _____,

I will _____ (New
Habit) _____.

Get Clear

Eliminate Roadblocks

“You do not rise to the level of your goals. You fall to the level of your systems.”

- James Clear



THE LEADERSHIP GROWTH FORMULA:



Internal Change

+




External Action

=



Desired Results!



“Who you
are is how
you lead.”

—*Brene Brown*

Personal Effectiveness – Applying the Formula

THE LEADERSHIP GROWTH FORMULA:



Internal Change +

I will shift my perspective from:

To:

I will shift my perspective from:

To:



External Action:

- 1.
- 2.
- 3.



= Desired Result: _____

Thank You!!

Join Us!

September 25-27, Ft. Lauderdale

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