



**Welcome to the 2022 FRPA Conference!**  
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# Ten Essentials for Personal and Professional Success







Regina Novak, MPH  
Health Educator & Financial  
Coach

[regina@rcmfinancialcoaching.com](mailto:regina@rcmfinancialcoaching.com)



# LEARNING OBJECTIVES

1. Explore ten essentials ingredients to being a great teammate and leader in your personal and professional lives.
2. Challenge limiting beliefs about yourself and identify areas where you can grow.
3. Discuss ways to enhance and train yourself (and your team) to grow in these ten areas.

# Brainstorm

What qualities make a good parks and recreation professional?

What makes you a good.....

Mom/Dad

Spouse/Significant other

Sister/Brother

Child

Friend



# Hard Skills vs. Soft Skills

Degrees & Certifications  
Technical training & skills

VS.

Soft Skills



# #1. Vulnerability

Builds trust

Shows authenticity

Makes you relatable & human

Able to accept feedback



# Importance of Trust

Foundation to EVERY & ANY relationship

Lack of trust prevents deep connections





## #2. Hungry

Strong work ethic

Embraces hard work & consistency

Eager to contribute



## #3. Confidence & Humility

### **Humility:**

little ego; more focus on others than yourself

Not greater than others BUT do not discount talents & contributions

### **Confidence:**

Firm belief & trust

Self assurance



## #4. EXCELLENT Communication

Ability to express yourself

Listen & respond to others

Attention & intention

Understanding & responding within the person's frame of reference



# Impact of Communication

“Super hero” power

Determines the kinds of relationships we form

Essential to leadership

Forms bonds of trust



## #5. Accountability & Ownership

Accountability:

Follow through

Holding others accountable

Ownership:

Internal locus of control

Focused on what I can do/what's under MY control





# Committing to Your Team: Accountability & Ownership

Clear direction & priorities

Aligned around the mission

Make mistakes, learn, move on

Seize opportunities

Adapt

Contingency Plan



# When Accountability is Absent.....

Low standards are the norm

No pressure to grow/reach potential

No one leads

Extra pressure on leader

Resent builds

Organizations fall apart



## #6. Emotional Intelligence

Self awareness

Self control/regulation

Motivation to listen & understand

Empathy



## #6. Emotional Intelligence

High level of consciousness outside self

Understanding of “appropriate”



## #7. Life Balance

“Take Back Your Time”-Christy Wright

1. Decide what matters
2. Stop doing what doesn't matter
3. Create a schedule that reflects what matters
4. Protect what matters
5. Be present for what matters





## #8. Life Long Learner-The Power of Reading

- Stimulates memories
- Expansion of knowledge & perspective
- Exercise for our brain
- Improves focus & analytical ability
- Inspires & motivates
- Connects
- Provokes thought & problem solving



## #9. Contentment, Joy & Gratitude

### **Contentment:**

Peacefulness, happiness, & satisfaction (lack of envy)

### **Joy:**

Great pleasure, rejoicing;

### **Gratitude:**

thankful, appreciative, feelings of warmth, kindness & generosity



## #10. Kindness & Generosity

### Kindness:

Friendly, generous, courteous

Understanding, showing compassion

Considerate & helpful

### Being human

### Generosity:

Open hand

Can be time, talent & treasure



# End Result: Build Better Relationships



# Growth

How do I grow?

How can my team grow?





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# Thank You!

Regina Novak, MPH  
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