Accelerate! CONFERENCE & EXPO

WOMEN IN TRUCKING

Self-Management: Keys to Peak Performance

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Introduction

Why Am I Here?

- Licensed Social Worker
- Professor
- Consultant
- Speaker/Trainer
- Published Author

Getting Acquainted

- You have not reached your final destination!
- Meet someone new X2
- Share your name
- Share a challenge or goal
- Listen attentively
- Encourage your partner

Let's connect on social media

@DrJessHouston

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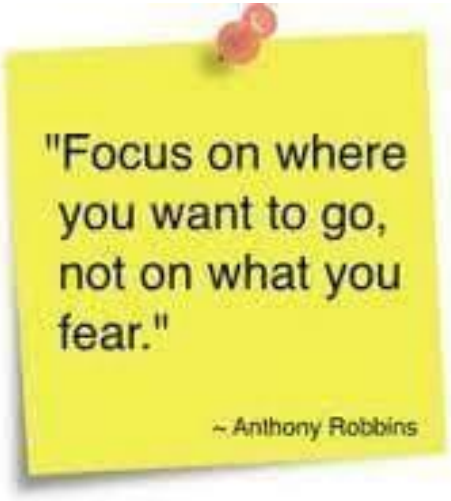
Results Oriented Coaching: Pair Up

- Coaching is a partnership!
- Find a partner
- Identify a challenge (specific)
- You will coach each other for 7 minutes each.



Coaching Effectively

1. Listen
2. Acknowledge Understanding
3. Brainstorm & Explore Solutions
4. Summarize findings
5. Review Next Steps
6. Assessment: Did they get what they needed?

Peak Performance: Master Your Emotions

- Go to war with your thoughts
- Challenge your **perceived** limitations
- Discipline your disappointment
- Be Consistent Despite Feelings

Solution Focused Communication

What qualities would you attribute to a good communicator?

Common Roadblocks to Communication

- Name-calling, ridiculing, shaming
- Probing, interrogating
- Withdrawing, distracting humor
- Threatening
- Judging, criticizing
- Lecturing
- Blaming
- ?????

Social Influence

- **By Position vs. By Choice**
- *Categories* (Kelman 1961)

1. **Compliance** (Obtain Reward or Avoid Punishment)
2. **Identification** (Likes/Admiration)
3. **Internalization** (Alignment/Agreement)

- **Teams of 4**
- What are 3 key qualities of a great leader? Why?
- Come up with several and narrow down to 3.
- 10 Minutes

Lead By Example

Self-Management

- Personal Vs. Personality
- Assertive Vs. Aggressive
- Guessing Vs. Clarifying
- Challenge Your Perception

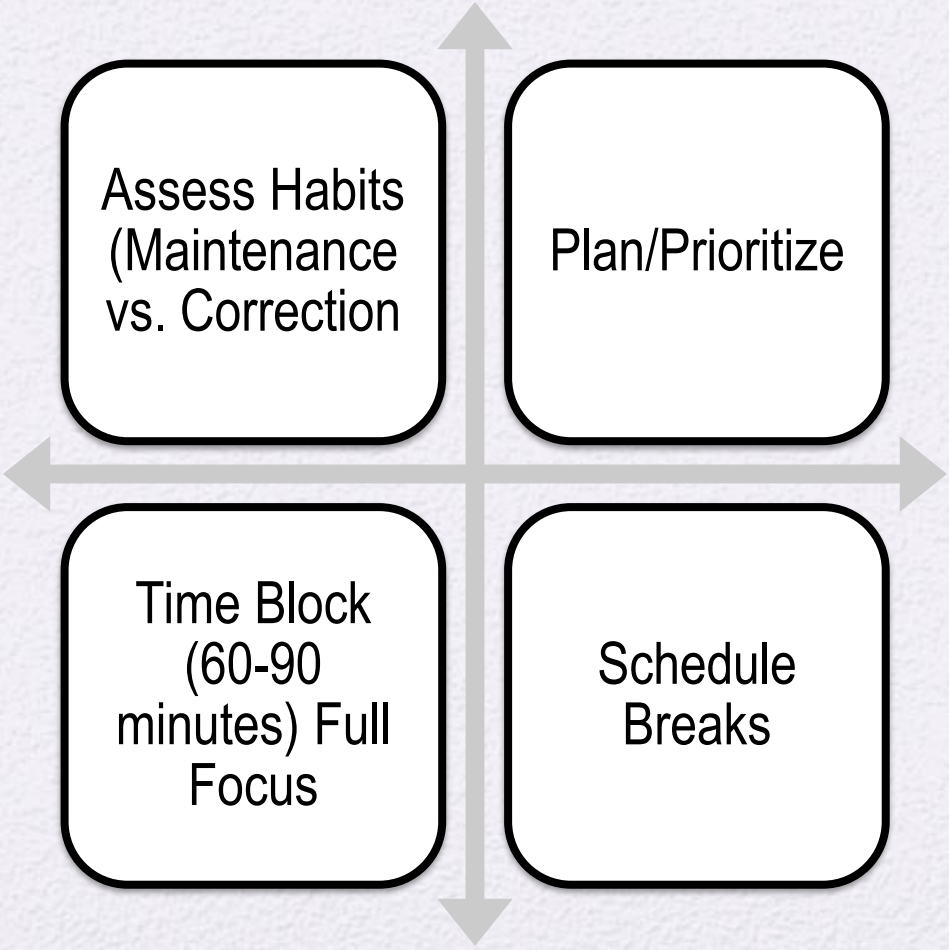
Self-Management: Emotional Intelligence

- How do you handle conflict or offense?
- Behavior Attribution: Dispositional (internal) vs. Situational (external)
- Mental/emotional filter- (Consider) personality, culture, life experiences, values, beliefs.
- Show that you respect their viewpoint.

Find a Commonality

- 3 People
- 4 Minutes Each
- Find someone who is noticeably different from you- (ex. age, race, ethnicity, gender.)
- strike up a conversation with them- try to find out what you have in common.
- What did you discover?

Productivity Hacks



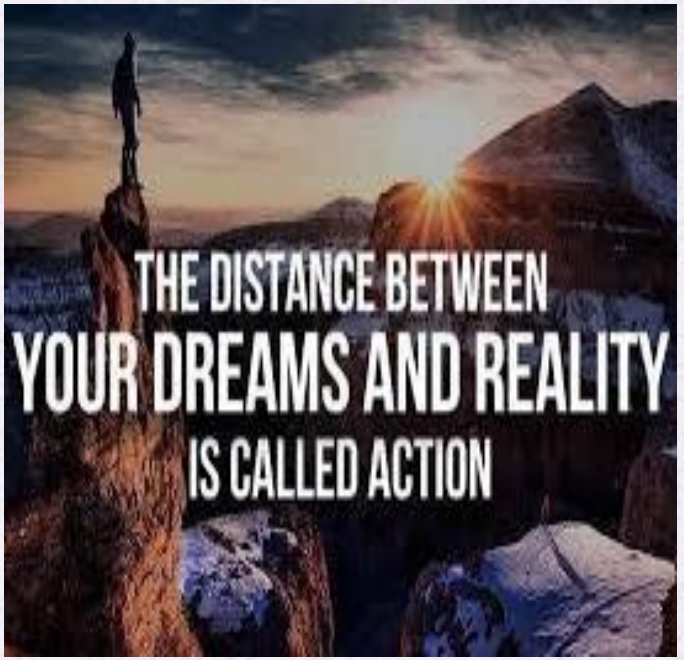
Self-Awareness: Pair & Share

- _____ increases my stress level
- _____ drains my energy
- _____ gives me energy
- Today I commit to myself that I will …

4 Ways to Increase Your ENERGY

Igniting Your Success

- Nobody Owns Success
- What are your top 3 priorities for the remainder of 2018?
- What single action will you take to honor your priorities?
- Who will hold you accountable?
- Make It Happen



Commit To Crossing The Finish Line

- Be Persistent
- Don’t settle for an incomplete
- You are the artist of your own destiny!

Self-Reflective Exercise

What has been your greatest take away from today's discussion?

- Map Out Your Strategy!
- 1. WOW- Within One Week
- 2. Next 30 Days
- 3. Next 60 Days
- We Are: Winners. Champions. Expecting Victory

Closing Thoughts

- Implement
- Value Your “Yes”
- You’ve Got This!
- What Are You Expecting?

Contact Us

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