

The background features a dark blue gradient with a subtle pattern of white dots. Overlaid on this are several circular elements: a large scale on the left with numbers from 140 to 260, and several smaller circles with arrows indicating clockwise or counter-clockwise rotation. The overall aesthetic is technical and futuristic.

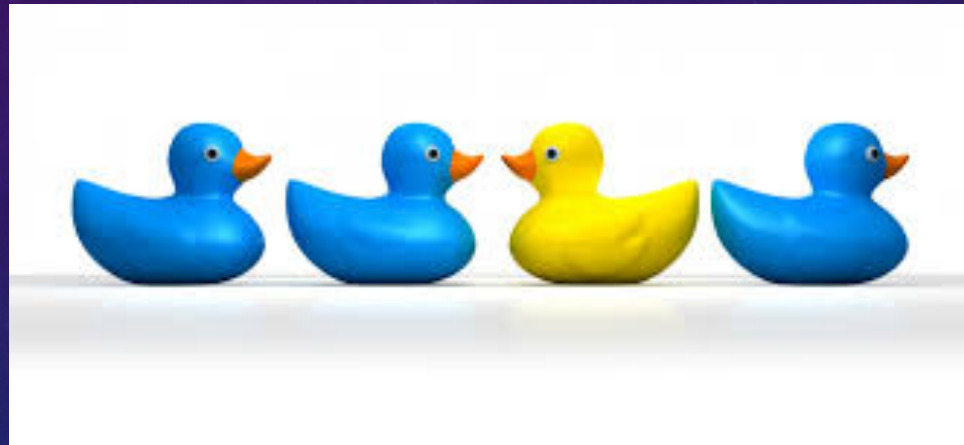
# WHO DO YOU WANT TO BE?

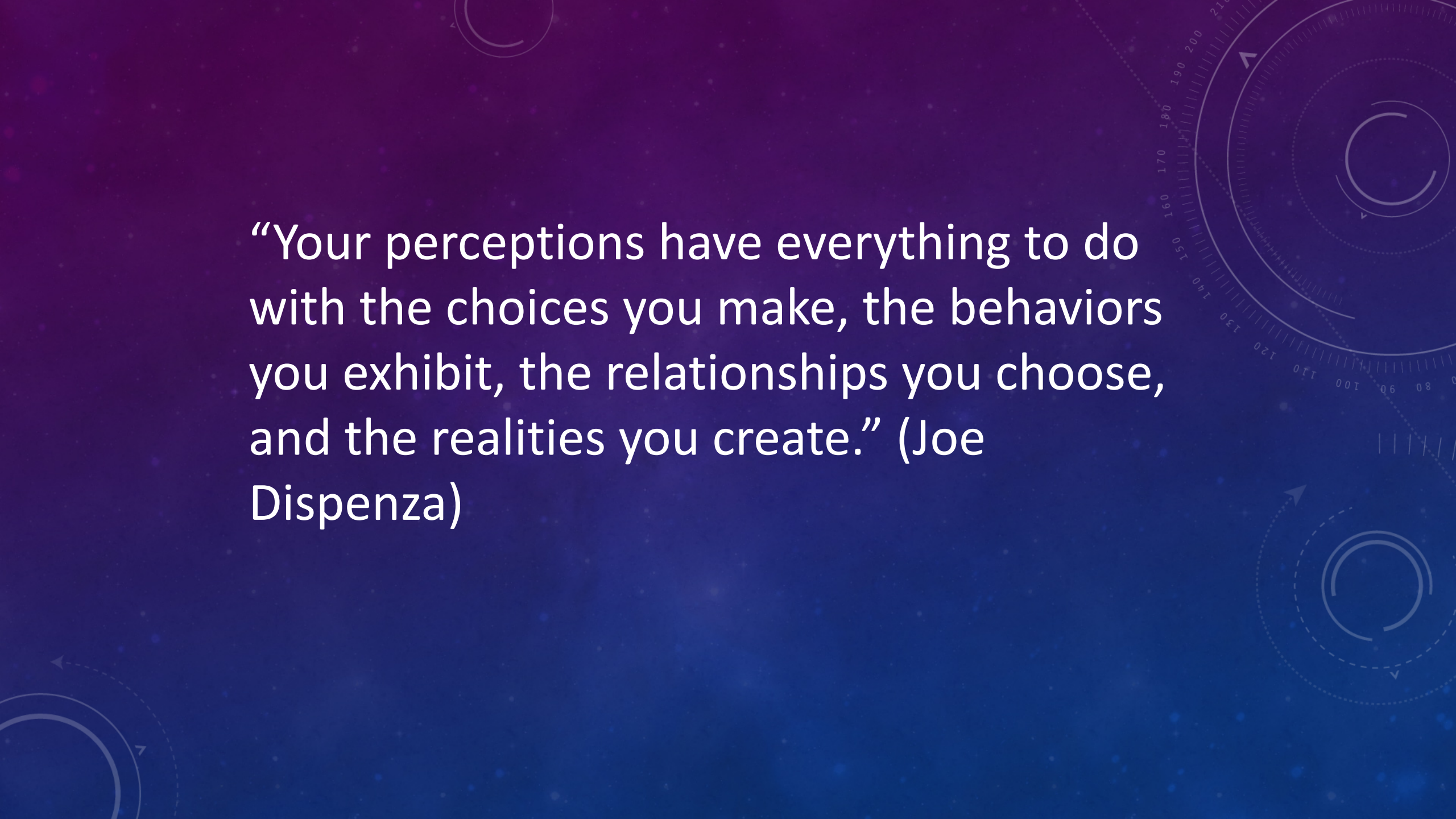
AWARENESS AND CHOOSING HOW TO REPRESENT YOURSELF

William Butler Yeats said, “Happiness is neither virtue nor pleasure nor this thing nor that, but simply growth. We are happy when we are growing.”



WHAT IS THE GREATEST EXPRESSION OF  
YOURSELF THAT YOU CAN BE TODAY?





“Your perceptions have everything to do with the choices you make, the behaviors you exhibit, the relationships you choose, and the realities you create.” (Joe Dispenza)



## REFLECTION...

When do you choose to  
make a change?

- In crisis?
- In inspiration and joy?



# PRACTICE OPTIMISM

- *Notice and expect positives*
- *Focus on what you can control*
- *Act*
- *Decide*
- *Be Aware*





# OPTIMISM PREDICTS POSITIVE OUTCOMES

- Resilience
- Relationships
- Success
- Emotional Well—Being
- Physical Health
- Mortality



# REFRAME YOUR THINKING AND ACTIONS

- See the challenges, not threats
- Focus on Solutions
- Notice Positives
- Ask for help
- Take Action
- Use humor
- Exercise and eat healthy





# OPTIMISM VS. PESSIMISM FACING SETBACK

- Try harder, think deeper, adjust and find a solution
- OR
- Respond by giving up

# COLLECTIVE EFFICACY: TOGETHER WE CAN MAKE A DIFFERENCE

- When you only see barriers, you believe your efforts will be in vain.
- With collective efficacy – we believe together we can help students achieve in meaningful ways.
- Collective efficacy refers to “the judgments of teachers in a school that the faculty as a whole can organize and execute the courses of action required to have a positive effect on students.” (Goddard, Hoy & Woolfolk Hoy, 2004, p.4)
- When efficacy is high there is greater persistence.
- Hattie ranked collective teacher efficacy as the number one factor amongst all of the influences on student achievement.
- Efficacy beliefs help determine what to focus on, how we respond to challenges and how we expend our efforts.



# FOUR SOURCES OF EFFICACY BELIEFS

- Mastery Experiences
  - Vicarious Experiences
  - Verbal Persuasion
  - Emotional and Physiological states
- .....
- Imagined experiences

(Bandura, A. , 1997)



## The PERMA Model

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- P - Positive Emotion.** Feeling good, positive emotions, optimism, pleasure and enjoyment.
- E - Engagement.** Fulfilling work, interesting hobbies, “flow.”
- R - Relationships.** Social connections, love, intimacy, emotional and physical interaction.
- M - Meaning.** Having a purpose, finding a meaning in life.
- A - Accomplishments.** Ambition, realistic goals, important achievements, pride in yourself.

(Seligman, M.)



HAPPINESS =

- 80% Psychology (Perception + Growth Mindset + Beliefs)

+

- 20% Strategy

# ROUTES TO HAPPINESS (HARVARD HEALTH)

- **Feeling good:** seeking pleasurable emotions and sensations
- **Engaging fully:** pursuing goals and activities that engage you fully
- **Doing good:** searching for meaning outside yourself
- **Gratitude:** expressing appreciation for what you have in your life
- **Savoring pleasure:** placing your attention on pleasure as it occurs and consciously enjoying the experience as it unfolds
- **Being mindful:** focusing your attention on what is happening at the moment and accepting it without judgment
- **Self-compassion:** consoling yourself as needed, taking the time to nurture yourself, and building the motivation to try again.



# SET THE STAGE

- HAPPINESS
- OPTIMISM
- WHAT IS THE GREATEST EXPRESSION OF YOURSELF YOU CAN BE TODAY?

MY HOPE: you will thrive in an atmosphere of growth that will leave you feeling you have offered to others the greatest expression of yourself!