



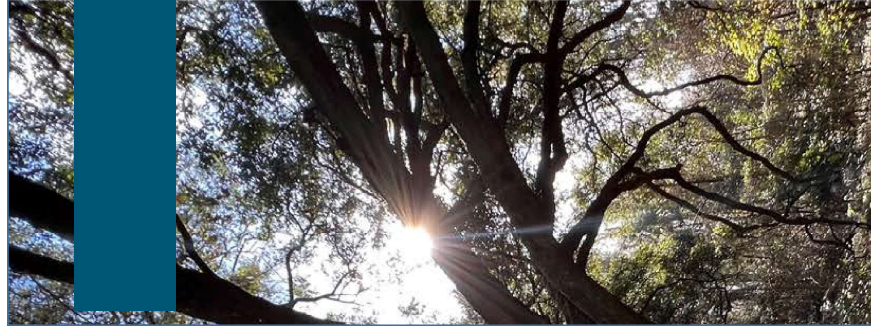
Welcome to the 2022 FRPA Conference!
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Ten Essentials for Personal and Professional Success





Regina Novak, MPH
Health Educator & Financial
Coach
regina@rcmfinancialcoaching.com



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

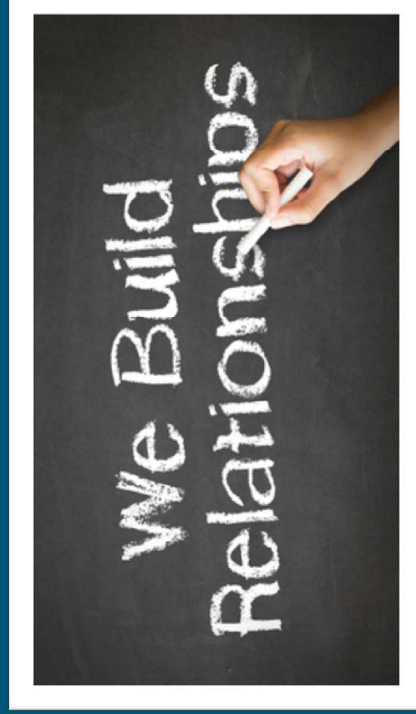
Being human

Generosity:

Open hand
Can be time, talent & treasure



End Result: Build Better Relationships



Growth

How do I grow?

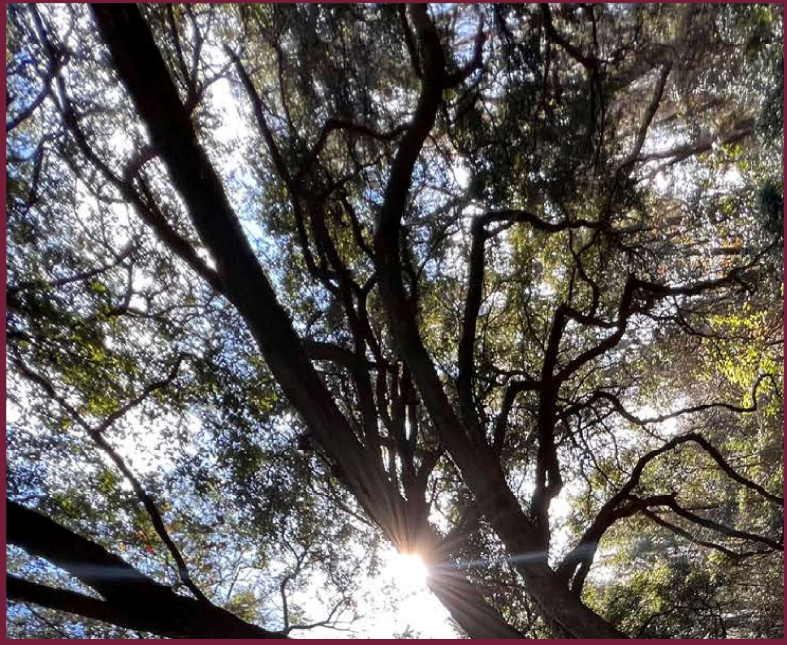
How can my team grow?



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Thank You!

Regina Novak, MPH
Health Educator & Financial Coach
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