MOH-DOH-VATION!

Presented by: Maria Bundang & Zachary McLaughlin
ICEBREAKER

• Find a partner
• Decide on one person to be A, the other B
FOLLOW-UP QUESTIONS

• How did that feel? Was it difficult? Were you trying your hardest to accomplish your goal?

• For those of you who were pressing the hands down: Do you feel that your partner was trying their hardest? What do you think was the purpose of pushing their hands down?

• What were some of your goals you had in mind? What kind of differences did you see between doing the activity the first and second times?
CHALLENGE YOURSELF

• Some of the topics that we may discuss today can be personal, therefore we ask that you be respectful of what others say.
  • This is a safe space to express yourself.
  • Keep your minds open
• We challenge you to participate and share
GOALS

Police: Wife Steals Cop Car With Husband Cuffed Inside
Wife-of-the-year candidate, right here

RELATIONSHIP GOALS

SQUAD GOALS
GOALS

• What are goals? Are there different kinds of goals?
  • Long term goals
  • Short term goals
GOALS

• What are some of your personal goals?
  • How do you achieve these goals?
• What keeps you continually working to achieve?
MOTIVATION

"Do it, just do it! Don’t let your dreams be dreams."

- Shia Labeouf
MOTIVATION

• What is motivation?
  • “The general desire or willingness of someone to do something” - Google

• Where do you think motivation comes from?
MOTIVATION

• Burnout: The loss of motivation due to overexertion or lack of interest
• What are some common factors that may cause burnout?
MOTIVATION

• Internal locus of control: The belief that you have the ability to control outcomes and occurrences in your life

• External locus of control: The belief that you have no control over events that happen in your life, and you attribute that to outside factors/the environment.

• How does this tie into motivation?
MOTIVATION

• What are some ways to counter burnout?
  • Examples: Positive or forward thinking, focusing on what you can control in your life (Internal locus), and accepting that what is out of your control cannot be helped.
  • What will happen will happen.
MOTIVATION

• Ultimately, our values are what motivate us
• Now, think of 2-3 values that are most important to you and write them down
  • Think of how these values motivate you
I'M SERIOUS

ABOUT MY CORE VALUES
CORE VALUES

• Remember those 2-3 values that are important to you? These are what we call core values.

• Core values are the guiding philosophies that direct our behaviors and actions and act as our moral compass.

• They can be many things that come from your personal beliefs, important events in your life, life lessons, etc.
PLAY-DOH TIME!!!!!!!

BUY ALL THE PLAYDOH!
PLAY-DOH TIME!!!!!!!

• With the Play-Doh you will sculpt an item that represents at least 1 of your core values.
  • Be prepared to explain and share this item later
PLAY-DOH RECAP

• Why do you think we used Play-Doh and not something more permanent like clay or sediment?
• Over time, personal goals and core values change just like the Play-Doh!
• Some values are also expressed more in particular situations than others.
• For example…
CORE VALUES & LEADERSHIP

• Consider one core value you would take with you into your leadership work
  • For example…
    • Passion
• Why is motivation so important for leaders?
• Being passionate about your work, and constantly developing yourself
• A leader who exhibits motivation can have a large influence on a work environment
  • Why do you think that is?
GOALS & LEADERSHIP

• Personal goals vs. team goals
  • Common leadership styles ➔ Administrative & Interpersonal
• Incorporating core values into your leadership style to achieve goals
FINAL REMARKS/TAKEAWAYS

• Continue to think about your core values for the rest of the conference
• Whenever you need an extra bit of motivation, take a step back to reevaluate your goals and values
  • Thank you for coming!!
FINAL REMARKS/TAKEAWAYS

THANKS FOR COMING TO MY PARTY

IF YOU COULD PITCH IN $5 THAT'D BE GREAT