



WELCOME! CONFERENCE REMINDERS

- ===== CEU attendance will be taken by the collection of Evaluations at the end of class. You **MUST** fill out an evaluation if you would like CEU credit
- ===== The Evaluations help FRPA gather feedback for speakers and future education. Everyone is encouraged to complete one.
- ===== Please leave seating in all classrooms and General Sessions as it is upon entry as these are in place per safety protocols.
- ===== Follow current Conference mask, safety, and physical distance protocols at all times.
- ===== Keep your personal pen handy to cut down on sharing writing devices (and germs!).
- ===== Respect the comfort of others by judging your interactions based on what color wristband they have chosen.



Well Being Thriving Plan & Tool Box

Welcome to the 2021
FRPA Conference!
August 30 - September 2

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Learning Objectives

1. Identify how to develop a plan of thriving for yourself & how to assist others with the same process.
2. Recognize & understand how mindset & mental “blocks” get in the way of success & thriving.
3. Outline & understand ways to grow & course correct when it comes to behavior change, including how setting boundaries is critical to thriving.

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Thriving Toolbox: Total Well Being

1. Financial
2. Physical
3. Intellectual
4. Occupational/Career
5. Environmental
6. Emotional
7. Spiritual
8. Social (relationships)

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Values First

- VALUES before Goals
 - Values: what is most important and WHY it's important
 - Goals: focused on outcomes
 - Values determine Goals, which determine Plans

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Creating Goals

- Specific, measurable, & time oriented
 - WRITE IT DOWN
 - Long & short term
 - Plan for obstacles
 - Decide what you need
 - Celebrate along the way

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Financial Thriving

- Healthy relationship with money
- Effectively managing finances
- Confidence in making decisions around money
- Confidence communicating about money
- Achieving financial security & freedom

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Physical Thriving

- Proper nourishment
- Movement
- Adequate sleep
- Seeking care (preventive measures)
- Plan of action & supportive team

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Intellectual Thriving

- Expanding knowledge & skills
- What stimulates our minds?
- What are we consuming?

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Occupational/Career Thriving

- Work meets life (equilibrium)
- Satisfaction & purpose
- Use of gifts, skills & talents
- Opportunity to grow
- Work environment

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Environmental Thriving

- Respect and appreciation for nature
- Well being in our personal environment

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Emotional Thriving

- Aware, understand & accept emotions
- Adapting & growing through change & challenges
- Control & manage emotions

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Spiritual Thriving

- Our behaviors are consistent with personal values, beliefs & morals
- Connected to a higher purpose
- Believe that life has meaning

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Social/Family Thriving

- Healthy relationships
- Interactions & connections
- Support system

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Keys to Thriving

- Mindset
 - How our mind sabotages our behaviors & plans
 - Limiting beliefs, attitudes, perspectives & self talk
- Behaviors & Actions
 - Planning, changing, growing & adapting
 - What we ACTUALLY do

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Sources of Sabotage

- My environment
- My workplace
- My home
- The outside world (influences)
- Me

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Retrain and Rewire Your Thoughts

- Identify potential change
- Check In
- Total well being
- Right tribe
- Practice

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Obstacles & Barriers

- Mindset & emotion preparation
 - Anticipate potential obstacles
 - Process what happens (PAUSE)
 - You control the response
 - Teachable moments build strength

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Gratitude, Generosity & Contentment

- Thankful appreciation
- Lens of perspective
- Share & extend kindness
- Shifts our focus from us to others
- Open hand vs. a closed fist

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For more information about the Florida Recreation and Park Association visit frpa.org

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