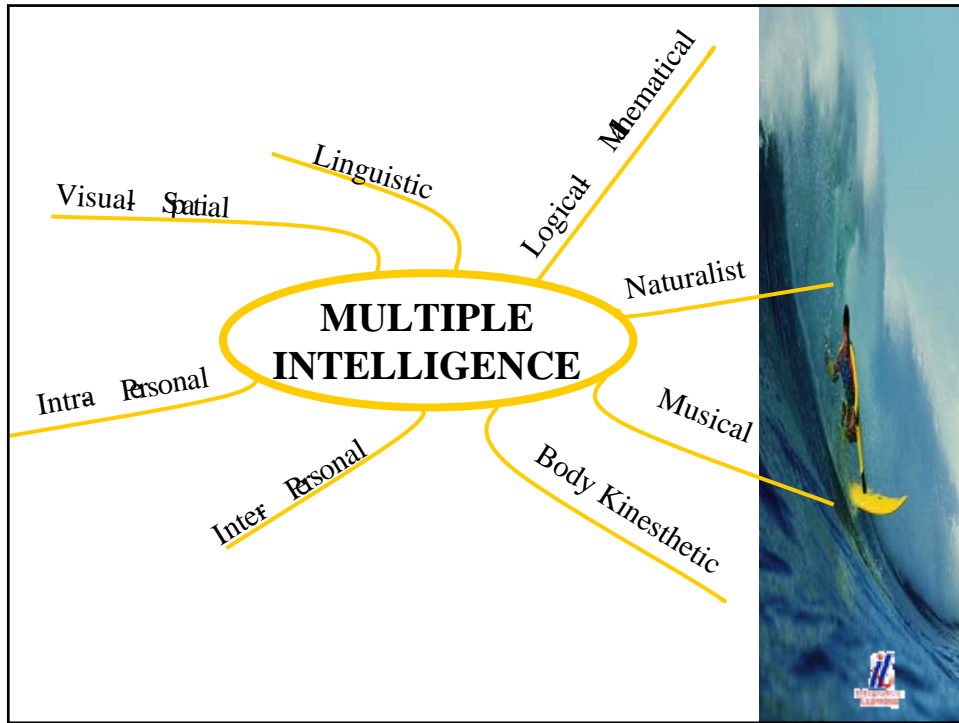


## **Celebrating Greatness: Goals of Session**

1. AHA! personal insight
2. Framework for sustainable organizational and societal transformation
3. Lifestyle habits I can start NOW
4. Have FUN!





## **WHERE: Celebrating Greatness: in Three Organizations**

1. My Life:  
(family/friends/faith/fitness/firm)
2. Company Organization –  
Business, GO, NGO
3. Society: Philippines



## What are my paradigms towards greatness?



What's my behavior and starting point?



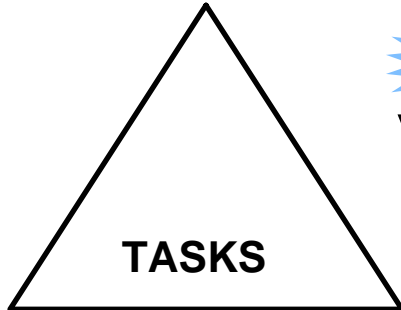
## How am I in my world?

How do I listen?  
How do I speak?  
What are my habits?



# WHAT:

*IL PST™ Model*

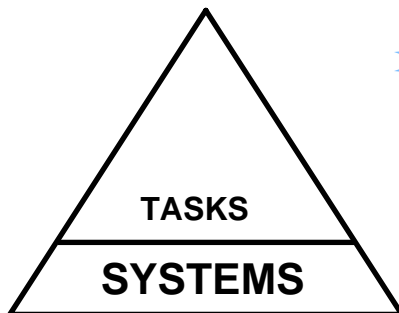


- Skills
- Techniques
- Time & motion based



# WHAT:

*IL PST™ Model*

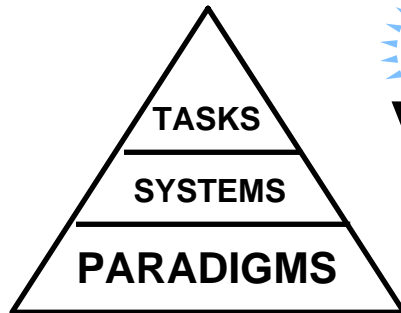


- Structures
- Frameworks
- Processes



# WHAT:

*IL PST™ Model*



- Values - culture
- Assumptions & Personal Truth
- Perceptions & Context



## A Tale of Two Cities

We live in  
the worst of  
times...

Where are  
you,  
Percentage  
wise most of  
the time?

We live in  
the best of  
times...

Choose your Attitude. Choose your Life.



# Choose Your Attitude.

Greatness is a Choice!



## HOW: 3 P's

1. Heal the **P**ast frustrations
2. Be in the **P**resent
3. Guided by the **P**ossibility of your "**P**"uture



## My Life: Baseline Questions

(Raise your hand if the statement is true in your life.)  
**BE RIGOROUS!**

### • Firm (Work)

\_\_\_\_\_ My work, quite simply is play. I have no hassles at work.

\_\_\_\_\_ My earnings are commensurate with the effort I put in my job.

\_\_\_\_\_ I have no loose ends at work.

Source: "The Portable Coach"



## My Life: Baseline Questions

(Raise your hand if the statement is true in your life.)  
**BE RIGOROUS!**

### • Family and Friendship

\_\_\_\_\_ I have let go of the relationships that drag me down or damage me. ("Let go" means to end, walk away from, declare complete, no longer be attached to.)

\_\_\_\_\_ I have communicated or attempted to communicate with everyone I have damaged, injured or seriously upset, even if it wasn't fully my fault.

\_\_\_\_\_ I do not gossip or talk about others.

Source: "The Portable Coach"



## My Life: Baseline Questions

(Raise your hand if the statement is true in your life.)  
**BE RIGOROUS!**

### • Faith (Spirit)

\_\_\_\_\_ I simply do not have negative thoughts.

\_\_\_\_\_ I grasp concepts and ideas quickly; there are no blocks.

\_\_\_\_\_ I have virtually no concerns, problems or worries.

Source: "The Portable Coach"



## My Life: Baseline Questions

(Raise your hand if the statement is true in your life.)  
**BE RIGOROUS!**

### • Fitness (Health)

\_\_\_\_\_ I have something to look forward to everyday.

\_\_\_\_\_ I rarely (less than five hours per week) watch television.

\_\_\_\_\_ I am aware of the physical, mental or emotional problems I have, and I am now fully taking care of them.

Source: "The Portable Coach"



## My Life: Baseline Questions

- **SCORE**

- \_\_\_\_\_ Firm (Work)
- \_\_\_\_\_ Family and Friendship
- \_\_\_\_\_ Faith (Spirit)
- \_\_\_\_\_ Fitness (Health)



# Choose Your Attitude.

**Greatness is a Choice!**



## HOW: Systems

HOT (Honest Open Trusting)

Relationships :

- Fully engaged employees and relationships
- Self Sourcing
- Aligned with your **Possible "P"uture**



## HOW: Systems

**Delete Ineffective/  
Misaligned Habits**



## **HOW: Delete 4 C's**

- Criticizing
  - Complaining
  - Comparing
- +
- Co-dependencies



## **HOW: Delete 3 R's**

- Resistance
- Resentment
- Revenge



## HOW: Techniques

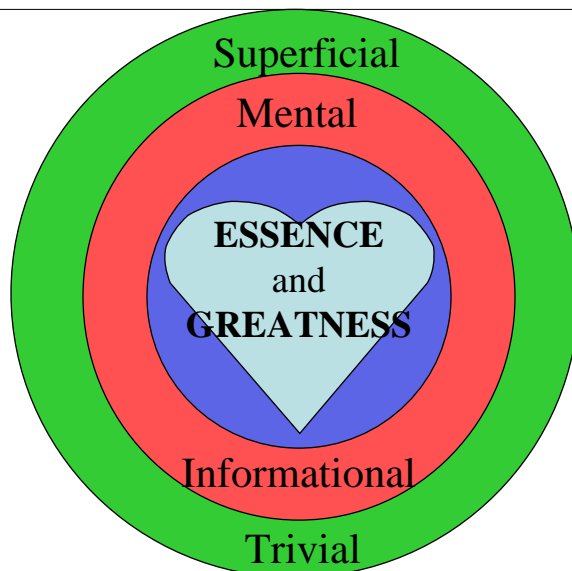
Regular Rhythm Lifestyle Habits NOW

Listen for greatness.  
Appreciate greatness  
everyday.



## HOW: Techniques

3 Levels of Communication



## HOW: Techniques SPEAKER

1. Speak honestly and authentically.
2. Share your story, either positive or negative.
3. Allow yourself to feel your feelings.
4. Do not give advice.
5. Keep an open body posture, arms and legs uncrossed.



## HOW: Techniques LISTENER

- Listen as if this is the first time you've met.
- Appreciate your listener and listen for their greatness.
- Do not interrupt or ask questions.
- Listen from your heart.



Adapted from "Becoming A Person Of Influence" by John C. Maxwell & Jim Dornan

## HOW: Techniques Agreements

- Will not attack, blame or criticize listener.
- Confidentiality



Inspired from "Becoming A Person Of Influence" by John C. Maxwell & Jim Dornan



## HOW: Techniques Research says

- Verbal: 7%
- Tonality: 38%
- Body Language: 55%



## **HOW: Techniques**

### **APPRECIATE**

- 3 Elements:
  - 3A's: Acknowledge, Affirm, Accept
- How: By listening from a perspective of
  - Coachee's strengths & greatness
  - Being committed to coaching the coachee towards releasing greatness
  - Be a cheerleader. Recognize/Cheer the accomplishment.
  - State exactly what your colleague, family member, staff or boss did that you appreciate.
  - Express it immediately as it happens.
  - Say: "I appreciate or I acknowledge ..."



## **HOW: Techniques**

### **Exercise to Appreciate**

- Go back to your partner.
- Partner A, you have 30 seconds to acknowledge and affirm your partner. Share with your partner what you discovered about him/her during the exercise.
- Partner B please listen. Pay attention to your thoughts and feelings while being appreciated.
- At the end of 30 seconds, I will say TIME and you will exchange roles.



## HOW: Techniques

Regular Rhythm Lifestyle Habits NOW

Listen, take regular readings of your internal state (your PPM).



## HOW: System

# What is your PPM?



## HOW: Leader as Surfer (video)



## Celebrate Your Life Resources

- **Watch a Video:** What the Blink do We Know
- **Read a Book:** The Power of Intention by Wayne Dwyer; What Really Works, 4+2 by James Nohria; 8<sup>th</sup> Habit by Stephen Covey; The Art of Possibility by Rosamund Zander
- **Read a Magazine:** Life Coaching, Reader's Digest, August 2005
- **Surf the Net:** Integrativelearning.com, Franklin/Covey.com
- **Play a Boardgame:** Cash Flow 101
- **Attend a Workshop:** RCW, PSI, Landmark Forum, Integrative Learning
- **Listen to your Spirit:** 15-60 Minutes; noise – free everyday (no media, TV/radio/newspaper/mobile) 1 day per week, 1 week per year

Fill out feedback form now. 😊



## Connect With Us:

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