Energy Leadership: The Roadmap to Inspiring Excellence

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It’s Friday the 13th!
Lucky Day for Me!
Boston Strong

We’ve had 72 inches of snow in 21 days. Some snowbanks reach the 2nd floor of homes. We’re #BostonStrong, but this is ridiculous!

HAVE A WAY TO GET RID OF IT?
Boston Strong = Champions
Who is Michael?

Primary Family Caregiver

2009-2012
The Accidental Caregiver’s Survival Guide
Your Roadmap to Caregiving Without Regret

A. Michael Bloom
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Time to Talk About You!
One Factor for Inspiring Excellence
What does Balance mean to you?

Balance is the Key to Life
Stress Balloon
Signs of Stress that Can Lead to Burnout

- Trouble Sleeping
- Appetite Changes – Eat More or Less
- Greater Frequency of Headaches
- Lethargy
- Outbursts of Anger
- Lack of Interest
- Feeling Like a Victim
- Increased Alcohol or Prescription Drug Use
You are Inspiring Leaders Deserving of Balance

https://www.youtube.com/watch?v=0714IbwC3HA
As leaders, finding balance and energizing others starts with us. We need to be energy efficient to support the vulnerable who depend on us.
Recharge Yourself with Rest
Great Leaders Energize Others to Greatness

A good leader is one who can tell another how to reach his or her potential; a great leader is one who can help another discover this potential for him or herself.

- Bo Bennett
Worth Repeating…
As leaders, energizing others starts with us.

Treat people as if they were what they ought to be, and you help them to become what they are capable of being.

- Johann Wolfgang von Goethe
As field professionals, you have been facing incredible challenges and are finding ways every day to do more with less.

Results have led to amazing accomplishments and innovation as well as burnout and departures from the field.
Overall, Gallup found that only 13% of workers feel engaged by their jobs. That means they feel a sense of passion for their work, a deep connection to their employee and they spend their days driving innovation and moving their company forward.

The vast majority, some 63%, are “not engaged,” meaning they are unhappy but not drastically so. In short, they’re checked out. They sleepwalk through their days, putting little energy into their work.

A full 24% are what Gallup calls “actively disengaged,” meaning they pretty much hate their jobs. They act out and undermine what their coworkers accomplish.

Top variable for employee disengagement = perceived respect and treatment by supervisor

Burnout is a Serious Risk and Can Be Contagious

It is vital to **Get Off the Roundabout of Burnout and Recharge Your Energy Now**

https://www.youtube.com/watch?v=iAgX6qlJEMc
We Will Explore the Roadmap to Inspiring Excellence

- Learn about the importance of Energy Leadership™
- Gain understanding of the GAILs that can put hazardous roadblocks in the path to balance and progress
- Journey through the roadmap to Get off the Roundabout of Burnout, Recharge Your Energy, and Inspire Excellence
- Share a few energizing exercises along the way
Why is Energy Important?

You are responsible for the energy that you create for yourself, and you’re responsible for the energy that you bring to others....

All life is energy and we are transmitting it at every moment. We are all beaming little signals like radio frequencies, and the world is responding in kind.”

As Oprah said in her farewell show on May 25, 2011

https://www.youtube.com/watch?v=UPuXvpkOLmM
When you are going through the work day,

how often do you feel as though you are pushing a boulder up a hill?
Energy Leadership™

- Refers to both a particular and unique form of leadership, and also, literally, to the process of leading energy, so that it works for you rather than against you.

- There are 2 forms of energy
  - Anabolic – Positive
  - Catabolic – Negative
ENERGY LEADERSHIP

Transforming Your Workplace and Your Life from the Core

Includes $350 worth of training videos and materials.
There are 7 levels of awareness

- Understanding of the levels and how they are related to leadership will catapult your performance and inspire greatness in others.

- The Roadmap to Inspiring Excellence will start you on the path to this awareness and recharge your energy.
Peace
Compassion
Forgiveness
Acceptance
Service
Cooperation
Reconciliation
Concern
Responsibility
Strong Ego
Mid
Frequency
What Matters for Communication

It’s not what you say that matters most, it’s why you say it.

- Bruce D Schneider
  Founder, iPEC Coaching
  Creator, Energy Leadership™
Key to being a balanced leader who uses dynamic communication effectively and readily inspires positive change is to

Understand Energy Blocks so you can shift them and right your ship.

GAILs
Limiting Beliefs

- Something that you accept about life, about yourself, about your world, or about the people in it, that limits you in some way.

Does anyone have some limiting belief that you hold or that you have heard from someone else at work that you can share?
Interpretations

- An opinion or judgment that you create about an event, situation, person or experience and believe to be true.

“We do not see the world as it is, we see it as we are.” - Anais Nin
As human services leaders, we are especially vulnerable to this when under stress.

https://www.youtube.com/watch?v=n_u7BYeGxcY &spfreload=1
Assumptions

- An expectation that, because something has happened in the past, it will happen again.

We are each a product of our own belief system.
Identify Your Self-Doubts

• Using the Self-Doubt Worksheet
Gremlins

Your Top Self-doubt is Your Inner Critic!
How to Manage GAILS

- Recognize them and make a decision to change your mindset
- Keep focused on work/life balance or blend
- Don’t jump to conclusions
- Avoid gossip
- Ask for clarification
- Ask for help – seeking support is a sign of strength
Time to Find Balance to Skillfully Manage the GAILS
The Roadmap to Inspiring Excellence

- Release Crisis Mode (1)
- Overtake Conflict (2)
- Achieve Buy-In (3)
- Deliver Greatness (4)
- Magnetize and Motivate Talent (5)
- Accept Intuition (6)
- Put Chocolate in Your Pill Box (7)
- * Energy City *
RELEASE
CRISIS
MODE
NEXT EXIT
Stop Being a Victim to Circumstances So You Can Have Laser Focus to Produce the Success You Desire.
Take Control of Emotions and Cope with Any Person or Situation – No Matter What.
Catabolic Leaders

Spend the vast majority of time between the first two legs of the map. They are managing to survive each week and may actually be getting a lot done. However, it is emotionally and physically exhausting. Families and team members may operate mainly out of fear and conflict.
Anabolic Leaders

Know how to navigate through the first two exits skillfully. They seek to spend much more time leading their families/teams through the remaining exits. This is when balance and successful collaboration can thrive.
Not there yet?...
Most Important Variable for Employees
Key to Resonating at Anabolic Levels

- Appreciation
- Forgiveness
Hoʻoponopono

https://www.youtube.com/watch?v=ac5SGwRPv0o
&list=PL7952CB8E5C4E9C99
ACHIEVE
BUY-IN
3 MILES
Utilize People to Maximize Team Talents and Contributions to the Mission.

*Leadership is the art of getting someone else to do something you want done because he wants to do it.*

-Dwight D. Eisenhower
DELIVER GREATNESS

NEXT EXIT

4
Become the “Go-To” Organizational Leader That People Seek For Compassionate and Cutting-Edge Services. Compassion is a key component.

Complete Exercise – Creating Your Work Mission Statement
Creating Your Work Mission Statement

List 1: 3 Things I’d love to feel about my job

List 2: 3 Things that I would love to see happen in my place of work

List 3: 3 gifts I have, or ways I can express myself more fully that can contribute to my work environment

List 4: 3 changes I can make right now to love what I do.

Take the most important one from each list above
Create An Environment that Attracts and Retains the Best Talent for Magnificent Achievement and Performance.

Peace is a key component.
Be Seen as a True Visionary and Influence Everyone to Work to Their True Potential.

Synthesis is a key component.
PUT CHOCOLATE IN YOUR PILL BOX
Reward Yourself to Fuel Your Passion for Creating Enduring Success as a Matter of Sacred and Essential Routine.

Absolute Passion is a key component.
Remembering Helen Fantasia
Unsung Heroes Provide the Special Chocolate for Everyone
Where Brilliance Happens!

Welcome to Energy City
Achievement is Limitless!

- You’ll help inspire and motivate those around you, feel a greater sense of purpose;
- You will actually resonate at a higher level of energy, which will help you get more done in less time, and also attract success to you;
- You’ll be able to make quick, accurate and balanced decisions, reduce stress;
- You’ll increase your engagement on the job, and have access to your personal genius;

All other aspects of your life will improve as well.
How Can You Continue to Follow the Roadmap?

Create your work mission statement and use it as a personal guidepost.

Have every member of your team complete and use a part of supervision and performance evaluation process.
Synergy Key To Maintaining Anabolic Energy, Balance and Promoting Positive Change

Seven Synergizing Statements

Offer analysis, reflection, and team development
Seven Synergizing Statements

- Each moment describes who you are, and gives you the opportunity to decide if that’s who you want to be.

- Life offers neither problems, nor challenges, only opportunities.

- We are each a product of our own belief system.

- Pain is inevitable, suffering is optional.

- Now is all there ever is.

- Energy attracts like energy.

- Life is a perfect adventure; a game that cannot be won or lost, only played.
How to Make Use of the Statements

Thoughtful Questions to Ponder
1. What thoughts or feelings come to you when you think about the statement?
2. If you fully believed this statement, what ideas do you have that can help you live it and care for yourself?
3. Based upon the statement, what ideas do you have that can help you better support your team?
What Can You Do Now?

Reflect on the Roadmap so you can Lead with Anabolic Energy!

Ask questions – always ask for what you need.
Resources for Caregivers at
www.caregivingwithoutregret.com
Need Help with Marketing?

www.hangoutsthatconvert.com
Special FREE Preview

The Accidental Caregiver’s Survival Guide – Your Roadmap to Caregiving Without Regret

www.theaccidentalcaregiverssurvivalguide.com
Thank You!

Keep Inspiring!

The Work All of You Do Has Never Been More Important.