



Your Leadership Energy

KNOWING THE TONE YOU PUT FORTH AND HOW TO ADJUST IT

Brian Luu
Campus Recreation & Unions

Define “Energy”

- ▶ Ability to be active
- ▶ Strength, vitality
- ▶ Power
- ▶ Spirit
- ▶ Enthusiasm
- ▶ Zest
- ▶ Effort



Let's Go Through Some Scenarios

How would you react?

- ▶ You are working cash register at a store when an angry customer comes in and starts yelling at you about something. You believe they are complaining about a product they purchased, but you can't get a word in because they keep going on and on.

How would you react?

- ▶ You're a day camp counselor and are in charge of the 7-8 year old group. They are enjoying some free time before their next structured event. You announce that it's time to wrap things up and line up. All kids obey except for one who sits their defiantly, while pouting and saying "no!"

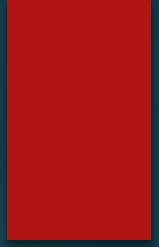
How would you react?

- ▶ You're a student manager overseeing a staff of 10. You know that two of your staff members don't really get along with each other. During a staff meeting, something is said by one of them that triggers a heated argument between the two in front of everyone, which continues to escalate into yelling.

2 Volunteers Please!!

- ▶ Person A walks towards Person B
- ▶ Person B tells Person A to stop walking without using any words and while staying in your spot
- ▶ Person A will stop walking only when TRULY feel the message to stop walking

Observations



Toward Energy

- ▶ Energy that has a more powerful and firm disposition
- ▶ Can be oppositional in certain situations
- ▶ Attempts to get attention
- ▶ Does not always involve yelling or loud tones
- ▶ Can be very in-your-face
- ▶ Can be effective in situations where you need to gain control quickly

What do you think the opposite is?

Away Energy

- ▶ Passive, maybe even soothing energy
 - ▶ Sometimes talking is not even involved
 - ▶ May involve physically furthering yourself from those you're interacting with or leaving altogether
-
- ▶ Name some situations where away energy is effective as a leader.

There's one more. Any guesses?

With Energy

- ▶ A very collective and encouraging energy where you try to work together for a result.
- ▶ Can be done 1:1 or among groups
- ▶ An energy used very often among children
- ▶ One of the more recommended energies to use but sometimes one of the more difficult ones to achieve right away, especially when working with challenging personalities

Let's Partner Up and Discuss

- ▶ Discuss what energy you feel you use more often
 - ▶ Talk about some situations where you have put forth that energy and worked out positively.
 - ▶ Were there ones where it did not work out positively?
- ▶ Is there an energy you feel you'd like to become better at using?

Let's Revisit Those Scenarios

- ▶ Talk about how you would handle these situations but in the context of the energies you just learned
- ▶ Which energy (or energies) would be most effective in handling them?

How would you react?

- ▶ You are working cash register at a store when an angry customer comes in and starts yelling at you about something. You believe they are complaining about a product they purchased, but you can't get a word in because they keep going on and on.

How would you react?

- ▶ You're a day camp counselor and are in charge of the 7-8 year old group. They are enjoying some free time before their next structured event. You announce that it's time to wrap things up and line up. All kids obey except for one who sits their defiantly, while pouting and saying "no!"

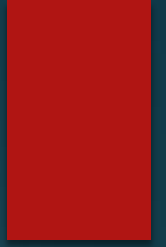
How would you react?

- ▶ You're a student manager overseeing a staff of 10. You know that two of your staff members don't really get along with each other. During a staff meeting, something is said by one of them that triggers a heated argument between the two in front of everyone, which continues to escalate into yelling.

Let's Put It Together

- ▶ It all depends on the situation
- ▶ Generally, certain energies are better used dealing with specific energies provided to you
- ▶ Opposites don't always go both ways
 - ▶ i.e. Away energy is effective when dealing with someone who is being way too toward with you, however, when dealing with someone who is being way too away, toward might be a bit much. Try some with energy there.

Some more Scenarios



Remember...

- ▶ It depends on the situation
- ▶ It's also about balance
- ▶ Don't be afraid to practice

Questions?

Brian Luu

Assistant Director, Fitness & Wellness

Campus Recreation & Unions

btluu@ucdavis.edu