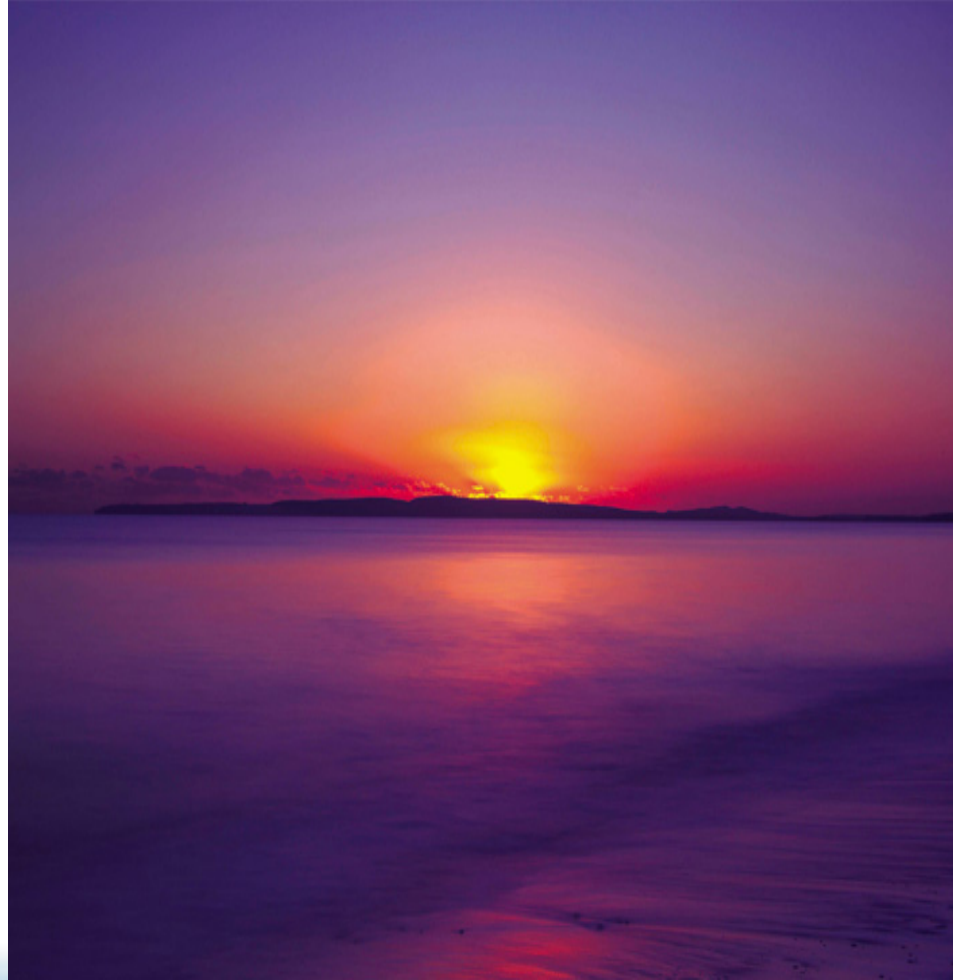


Teaching Toward A Transformation That Lasts

Maria Sirois, Psy.D.
CPPA 6/16

Positivity Matters





wholebeing institute

Positivity Matters

1. How do you begin? (Playfulness, Optimism, Hope, Contentment, Connection)
2. How do we help them prioritize positivity?
3. How do we prepare ourselves to experience positivity walking in the room?

Whole: from Old English, “hal,” meaning sound, healthy, entire, complete.

Can we see our
students/clients
as whole?

What helps?

1. **SPIRE**

(Spiritual,
Physical,
Intellectual)
Relational,
Emotional)

2. Living BIG
(B. Brown)





“ The servant-leader is servant first. It begins with the natural feeling that one wants to serve. Then conscious choice brings one to aspire to lead. The best test is: do those served grow as persons: do they, while being served, become healthier, wiser, freer, more autonomous, more likely themselves to become servants? And, what is the effect on the least privileged in society; will they benefit, or, at least, not be further deprived? ”

(by Robert K. Greenleaf in *The Servant as Leader*, who coined servant leadership” first published in 1970)

Benefits:

- ❖ Shifts Power Dynamic
- ❖ Inclusive
- ❖ Inc. Group Wisdom and Capacity
- ❖ Reduces Burden on Knowing Everything
- ❖ Moves All Toward Our Best Selves

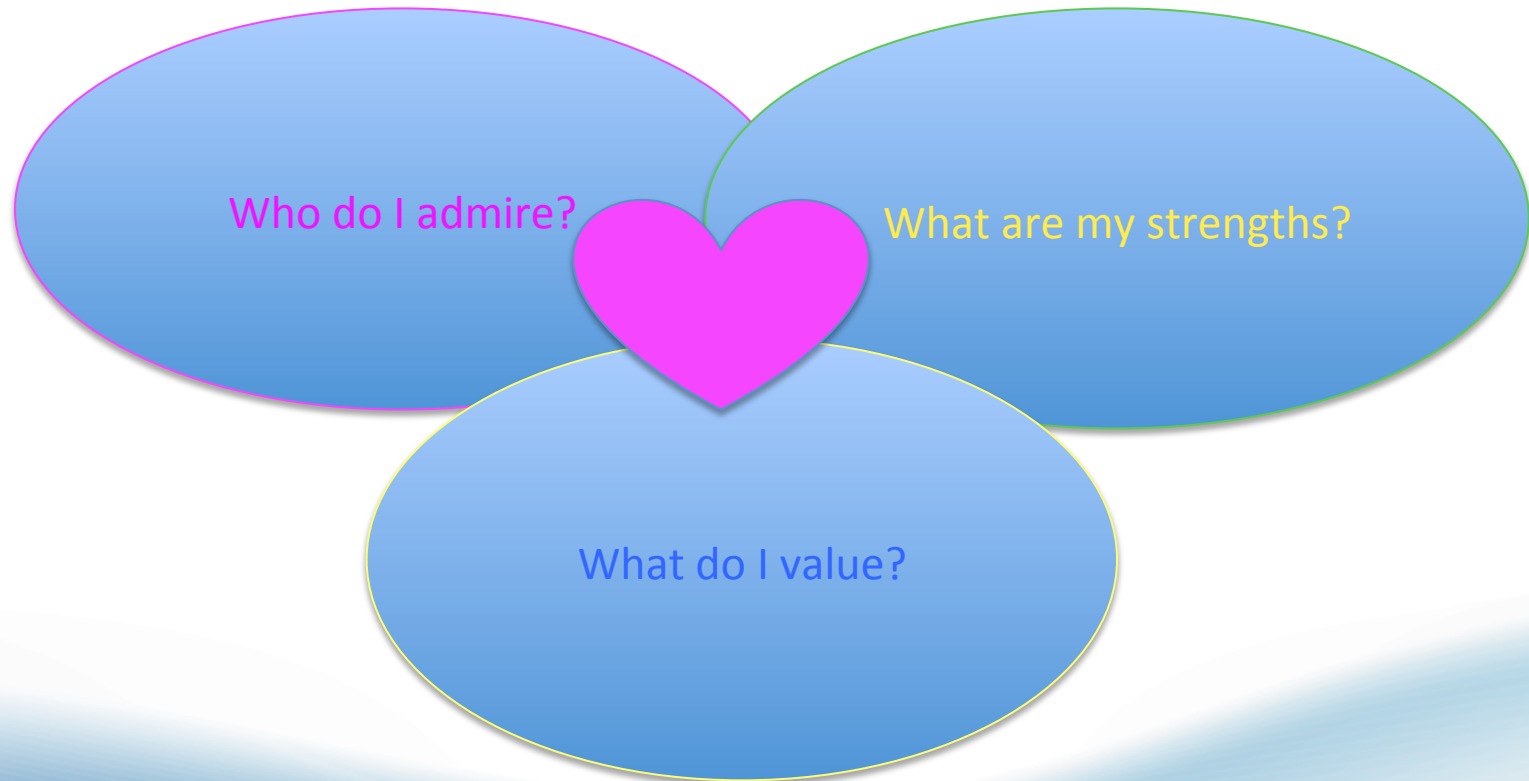
Thomas Moore – Begin with a Dream

Ryan Neimic – “That’s a new way of looking at this.”

Barbara Fredrickson – First slide, her team

Who Shows Up?





What Would the World Miss...

**If You Were Wasting Time
Trying to Be Someone Else?**

- Information (Content)
- Inspiration (To be Moved, Given Hope)
- Wisdom (How to Sustain Change)



Template For Sustaining Change, (Maria Sirois)

1. Willpower and Waypower (Vision and a Plan)
2. Rituals
 - Daily practice
 - Small change
3. Must begin change immediately
4. One practice at a time
 - Time goals: 30 days – to six months
5. One day at a time
6. Support
 - Accountability Partner, Trusted Others
7. Permission to be Human and Permission to be Magnificent