



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

ifunny.co



GOALS

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GOALS

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



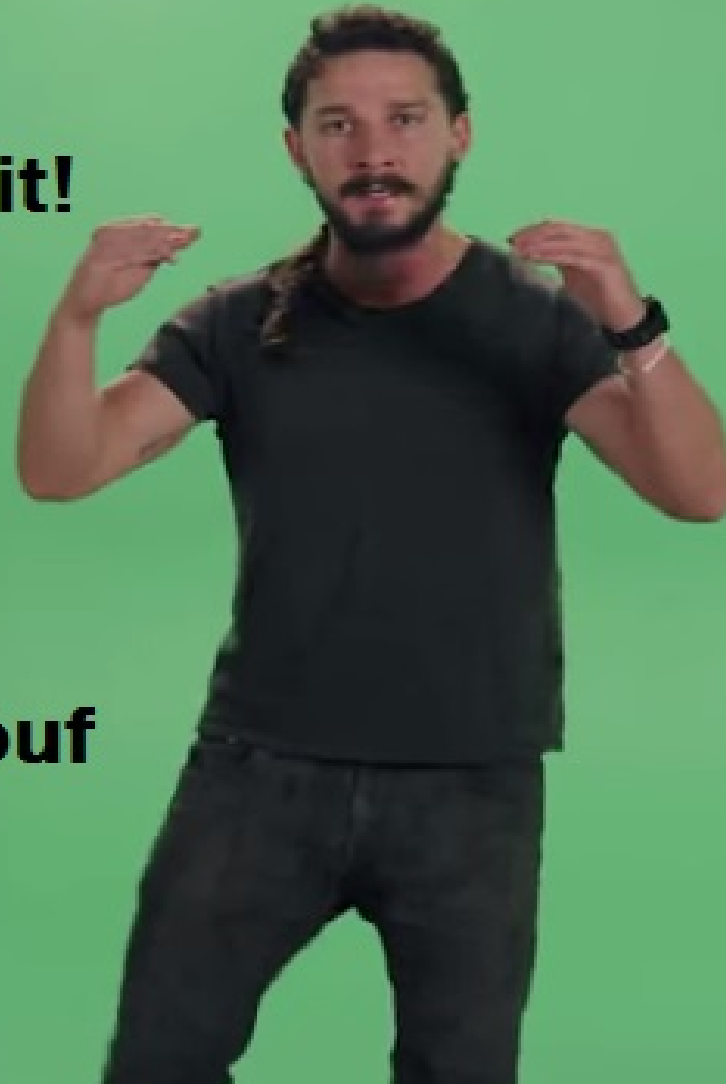
GOALS

- 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

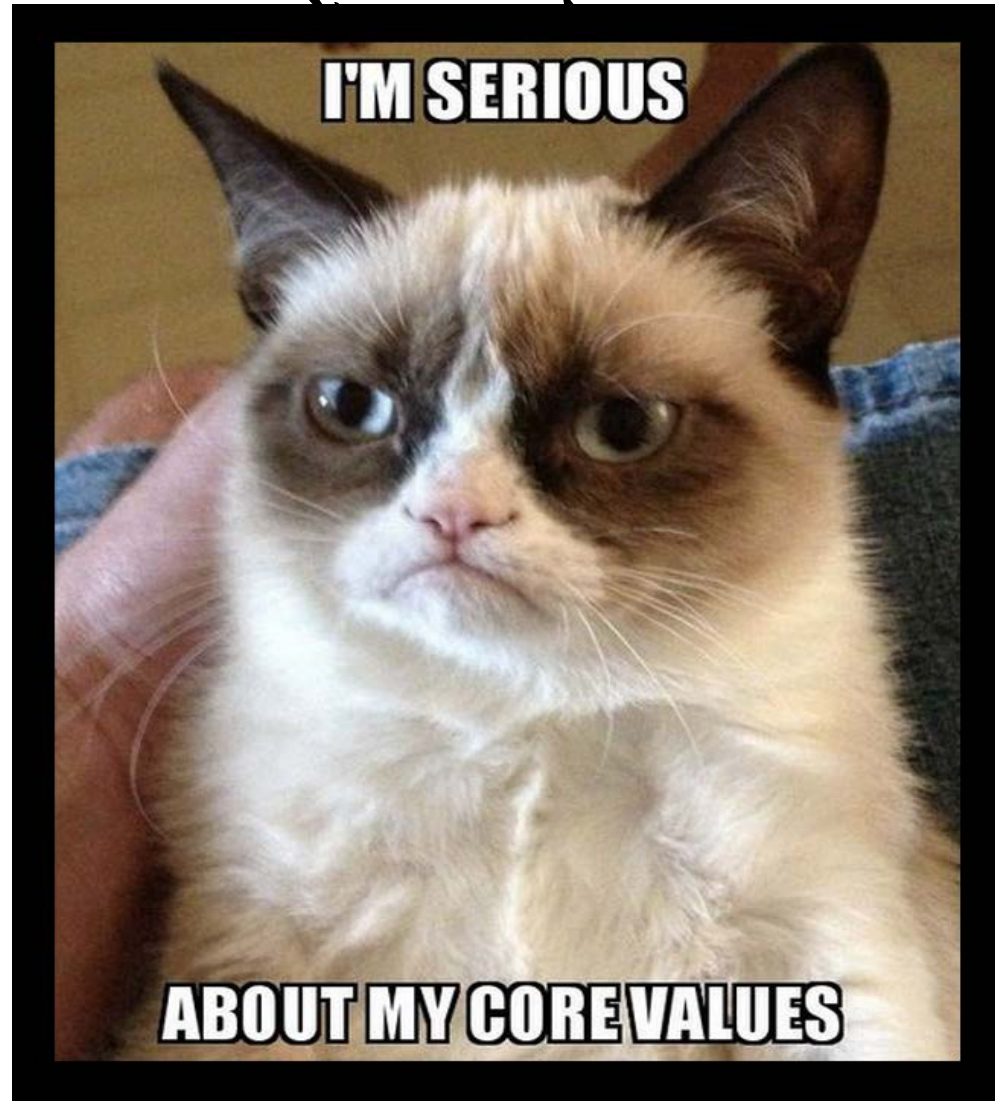
- What are some ways to counter burnout?
- Examples: Positive or forward thinking, focusing on what you can control in your life (Internal locus), and accepting that what is out of your control cannot be helped.
 - What will happen will happen.



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

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

MOTIVATION & LEADERSHIP

- 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