

Ordinary or Outstanding? A Motivational Journey for Human Service Professionals



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DUPAGE COUNTY COMMUNITY Services
3rd Annual Adult Protective Services Conference

W₄
E₁
L₁
C₃
O₁
M₃
E₁

w e l c o m e



How Do
You
WELCOME the
Outstanding?



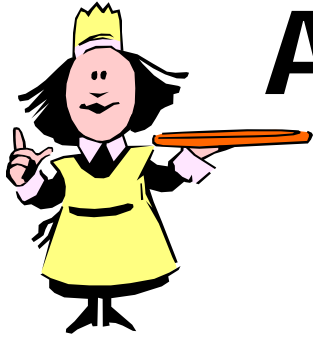
W
E
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E

“W” is for “WOW”!

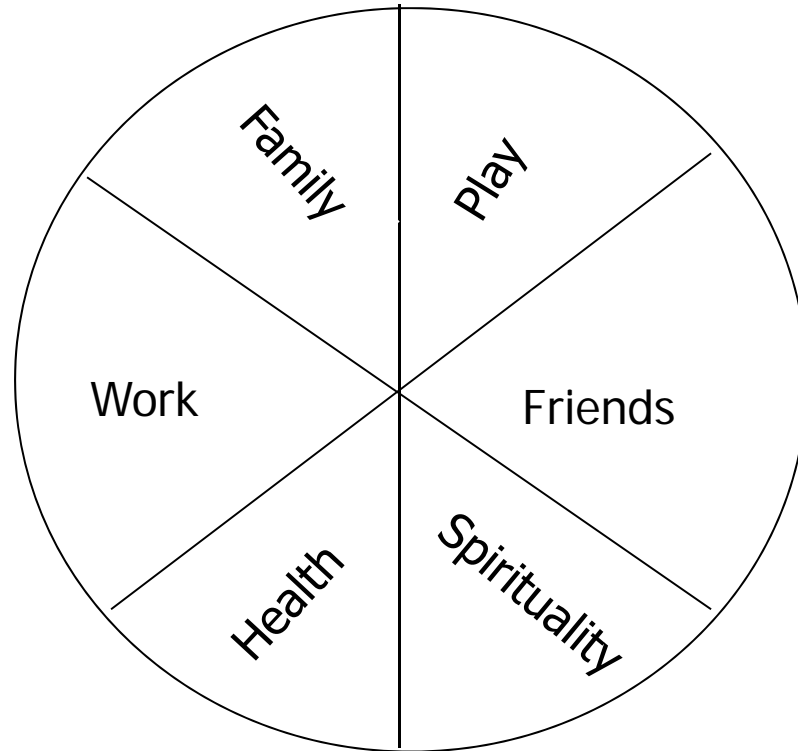
Ask yourself these questions...



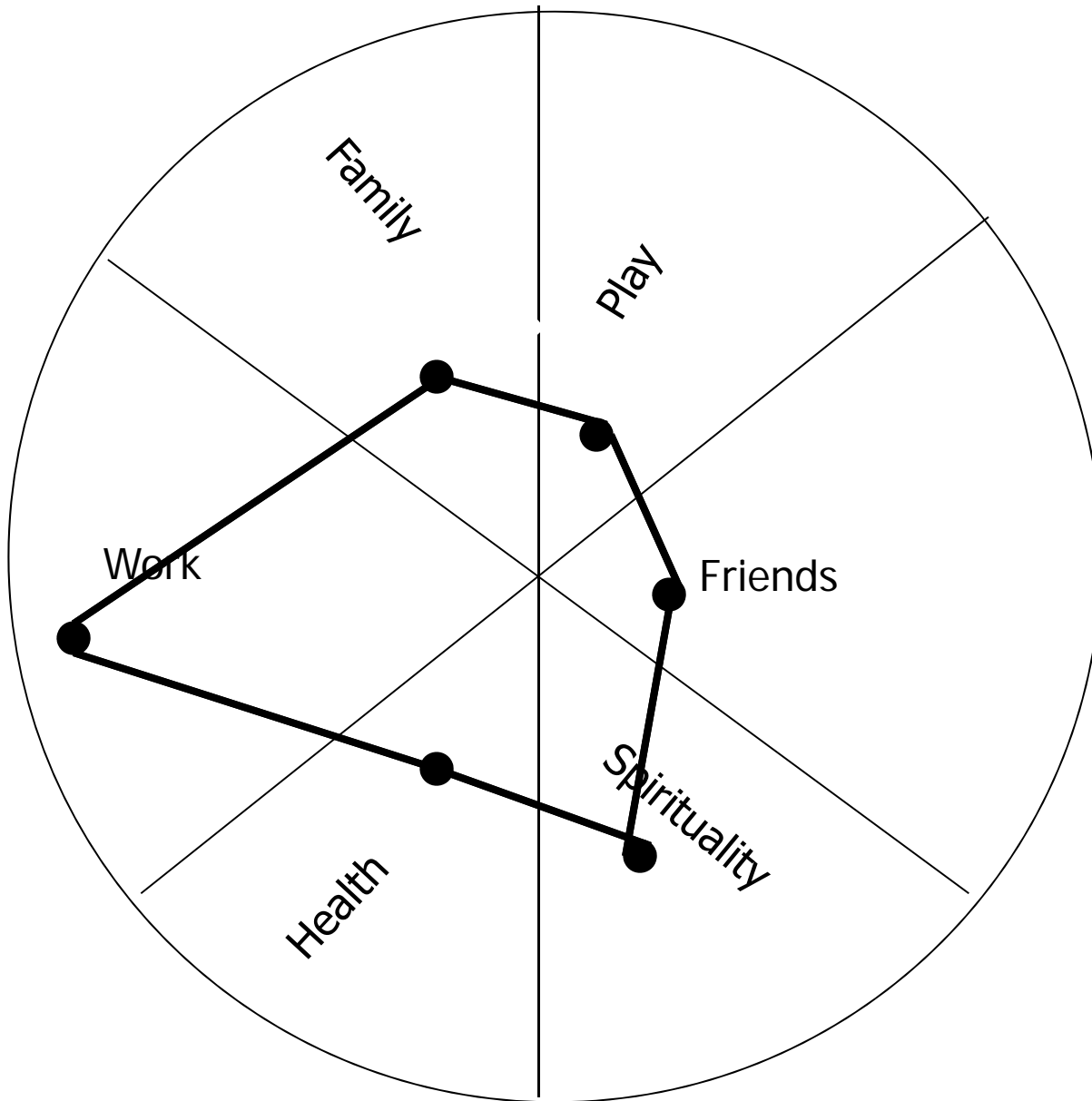
- Do I love what I do? Is it my passion?
- Does it give me real meaning and purpose?
- Do I wake up in the morning and shout “WOW” because I know I’ll make a difference in someone’s life today?
- Do I start the day saying “WOW! Something wonderful is going to happen today?”
- How can I put more “WOW!” in my life?



A Slice of Life Pie, please!



Perhaps I will choose to change my order by





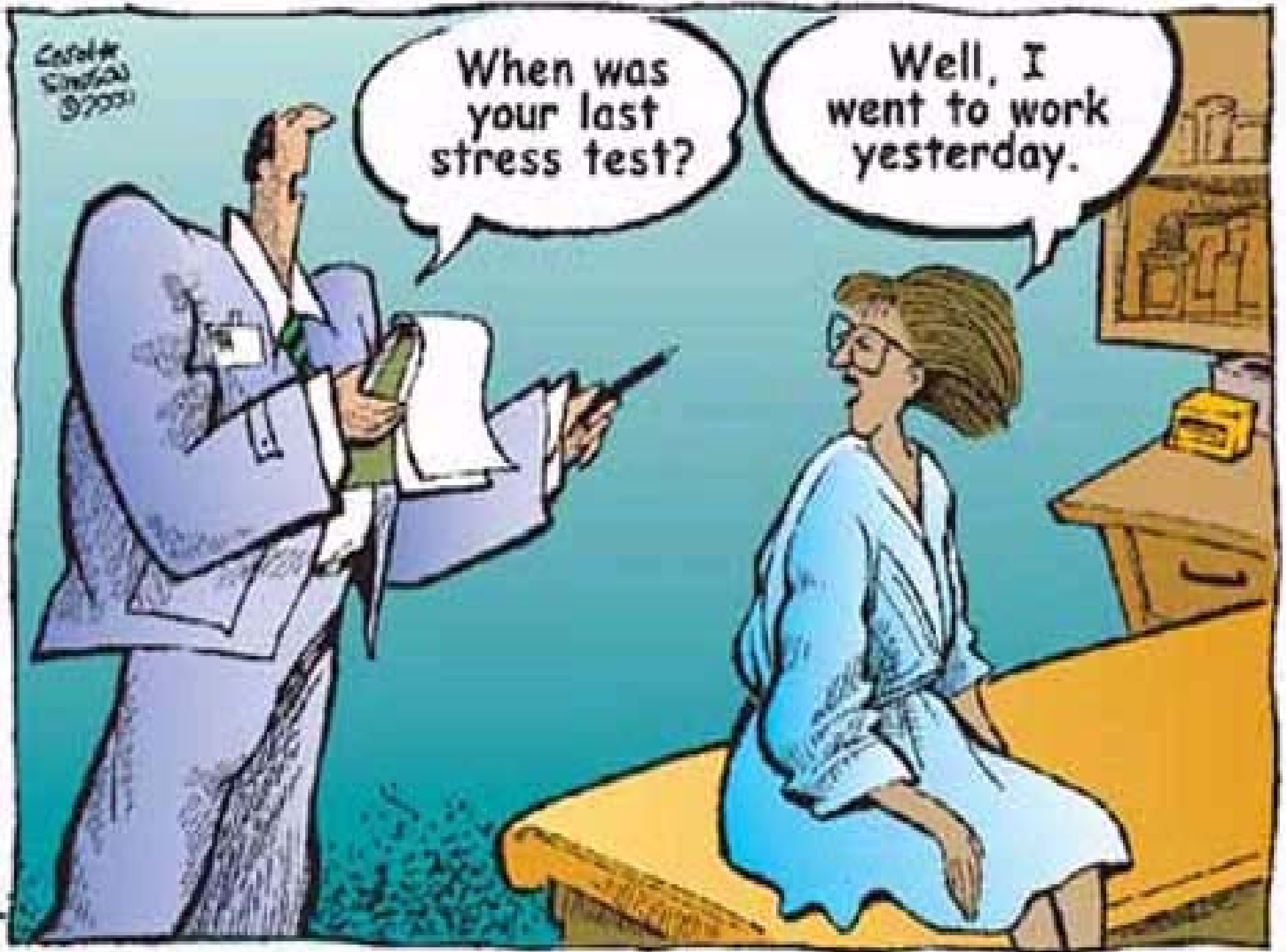
“E” is for “**ELIMINATE NEGATIVE THOUGHTS AND PRACTICES**”

- Forget about what people (might) say
- Hang around positive people
- Stop complaining
- Try something new
- Devote an hour a day to your dream(s)

Castle
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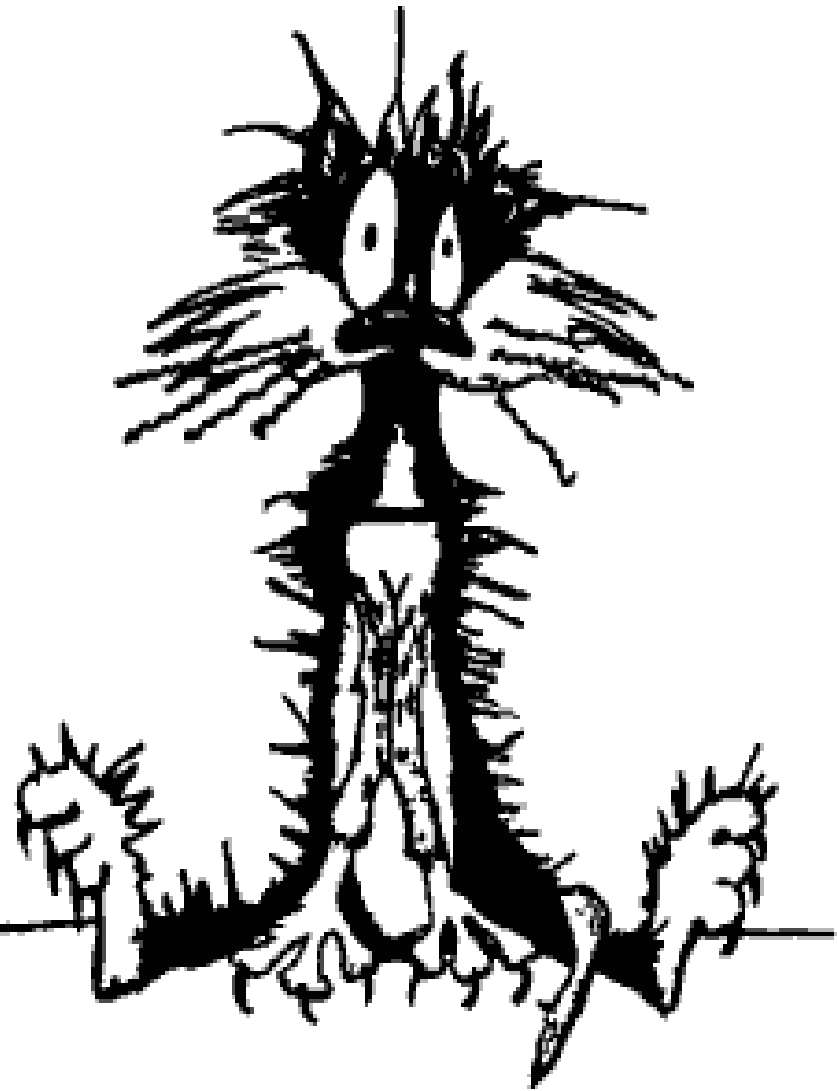
When was
your last
stress test?

Well, I
went to work
yesterday.





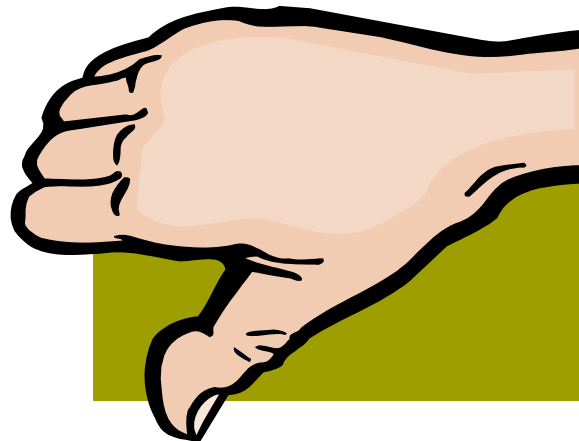
Before Work



After Work

Creative Monsters

- Who are the people in your life who are Negative Nellie's or Downer Dave's?



- I do not believe you anymore!
- You no longer have any power over me!

Creative Nurturers

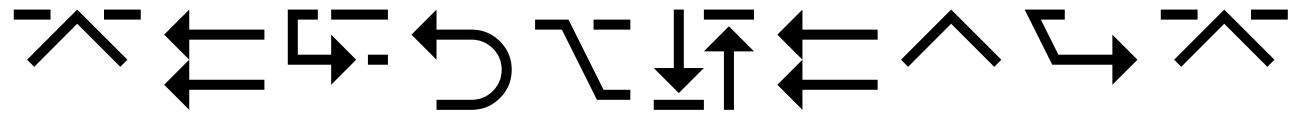
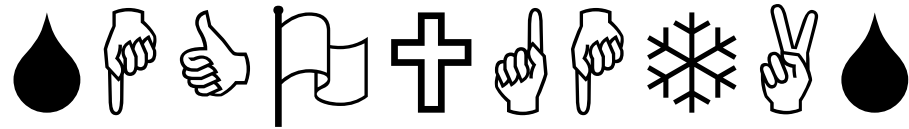
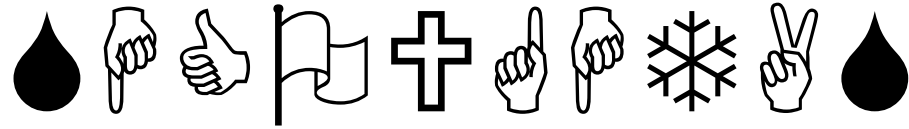
- Who are the people who support your wellness and nurture your creativity?



YOU can eliminate negative thoughts and practices



- Listen to music
- Call a friend
- Practice positive “self talk”
- Eat right
- Breathe deliberately
- Laugh it off
- Be mindful
- Exercise (even for a minute)
- Sleep better





SHCOUGHTAS

When you get off your pity-pot...



don't forget to flush!

“L” is for “LIVE Fully!”



- Practice “The Power of a Minute”
- Choose words which feel good to say
- Experience every interaction as an opportunity
- Follow the ABC’s of Gratitude
- Find that which you’ve lost
- Choose to live fully today rather than re-living yesterday

The Power of a Minute



FINISHED FILES ARE THE RESULT OF
YEARS OF SCIENTIFIC STUDY
COMBINED WITH THE EXPERIENCE OF
MANY YEARS.

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MANY YEARS.**

AMAZING BOLD CONGENIAL
DELIGHTFUL EXQUISITE
FASCTINATING GLORIOUS
HONORABLE INSPIRING JAZZED
KIND LOYAL MAJESTIC
NATURAL OPTIMISTIC
POWERFUL QUIRKY
REMARKABLE SPIRITED
TRUSTFUL
UNIQUE VENTUROUS
WORTHWHILE XANAX ZANY

Finding that which I lost...



I don't do it often, but I enjoy...

If it weren't too late, I'd...

If I weren't so stingy with myself, I would buy myself ...

Taking time out for myself is...

My most cheer-me-up music is....

If it didn't sound so crazy, I would...

My favorite way to dress is...

If I had a perfect childhood, I'd have grown up to be...

I've always wanted to...

How Do We Listen?

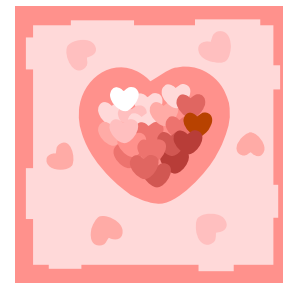
Listen with our

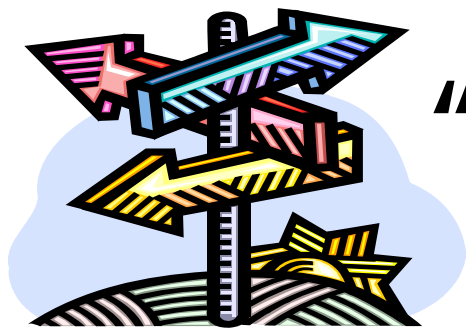


Listen with our



Listen with our

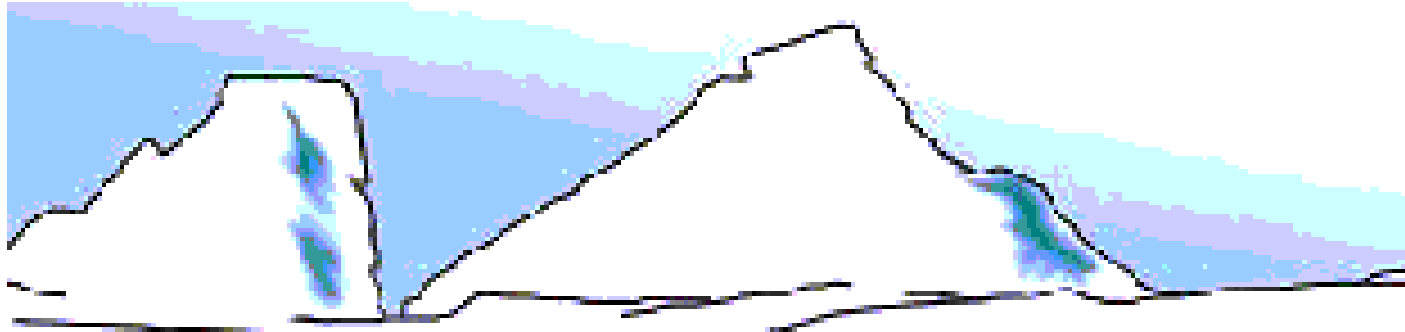




“C” is for **“CONSIDER”**...

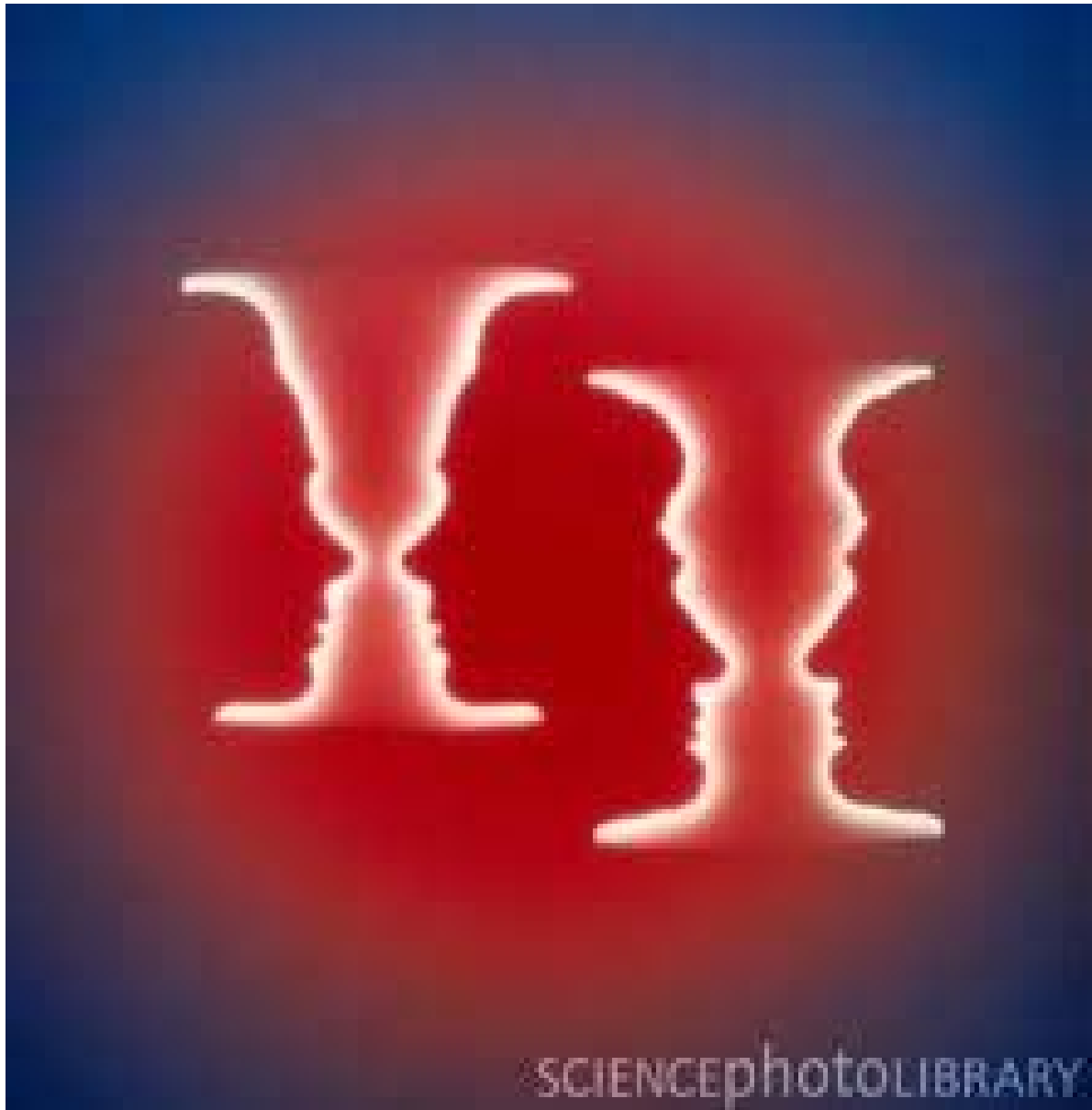
changing the way you look at
things.

When you change the way
you look at things, the things you
look at change.

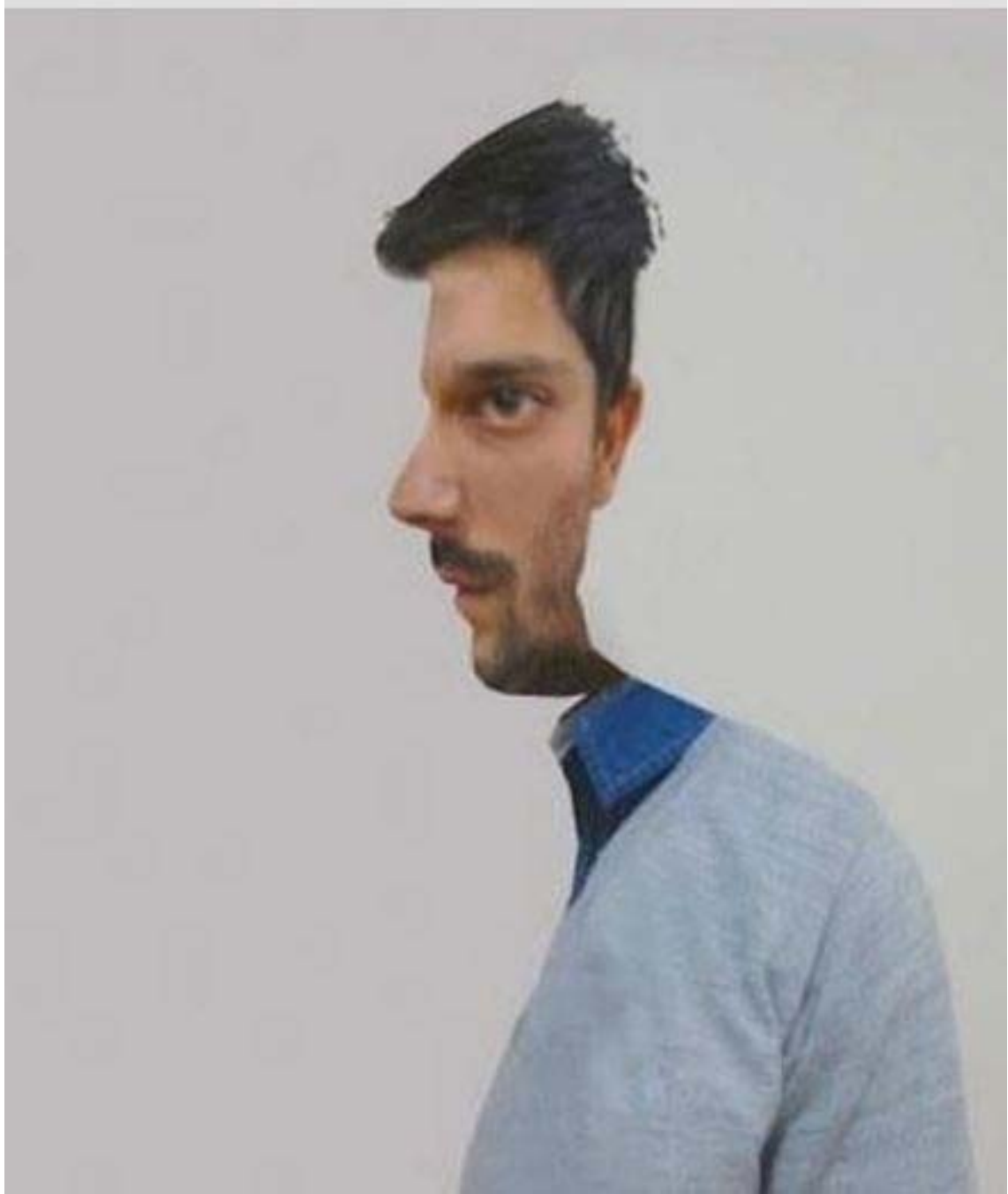


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GOOD



I AM NOWHERE

I AM NOWHERE

I AM NOW HERE



Read the chart and say the COLOR, not the word:

YELLOW	BLUE	ORANGE
BLACK	RED	GREEN
PURPLE	YELLOW	RED
ORANGE	GREEN	BLACK
BLUE	RED	PURPLE
GREEN	BLUE	ORANGE

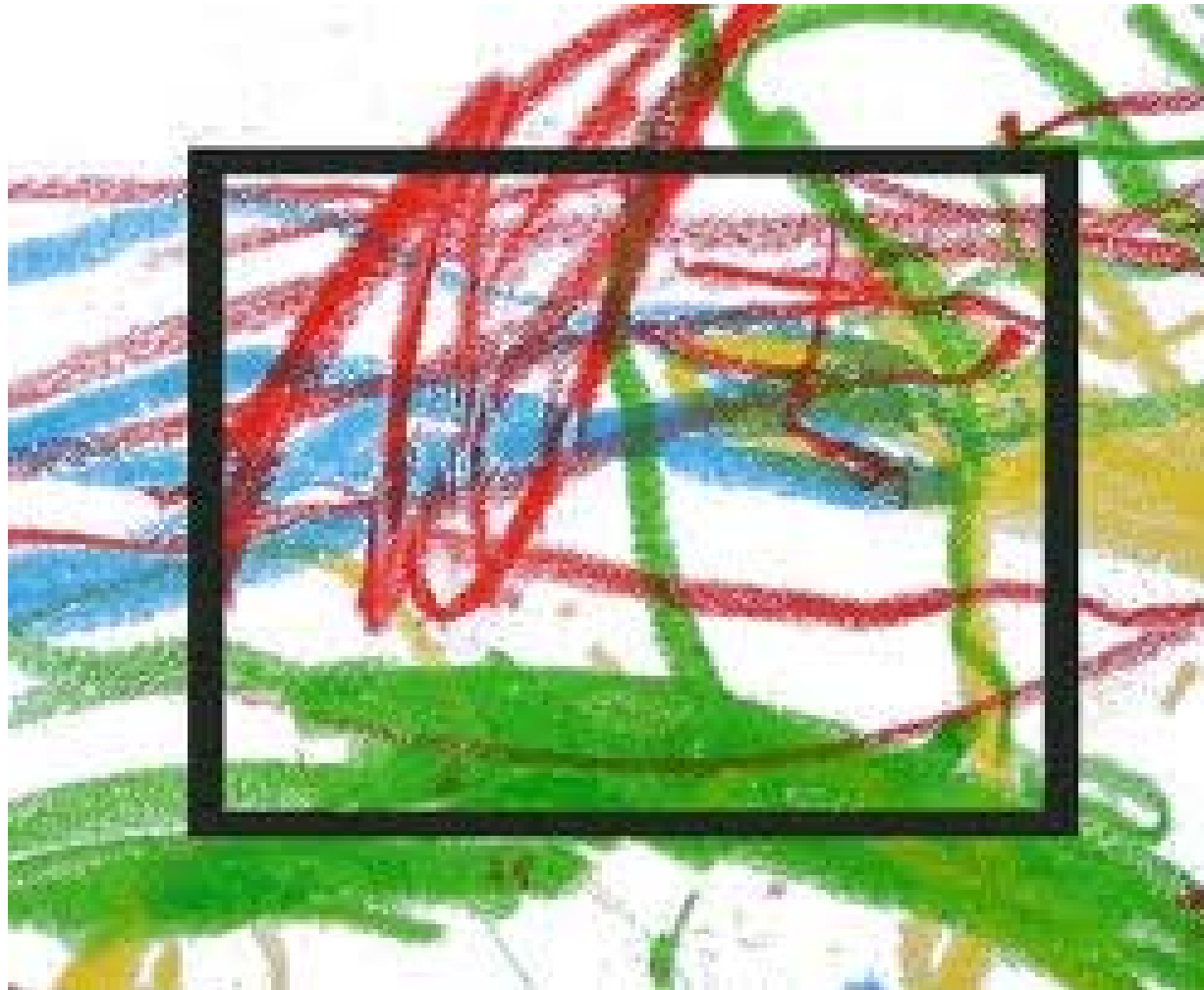
Left vs. Right Brain Conflict

Your right brain tries to say the color but your left brain insists on reading the word.



“O” is for “OPEN” Yourself to Joyous Changes

- Work Environment
- Car
- Home
- Waist to top of head
- Waist to feet



Color outside the lines!

I am open and receptive



“M” is for “MANY!”

- It takes many types of gifts and talents to make the workplace, the home, and the world a better place
- Find out the gifts and talents of others, and make a plan on how they can be used to help the wider community



Remember the Many Good



“E” is for “ENHANCE” Your Personal Renewal!

- Take time each day for silence
- Know what feeds your soul and DO IT!
- Breathe, play, laugh, sing, dance, BE...
- Don't "should" on yourself
- Don't "should" on others or let them "should" on you
- Create an attitude of gratitude
- Take time each week to bring order into your surroundings... simplify, organize, beautify
- Every month do something that inspires, delights, or motivates you
- Tell yourself "something wonderful is going to happen today"
- Stop waiting for things to be different...live life now!

Fear
Doubt
Cynicism



Hope
Happiness
Joy

“What you think about,
you bring about.”

~ Chuck Danes

Unfold Your Own Myth: Reclaiming the Power of Story

1. Become aware of the “myths” informing your life.
2. Recognize how your stories influence your experience.
3. Own your spin.
4. Let go of the stories that no longer fit.
5. Consider your six word memoir.
6. Mind your metaphors.
7. Use labels that liberate rather than limit.



Choose to take responsibility for
your own happiness or misery.

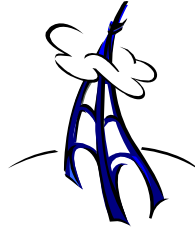


Write down one bright idea
from today's workshop that you will
implement within the next 3 days

Your
Comfort
Zone



Where the
magic happens



Blue Tower Training Center

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Learn more about BTTC by logging on to

www.bluetowertraining.com