EMBRACE YOUR YES!

Center for Leadership and Learning Conference, 2019
Dr. Hope M. Medina
IT ALL BEGINS WITH A DECISION

Part I
How is decision making like the following?:

- Cheez Whiz
- Haunted house
- Roller coaster
The number of decisions individuals make each day

35,000
In the course of our lives we decide

- What time to go to bed
- What to eat
- What to wear
- Where to live
- What to major in
- What our job/work/profession will be
- To respond to text messages
- What to stream on Netflix
- When or if to work out
- To marry or not
- To have children or not
- And on and on and on…
ONE WOMAN’S YES

Part II
Shonda Rhimes
“You never say yes to anything.”

Delorse Rhimes
Shonda’s ‘Year of Yes’

- Commencement Address at her alma mater, Dartmouth College
- Appeared on Jimmy Kimmel Live
- Playing with her children regardless of how busy she was
- Attended the Kennedy Center Honors gala at the invitation of President and Mrs. Obama
- Lost over 100 pounds
- Acted on “The Mindy Show”
- Remaining single
If my best friend offered you an all expense paid trip to Hawaii over the President’s Day holiday, I would respond...
Oh, heck yeah! Where’s my sunscreen!
Umm, I don’t know...

Where’d you get the money?

I don’t have the right clothes to wear.

I was planning on studying all weekend.

Where will we stay?

Who else is going?
GETTING TO YES

Part III
Types of yeses

Public
- Acknowledged by a broad audience
- A project, plan, idea cannot progress without your yes
- Commitment to someone or something other than yourself
- Broad accountability

Private
- Personal
- Is known only to you unless you choose to make it public
- Success or failure known only to you
- Commitment only to yourself
- Accountability only to yourself
Mapping your yes

Social
Emotional
Physical
Career
Academic
Spiritual
Explore/Exploit technique

Explore
- Innovation
- Creativity
- Risk
- Unknown
- Growth

Exploit
- Established
- Structure
- Outcomes mostly known
- Calculated risk
- Little growth
Things to consider

- Priorities
- Risk (real or imagined)
- What do I gain by saying yes to the decision?
- Have I had a similar experience or will this be a new experience?
- What is the worst that can happen?
- Goals
- Values
- Constraints
- Resources
CONCLUSION

Part IV
Leaders...

- Will often have competing choices to decide from
- Will often have to wait for a delayed outcome
- Will often make decisions that aren’t popular OR,
- Will be popular with one group/person but not another
- Will struggle with making decisions (may include crying)
- Will eventually have to be at peace with their yes decisions
Final thought

“Saying yes . . . saying yes is courage. Saying yes is the sun. Saying yes is life.”

Shonda Rhimes
THANK YOU!
Sources

- Researchers at Cornell found that people make an average of 226.7 decisions a day about food alone. Wansink, Brian and Jeffrey Sobal (2007), “Mindless Eating: The 200 Daily Food Decisions We Overlook,” Environment and Behavior 39:1, 106-123.
- Explore/Exploit theory courtesy of Tom Griffiths, Cognitive Scientist. TEDxSydney, June 2017