



Dr. Walker presents:

Do you know WHY?

The story of YOU!!

Strategies to being a CONNECTED LEADER

PRODUCTION

DIRECTOR

CAMERA

DATE

SCENE

TAKE

03/15/2023

2223

#1

Order of Scenes



01 Intro

Who is Dr. Walker?



02 Icebreaker

What movie describes your life as a leader?



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What does your personality say about you?



04 Why?

What is your why?



05 7 Habits

What are the 7 habits of highly effective people?



06 Energy Bus

Who and what fuels you?



Intro: Who is Dr. Walker?

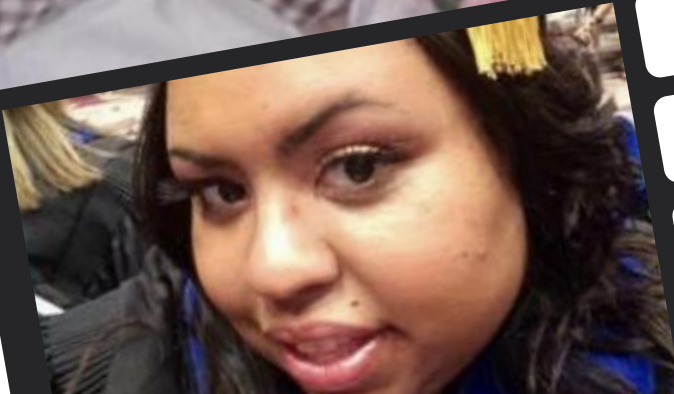
Personal Wheel of Identity

Hello! I'm...

Dr. Jaclyn Walker

**Director of Curriculum,
Instruction and
Assessment**

**New Story Schools
(Rivermont)**



PERSONAL WHEEL OF IDENTITY

NAME

Dr. Jaclyn Walker

Instructions: In each of the outside circles, type a word/phrase/quote that describes you. (I.e. Favorite music, color, siblings, quote, fav food, etc.)



The baby of the sister trio with my sisters being 10 and 14 years older than me



18 YEAR EDUCATOR WITH 4 DEGREES AND WORKED IN DC/MD/VA



Just like VP, Harris, I represent for HBCUs (NSU) and D9 (DST) Organizations



Powerful



I am the Executive Director of a non-profit and have 3 small businesses

VA



"Whatever you do, strive to do it so well that no man living and no man dead, and no man yet born can do it any better."

Benjamin E. Mays, Ph.D.
6th President of Morehouse College

be the
BEST
version
of you



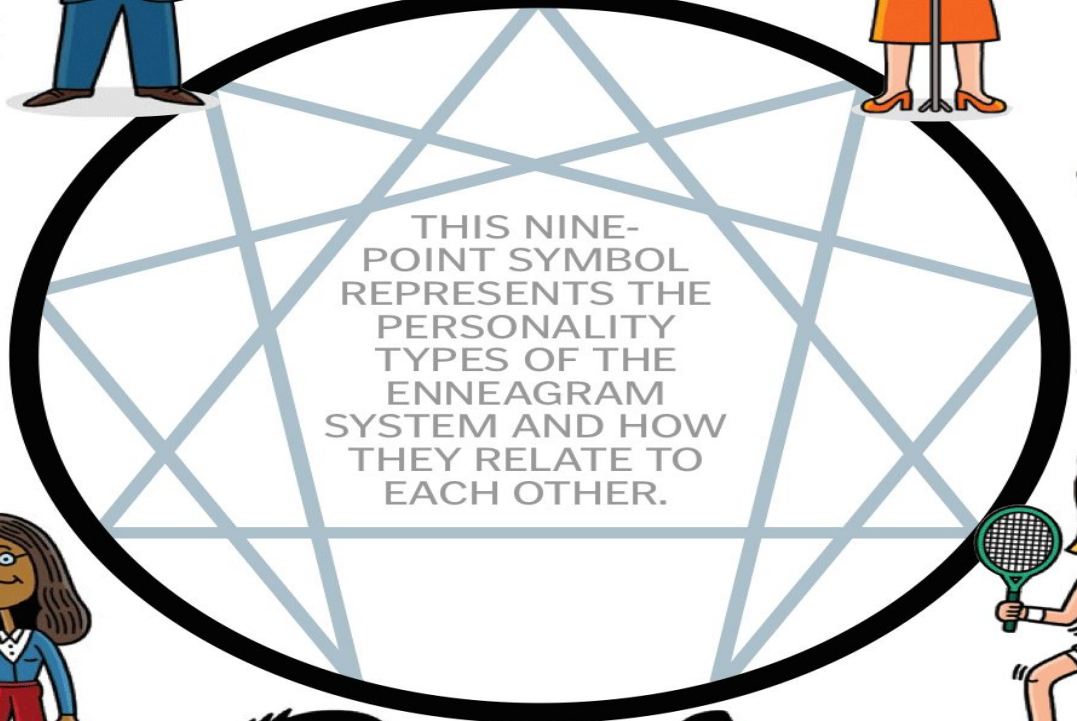
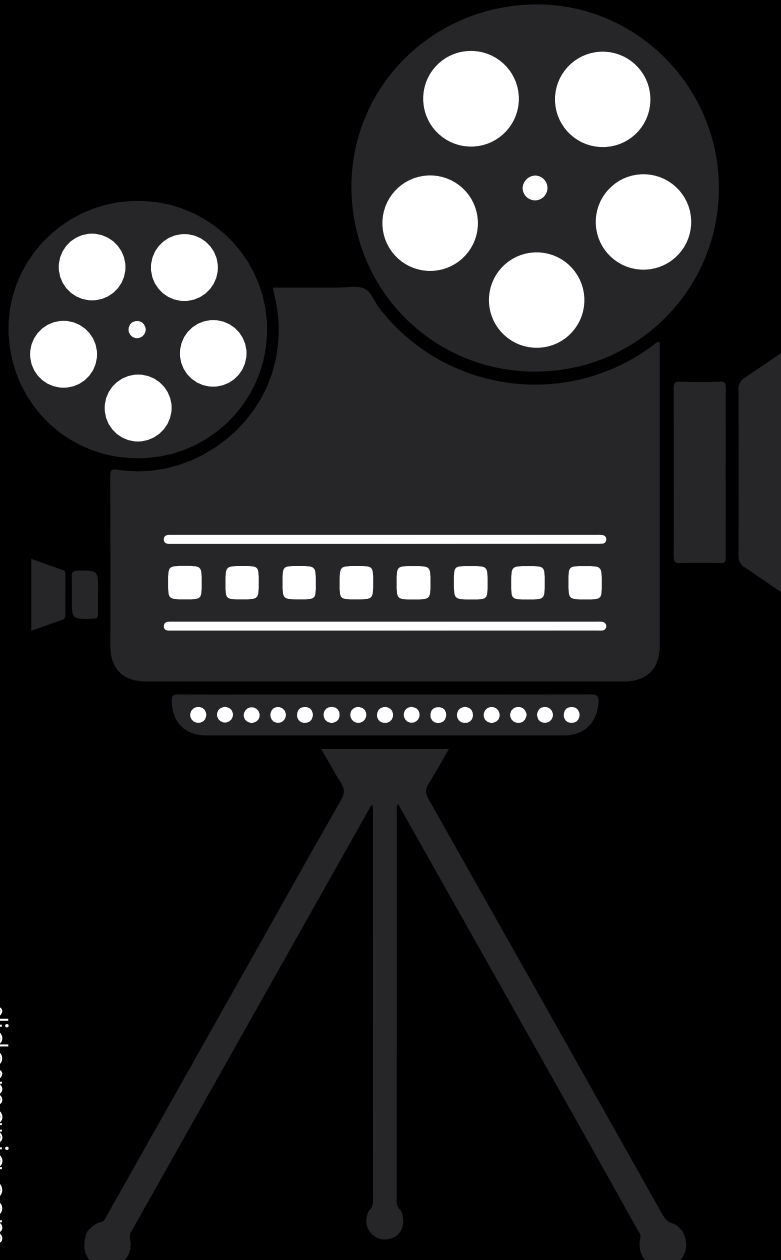


Icebreaker:
**What movie title describes
your life as leader?**



Enneagram:

What's your personality type?



#9
The Peacemaker
or Mediator



#1
The Perfectionist
or Reformer



#2
The Helper
or Giver



THIS NINE-POINT SYMBOL REPRESENTS THE PERSONALITY TYPES OF THE ENNEAGRAM SYSTEM AND HOW THEY RELATE TO EACH OTHER.

#8
The Leader,
Protector, or
Challenger



#7
The Enthusiast
or Epicure



#3
The Achiever
or Performer



#6
The Loyal Skeptic



#5
The Investigator
or Observer



#4
The Individualist
or Romantic



The Nine Personality Types of the Enneagram

1. The Reformer. *The rational, idealistic type.* Ones are conscientious and ethical, with a strong sense of right and wrong. They are teachers, crusaders, and advocates for change: always striving to improve things, but afraid of making a mistake. Well-organized, orderly, and fastidious, they try to maintain high standards, but can slip into being critical and perfectionistic. They typically have problems with resentment and impatience. *At their Best:* wise, discerning, realistic, and noble. Can be morally heroic.

2. The Helper. *The caring, interpersonal type.* Twos are empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing, but can also be sentimental, flattering, and people-pleasing. They are well-meaning and driven to be close to others, but can slip into doing things for others in order to be needed. They typically have problems with possessiveness and with acknowledging their own needs. *At their Best:* unselfish and altruistic, they have unconditional love for others.

3. The Achiever. *The success-oriented, pragmatic type.* Threes are self-assured, attractive, and charming. Ambitious, competent, and energetic, they can also be status-conscious and highly driven for advancement. They are diplomatic and poised, but can also be overly concerned with their image and what others think of them. They typically have problems with workaholicism and competitiveness. *At their Best:* self-accepting, authentic, everything they seem to be—role models who inspire others.

4. The Individualist. *The sensitive, introspective, type.* Fours are self-aware, expressive, and reserved. They are emotionally honest, creative, and personal, but can also be moody and self-conscious. Withholding themselves from others due to feeling vulnerable and defective, they can also feel disdainful and exempt from ordinary ways of living. They typically have problems with melancholy, self-indulgence, and self-pity. *At their Best:* inspired and highly creative, they are able to renew themselves and transform their experiences.

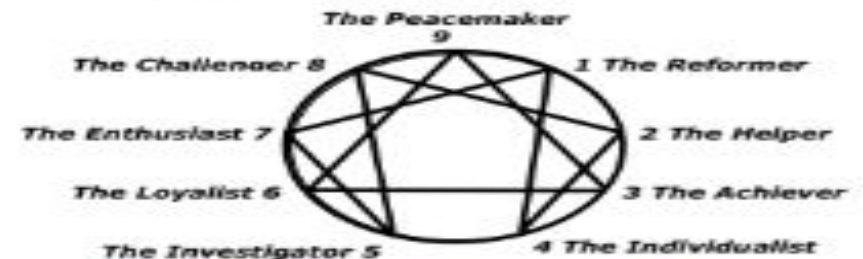
5. The Investigator. *The intense, cerebral type.* Fives are alert, insightful, and curious. They are able to concentrate and focus on developing complex ideas and skills. Independent, innovative, and inventive, they can also become preoccupied with their thoughts and imaginary constructs. They become detached, yet high-strung and intense. They typically have problems with eccentricity, nihilism, and isolation. *At their Best:* visionary pioneers, often ahead of their time, and able to see the world in an entirely new way.

6. The Loyalist. *The committed, security-oriented type.* Sixes are reliable, hard-working, responsible, and trustworthy. Excellent "trouble-shooters," they foresee problems and foster cooperation, but can also become defensive, evasive, and anxious—running on stress while complaining about it. They can be cautious and indecisive, but also reactive, defiant and rebellious. They typically have problems with self-doubt and suspicion. *At their Best:* internally stable and self-reliant, courageously championing themselves and others.

7. The Enthusiast. *The busy, variety-seeking type.* Sevens are extroverted, optimistic, versatile, and spontaneous. Playful, high-spirited, and practical, they can also misapply their many talents, becoming over-extended, scattered, and undisciplined. They constantly seek new and exciting experiences, but can become distracted and exhausted by staying on the go. They typically have problems with impatience and impulsiveness. *At their Best:* they focus their talents on worthwhile goals, becoming appreciative, joyous, and satisfied.

8. The Challenger. *The powerful, dominating type.* Eights are self-confident, strong, and assertive. Protective, resourceful, straight-talking, and decisive, but can also be egocentric and domineering. Eights feel they must control their environment, especially people, sometimes becoming confrontational and intimidating. Eights typically have problems with their tempers and with allowing themselves to be vulnerable. *At their Best:* self-mastering, they use their strength to improve others' lives, becoming heroic, magnanimous, and inspiring.

9. The Peacemaker. *The easygoing, self-effacing type.* Nines are accepting, trusting, and stable. They are usually creative, optimistic, and supportive, but can also be too willing to go along with others to keep the peace. They want everything to go smoothly and be without conflict, but they can also tend to be complacent, simplifying problems and minimizing anything upsetting. They typically have problems with inertia and stubbornness. *At their Best:* indomitable and all-embracing, they are able to bring people together and heal conflicts.



The Riso-Hudson Enneagram Type Names



**Why?:
What is your WHY?**

Know your Why?

How can we better identify and express our why and motivate those around us to believe in what we believe and perform to their potential?

Begin by answering these basic questions:

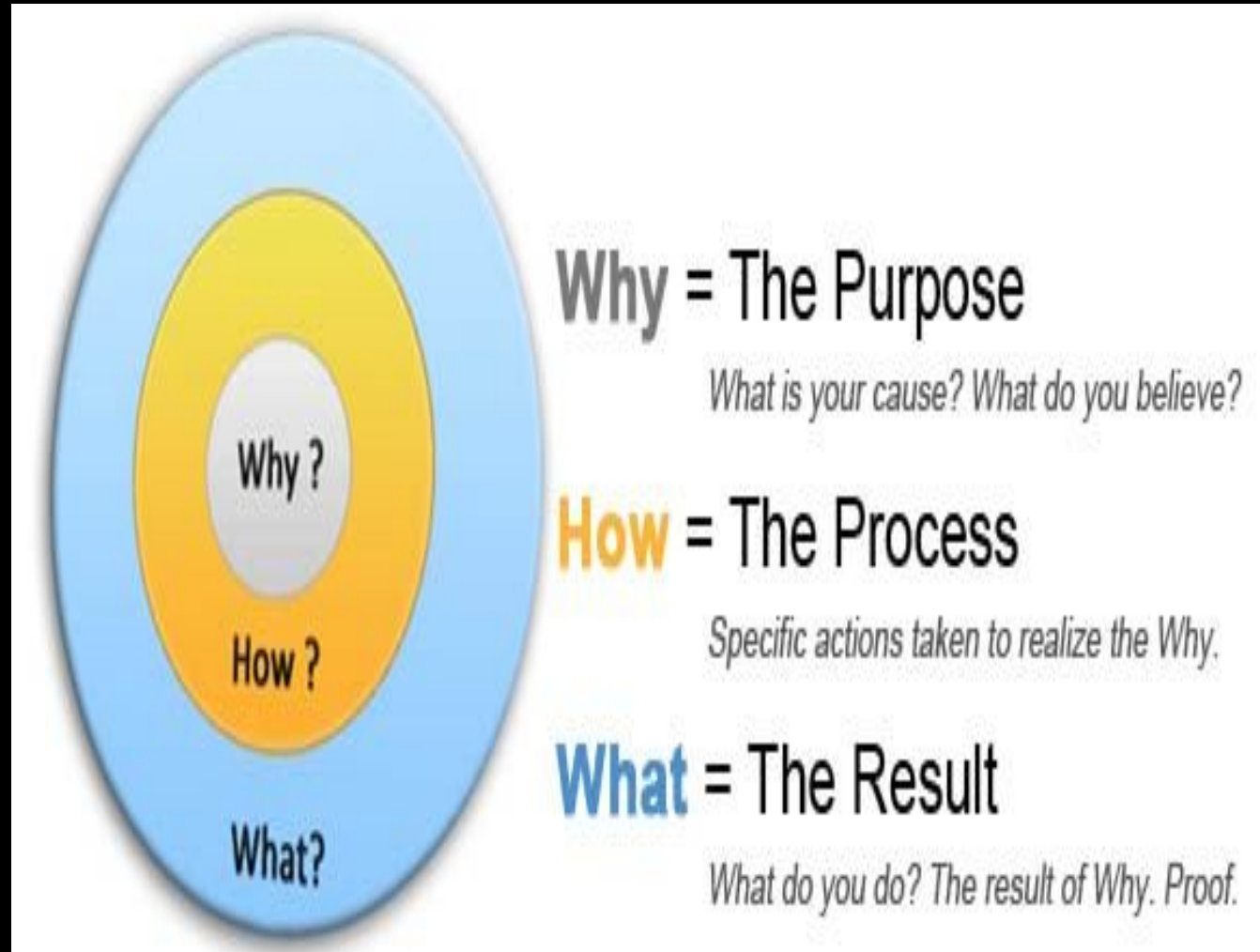
What do I do?

How do I do it?

For whom do I do it?

Why do I do it?

What value do I bring?

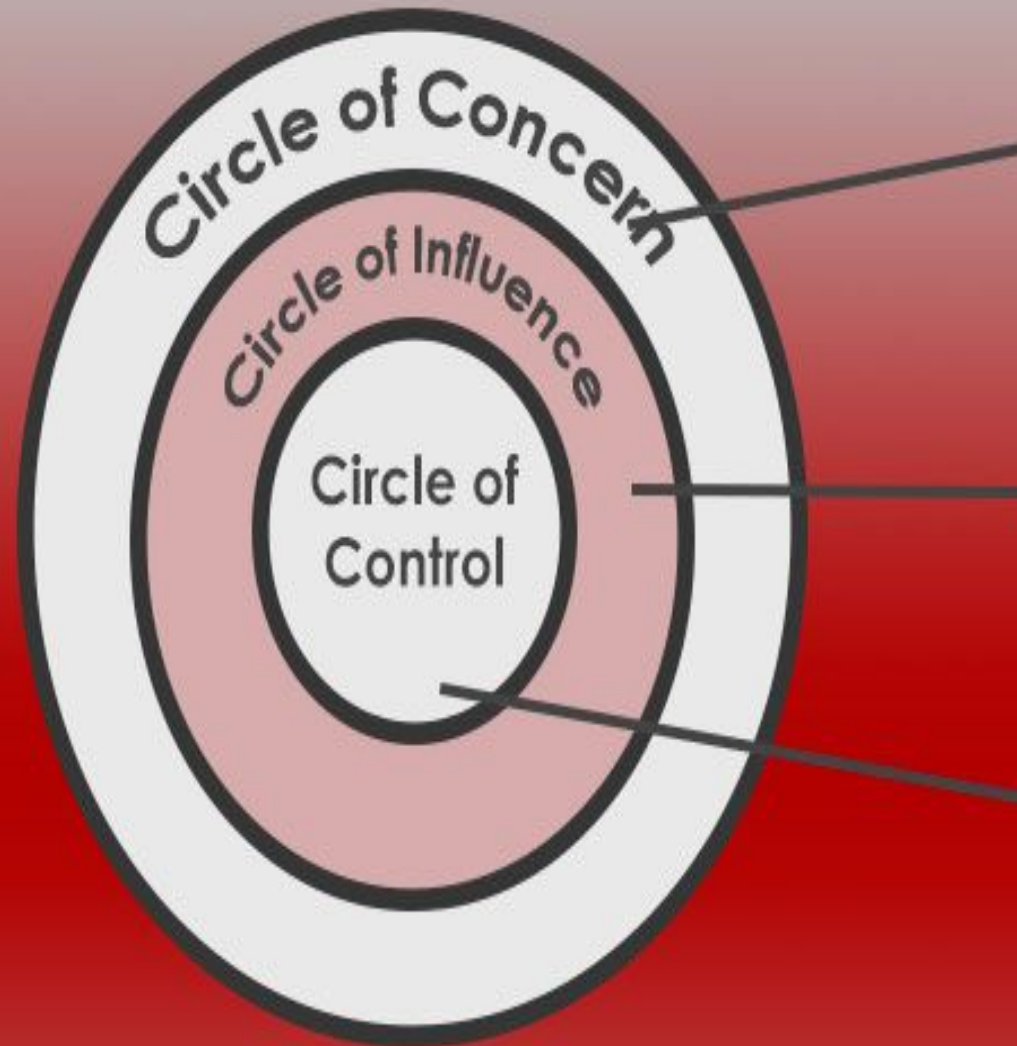


ERIC THOMAS MOTIVATION
WHAT'S YOUR WHY?
WHAT DRIVES YOU?
ONE OF THE MOST MOTIVATIONAL VIDEOS EVER

BE PREMORAL
OR
FORGOTTEN



Circle of Influence



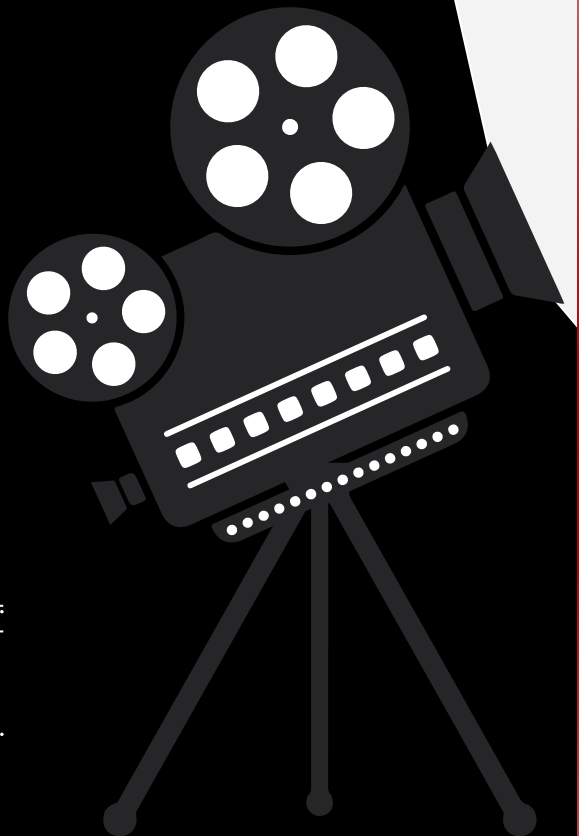
These are longer terms goals and ambitions we aim for.

This is where reactive people operate - 9% success rate.

These are short - medium term activities that can influence our longer term goals and that we have some influence over.

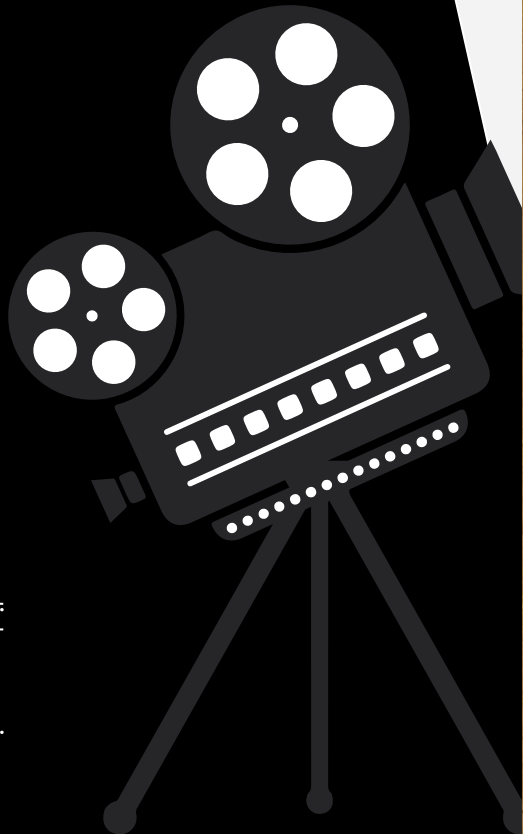
These are the immediate tasks that we can do now to create inertia and energy.

This is where proactive people operate - 95% success rate.



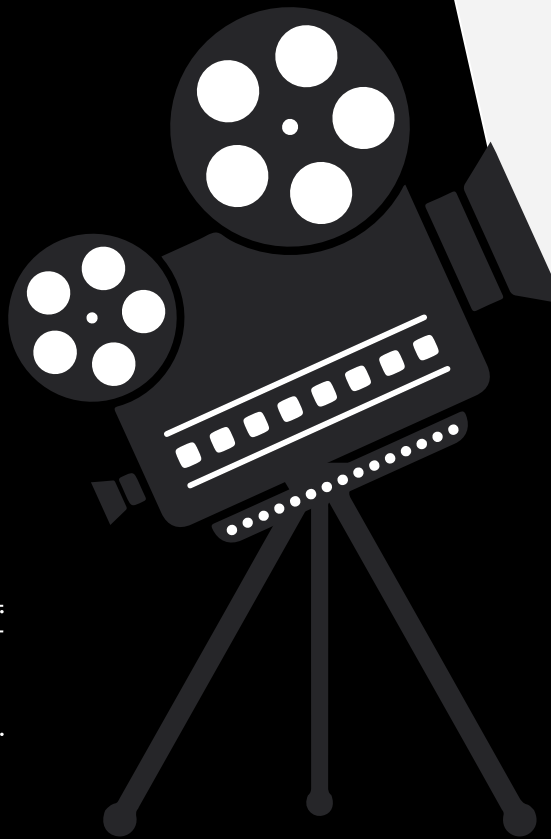
50 THINGS YOU CAN CONTROL

1. How you **respond** to challenges.
2. **Who** you ask for help.
3. **When** you ask for help.
4. Saying you need a **break**.
5. How you **act**.
6. How much **effort** you put forth.
7. Getting enough **sleep**.
8. Completing your **responsibilities**.
9. Using I-Statements.
10. Saying what **you need**.
11. How much **exercise** you do.
12. Setting your **boundaries**.
13. **Respecting** other people's boundaries.
14. When and if you **forgive** others.
15. How often you **smile**.
16. **Owning up** to your mistakes.
17. When you show **empathy**.
18. Whether or not you **accept yourself**.
19. What you **focus** on in this very moment.
20. Focusing on the **negatives or positives**.
21. What **goals** you create for yourself.
22. The kind of **attitude** you have.
23. **How you relate** to your feelings.
24. Whether you **help someone** out or not.
25. How you take care of & **treat your body**.
26. Treating others the way **you want to be** treated.
27. When you **listen** to others.
28. How **truthful** and honest you are.
29. When you talk about your **feelings**.
30. Expressing what you **hope for**.
31. How you **interpret** events.
32. When you **ignore** behavior that annoys you.
33. **Apologizing** when you make a mistake.
34. How you "talk" to yourself.
35. If and when you **try again**.
36. Treating others with **kindness**.
37. Treating yourself with kindness.
38. Saying **please** and **thank you**.
39. **Going outside** and enjoying the fresh air.
40. How **organized** or **clean** you are.
41. How you hold your body (like your **posture**).
42. **Reminding yourself that you are** **lovable**.
43. How you **show others you care** about them.
44. Whether you **"get back up"** after you "fall down."
45. When you practice **gratitude**.
46. Whether or not you **keep your word**.
47. What **coping strategies** you use.
48. Whether or not you **accept the situation**.
49. Using **mistakes as opportunities for learning**.
50. When you take **mindful breaths**.



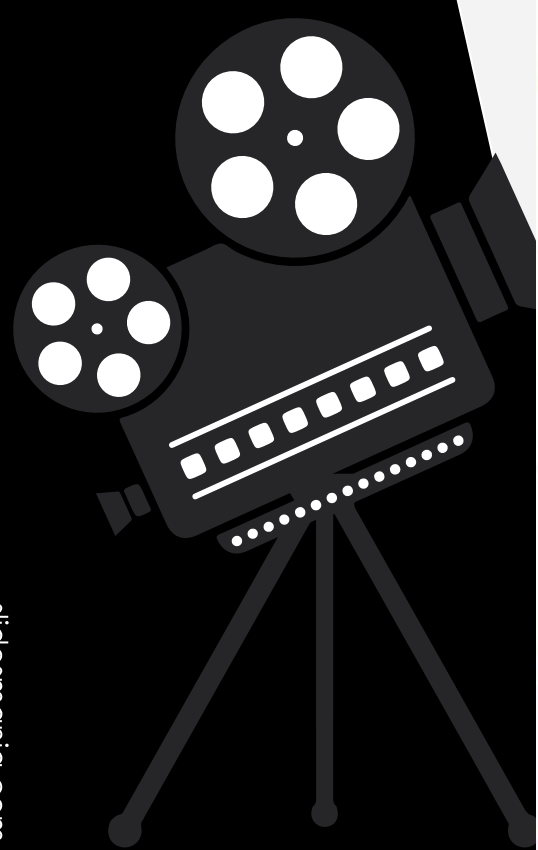
Things I Can't Control

Things I Can Control



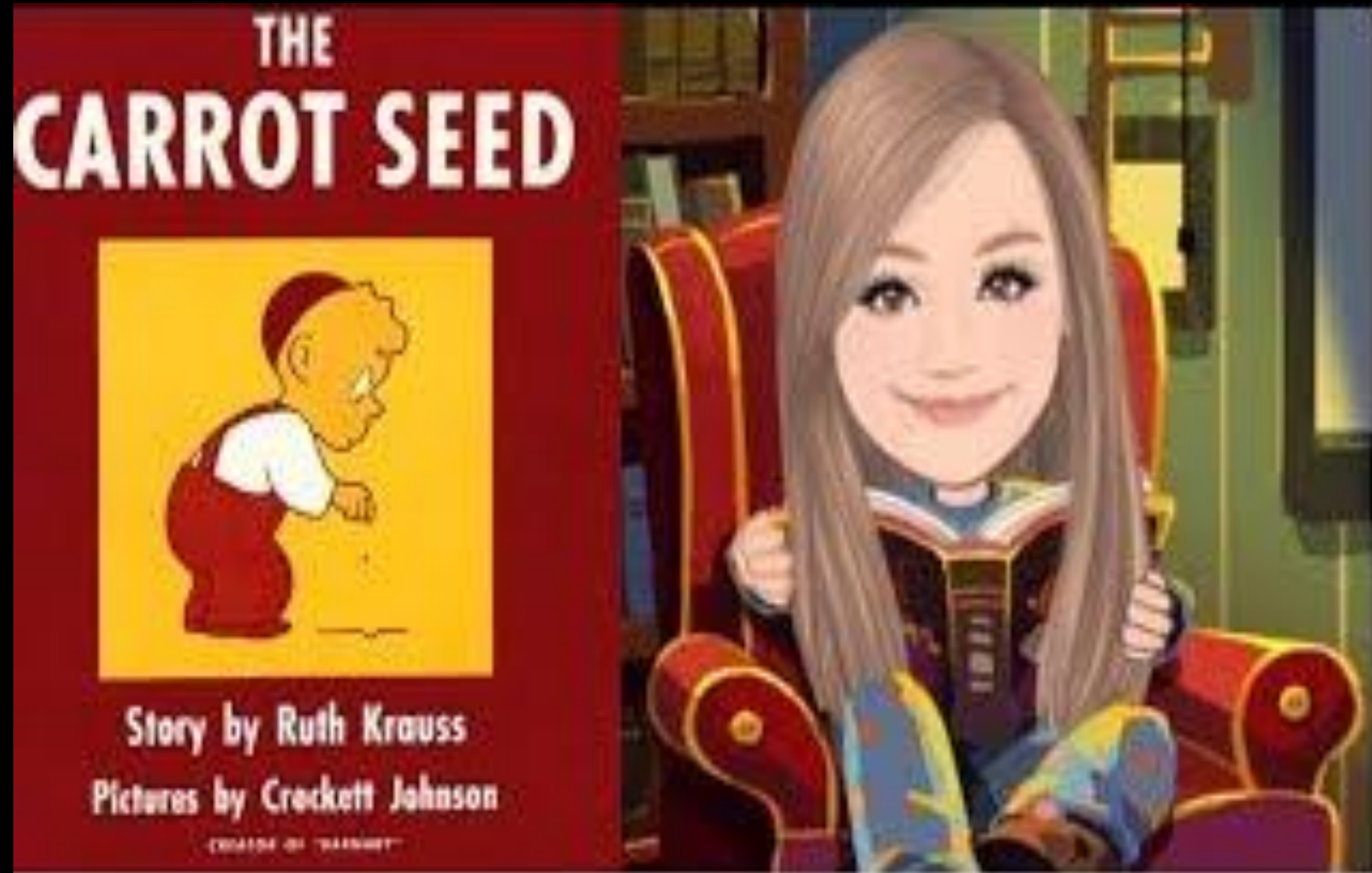


7 Habits:
What are the 7 habits of highly effective people?



Manage Yourself	Habit 1 Be Proactive ^o The Habit of choice	<ul style="list-style-type: none">• See alternatives, not roadblocks• Focus on what you can influence• I am free to choose and am responsible for my choices
	Habit 2 Begin with the End in Mind ^o The Habit of Vision	<ul style="list-style-type: none">• Mental creation precedes physical creation• Define practical outcomes
	Habit 3 Put First Things First ^o The Habit of Integrity and Execution	<ul style="list-style-type: none">• Focus on the important, not just the urgent• Effectiveness requires the integrity to act on your priorities• Plan weekly, act daily
Lead Others	Habit 4 Think Win/Win ^o The Habit of Mutual Benefit	<ul style="list-style-type: none">• Effective long-term relationships require mutual respect and mutual benefit• Build trust with co-workers
	Habit 5 Seek First to Understand, then to be Understood ^o The Habit of Mutual Understanding	<ul style="list-style-type: none">• To communicate effectively, we must first understand each other• Practice empathic listening• Give honest, accurate feedback
	Habit 6 Synergize ^o The Habit of Creative Cooperation	<ul style="list-style-type: none">• The whole is greater than the sum of its parts• Synergize to arrive at new and better alternatives
Unleash Potential	Habit 7 Sharpen the Saw ^o The Habit of Renewal	<ul style="list-style-type: none">• To maintain and increase effectiveness, we must renew ourselves in body, heart, mind and soul

**Being a highly effective person
is like the growth of a seed!**



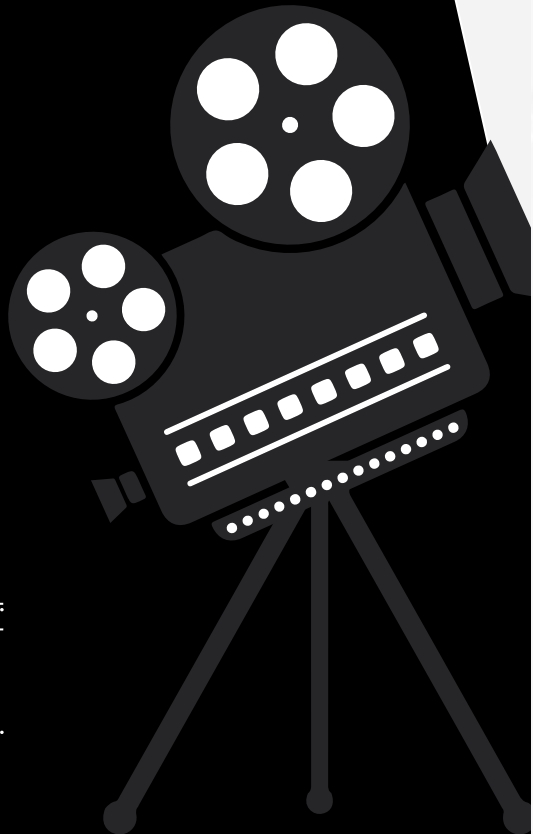
Write how your efforts in becoming a leader were like the main character when he first planted the seeds

List all the issues that you feel like are against you when you are waiting on the seeds to grow (becoming a leader)



What should you do to ensure your seeds grow (reach leadership)?

Draw how you feel when your seeds (leadership process) turn into carrots (leadership role)





Energy Bus: Who and what fuels you?

What are you being fueled with or who/what is fueling you?

In order to be in leadership, then you must know how to protect your peace and your energy. Spend 60 seconds answering these questions:



What is happening in and around you? What/who drains you? What circumstances make you feel at your best? There aren't any right or wrong answers here, and there's only one rule: Don't overthink this. Put down the first and surest answers that come into your head, the ones that make you say, "This is positive or negative energy." Lastly, you will put these few words in the front of your mind to describe your highs and lows.



The Energy Bus: What's going on with your bus?

10 RULES FOR THE RIDE OF YOUR LIFE

1. You're the driver of the bus.
2. Desire, Vision, and Focus move your bus in the right direction.
3. Fuel your ride with positive energy.
4. Invite people on your bus and share your vision for the road ahead.
5. Don't waste your energy on those who don't get on your bus.
6. Post a sign that says "No Energy Vampires Allowed" on your bus.
7. Enthusiasm attracts more passengers and energizes them during the ride.
8. Love your passengers.
9. Drive with purpose.
10. Have fun and enjoy the ride!

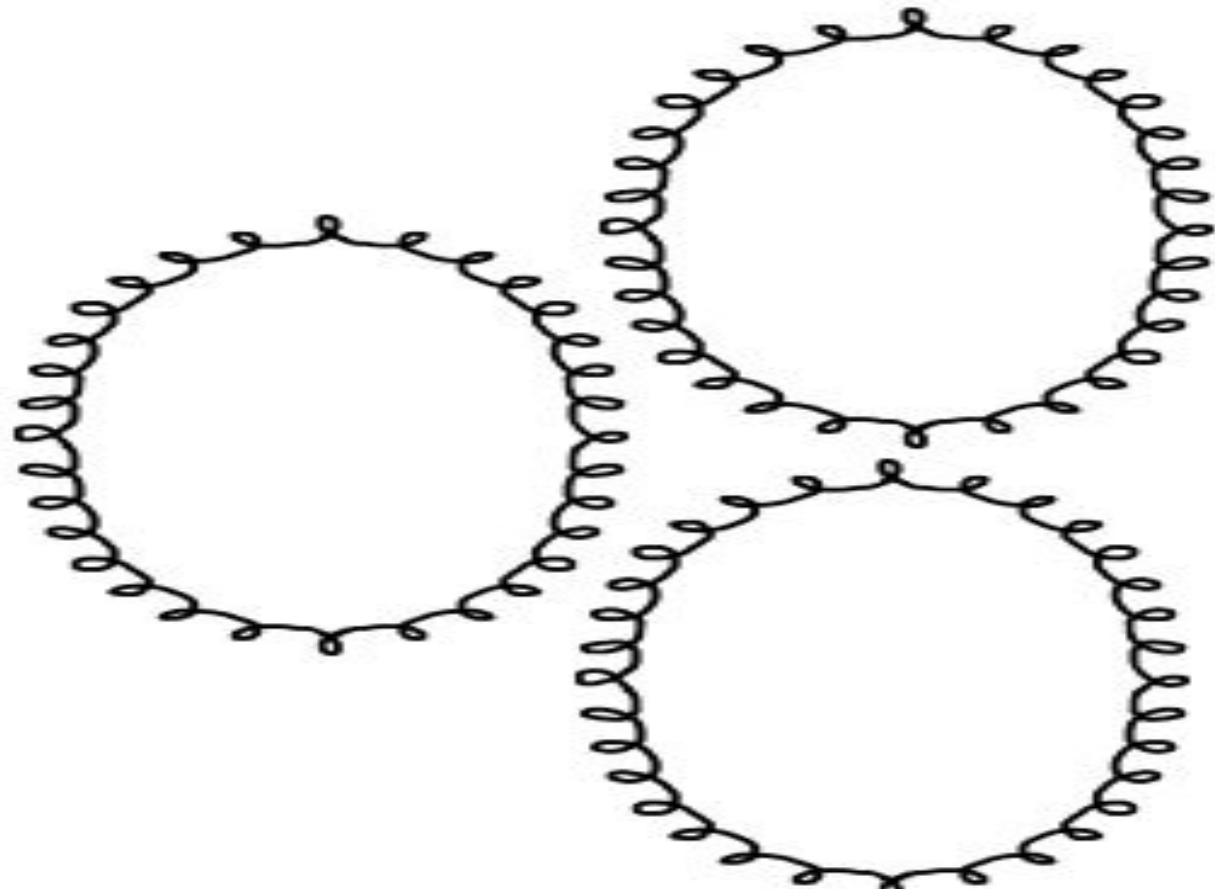


www.theenergybus.com

Have Positive Energy

"It's the positive thoughts and emotions you think and feel and share with others."

What are 3 ways you can spread positive energy?



Leaders connect to others by:



Knowing
their WHY



Practicing the
Habits of Highly
Effective
People



Knowing what
fuels their
Energy Bus

Homework:

Connected Leader: Answer Accordingly

- 1.) What's your why?
- 2.) Which Habit will you practice first?
- 3.) Which rule fuels your energy?

1. _____

2. _____

3. _____

Name

Birth Order

Favorite Music

One Skill you are Proud of

Favorite Movie

Favorite Book

Favorite Food

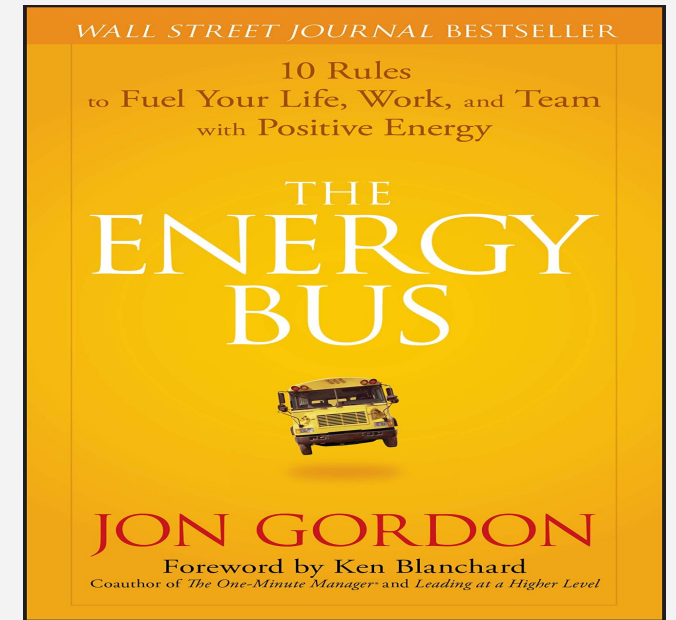
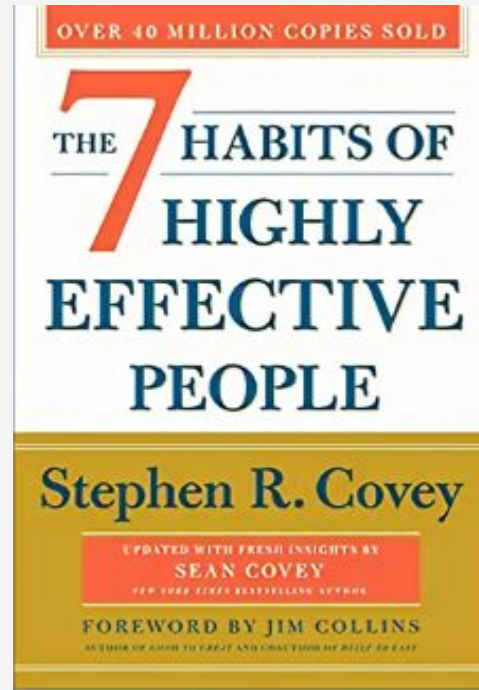
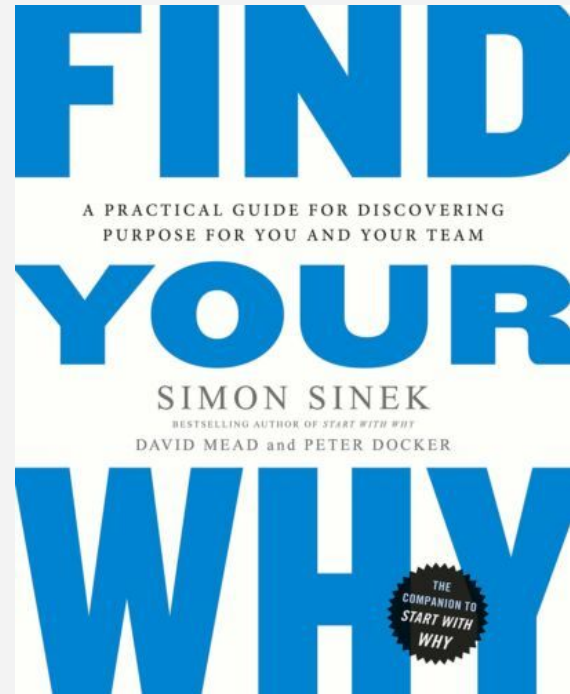
Favorite Hobby

Favorite Color

Personal Motto

Number of Siblings

Credits:





Thank you!

Do you have any questions?

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