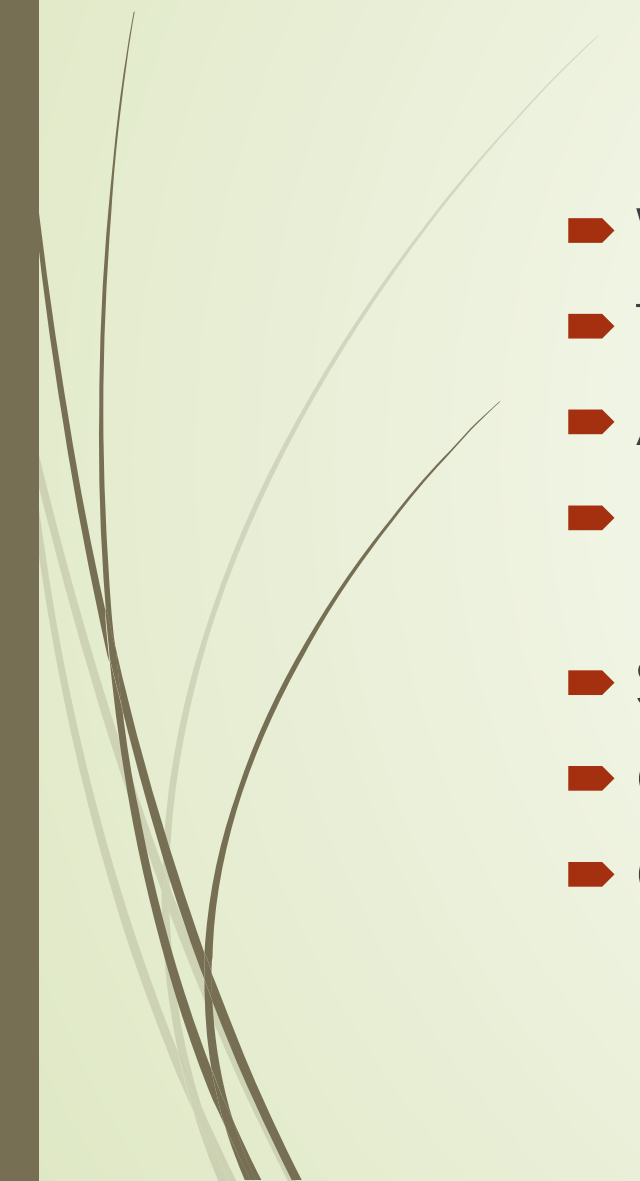


Quality of Life and Connection: What We Need to be Effective Leaders

Leila Roach, Ph.D., LMFT, LMHC



Today's Intention


- ▶ What is Happiness and Well-Being
 - ▶ The Importance of Well-Being
 - ▶ Aligning Daily Activities with Values and Priorities
 - ▶ Managing Expectations and Creating Connection Networks
 - ▶ Six Reality Check Questions
 - ▶ Creating a Sound Department
 - ▶ Questions and Discussion
- 



What is Happiness and Well-Being?


- ▶ A strong presence of positive and pleasant emotions, both in the present moment as well as toward the past and the future.
- ▶ A feeling of connection to those around us, as well as to our activities, pursuits, and vocations
- ▶ An underlying feeling of satisfaction with our life
- ▶ A deep sense of meaning and purpose that anchors us even when our more fleeting positive emotions are not present

From: Real Happiness: Proven Paths for Contentment, Peace, & Well-Being by Jonah Paquette



What Happens when we are Satisfied, Happy, and Well?

- Improved physical health (become sick less often; have better immune system functioning; and experience fewer chronic health problems such as heart disease)
- Increased life-expectancy
- Improved emotional health (more creativity, openness, and meaningful life experiences; and less depression and low mood)
- Better able to respond to stress and adversity (more proactive problem-solving)
- More resilient in the face of trauma
- Stronger, longer-lasting, more satisfying relationships
- Increased job performance



Building a Well and Satisfied Department begins with You!

- Become the–best-version-of-yourself
- Embrace virtue as the ultimate organizing principle
- Master self-control
- The best way to live differs from person to person and at different stages and ages of our lives.
- Be a “batteries included” person in all areas of your life

From: Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction



In Groups of 2, take a few minutes to share
with each other:

What challenges do you face in designing
a life that aligns your daily activities with
your values and priorities so that you can
live a more meaningful and satisfying life?
How do you prioritize?

Managing Expectations: Moving from Shame to Connection

Shame Web

- What you should be
- How you should be
- Who you should be
- Layers of competing and conflicting social/community expectations:
 - Appearance
 - Class
 - Education
 - Family
- Feeling worthless, rejected, or unworthy

Connection Network

- Belonging
- Affirmation
- Connection
- Build Connection by:
 - Contextualize (big picture)
 - Normalize (not the only one)
 - Demystify (share with others)
 - Feeling valued and respected

From: I Thought It Was Just Me (but it isn't) by Brene Brown

Managing Expectations and Fear of Judgment: Shame Resilience Theory

Recognize Shame



Practice Critical Awareness

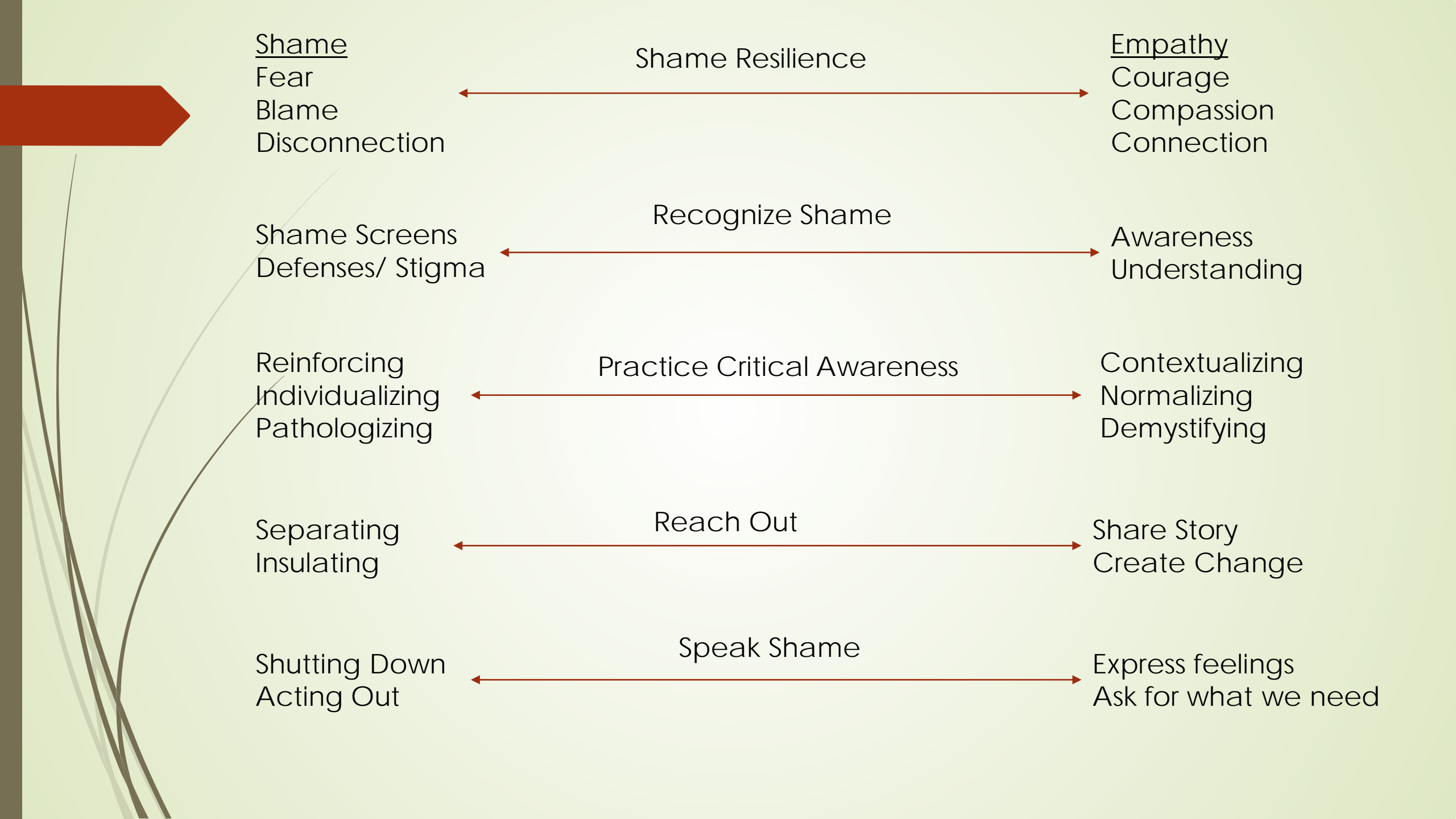


Speak Out



Speak Shame





Shame
Fear
Blame
Disconnection

Shame Resilience

Empathy
Courage
Compassion
Connection

Shame Screens
Defenses/ Stigma

Recognize Shame

Awareness
Understanding

Reinforcing
Individualizing
Pathologizing

Practice Critical Awareness

Contextualizing
Normalizing
Demystifying

Separating
Insulating

Reach Out

Share Story
Create Change

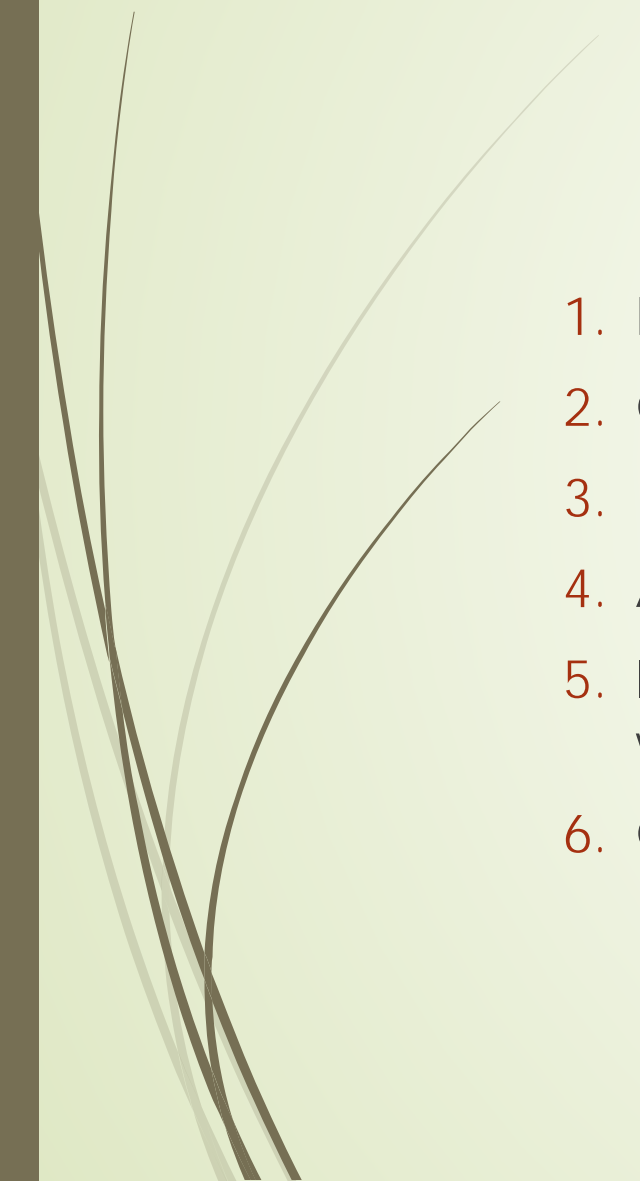
Shutting Down
Acting Out

Speak Shame

Express feelings
Ask for what we need



Six Reality Check Questions to Manage Expectations

1. How realistic are my expectations?
 2. Can I be all these things all the time?
 3. Do the expectations conflict with each other?
 4. Am I describing who I want to be or who others want me to be?
 5. If someone perceives me as having these unwanted identities, what will happen?
 6. Can I control how others perceive me? How do I try?
- 



Principles to Incorporate into Your Department

- Cultivating Gratitude
- Kindness and Compassion
- Living in the Present Moment
- Fostering Self-Compassion
- Boosting Optimism
- Strengthening Relationships
- Practicing Forgiveness

From: Real Happiness: Proven Paths for Contentment, Peace, & Well-Being by Jonah Paquette

It's a
team
effort

The Sound Department

University Values and Goals

Department Goals

Manage Conflict

Positive Interactions

Culture of Appreciation

Collegial Relationships

**T
R
U
S
T**

**C
O
M
M
I
T
M
E
N
T**

Questions to Ask as a Member of Your Department

- What do you appreciate about your department?
- What is the energy like in your department?
- How can you help your department become the-best-version-of-itself?
- What do you need to be a healthy, well, and productive individual in your department?





Thank You! Questions?

Leila Roach

Department of Counselor Education

101-A Flagler Hall

lroach@stetson.edu

386-822-7238



References

- ▶ Brown, B. (2007). *I thought it was just me (but it isn't): Women reclaiming power and courage in a culture of shame*. New York, NY: Gotham Books.
- ▶ Gottman, J. M., & Gottman, J. S. (n.d.)
<https://www.gottman.com/about/the-gottman-method/>
- ▶ Kelly, M. (2011). *Off Balance: Getting beyond the work-life balance myth to personal and professional satisfaction*. New York, NY: Hudson Street Press.
- ▶ Paquette, J. (2015). *Real Happiness: Proven paths for contentment, peace, & well-being*. Eau Claire, WI: PESI Publishing & Media.

Try this in you Department: Building Your Wellness Cairn

- ▶ What is a Cairn?
- ▶ Take a few minutes to consider the following:
 - ▶ What do I appreciate about my department?
 - ▶ What virtues and/or principles do you consider as your strengths?
 - ▶ How could these virtues and/or principles contribute to helping my department be the best-version-of-itself?
 - ▶ What are 1-2 values that are important to me?
 - ▶ What do I need from my department to support these values?
- ▶ As each person places their stone on the cairn
 - ▶ Say one thing you appreciate about your department
 - ▶ One thing you have to offer to your department
 - ▶ One thing you need from your department

