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## Acknowledgement of Country

I would like to acknowledge the traditional custodians of this land.  
I pay my respects to the Elders past, present and emerging.  
For they hold the memories, the traditions and the culture of Aboriginal and Torres Strait Islander people across the nation.



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Perspective



Reference Anthony Robbins: Brain Blinkers - Get more out of life

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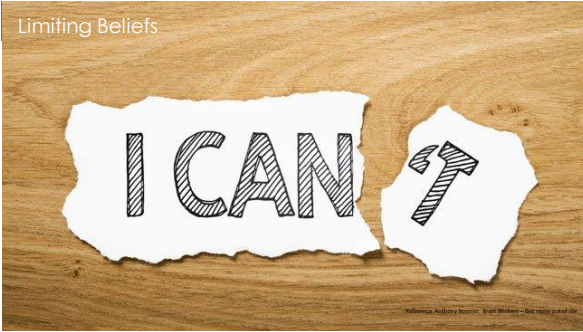
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Limiting Beliefs



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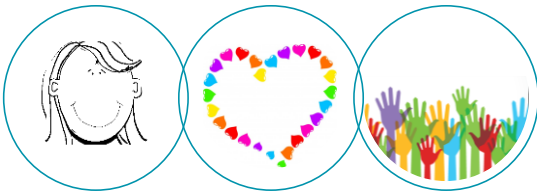
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Understand yourself and the people around you



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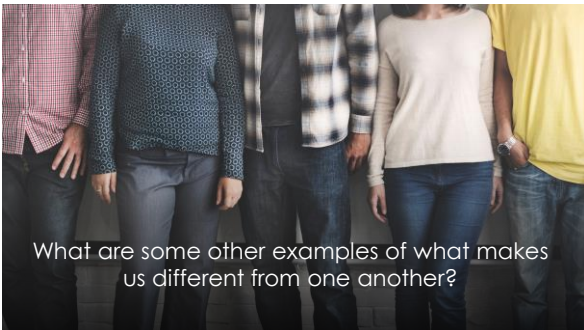
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What are some other examples of what makes us different from one another?

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### Healthy Relationships



- ❖ Trust
- ❖ Mutual respect
- ❖ Being mindful – taking responsibility for thoughts and actions
- ❖ Being present
- ❖ Welcoming diversity
- ❖ Open communication
- ❖ Schedule time to build relationships
- ❖ Appreciate others

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### Trust




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### Building Trust Needs a Growth Mindset

"Failure is an opportunity to grow"

**GROWTH MINDSET**

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

Reference: Jack McGinnis: Trust is What Fuels Great Leadership Teams.

"Failure is the limit of my abilities"

**FIXED MINDSET**

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"

"I can either do it or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"

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Control		CAN CONTROL	CAN'T CONTROL
ACTION	 <b>Empowerment</b>	 <b>Frustration</b>	
NO ACTION	 <b>Frustration</b>	 <b>Relief</b>	

The table is a 2x2 grid. The top row is under the 'Control' header. The columns are 'CAN CONTROL' and 'CAN'T CONTROL'. The rows are 'ACTION' and 'NO ACTION'. In the 'ACTION' row, 'CAN CONTROL' leads to 'Empowerment' (smiley face) and 'CAN'T CONTROL' leads to 'Frustration' (sad face). In the 'NO ACTION' row, 'CAN CONTROL' leads to 'Frustration' (sad face) and 'CAN'T CONTROL' leads to 'Relief' (smiley face). A white arrow points up from the 'NO ACTION' row to the 'ACTION' row in the 'CAN CONTROL' column. A white arrow points down from the 'ACTION' row to the 'NO ACTION' row in the 'CAN'T CONTROL' column.

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Maya Angelou

"You may not control all the events that happen to you, but you can decide not to be reduced by them.

**Do not complain.**

Make every effort to change things you do not like. If you cannot make a change, change the way you have been thinking. You might find a new solution"



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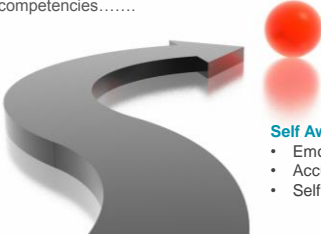
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Self Awareness

Self Awareness is the building block of self management. Without recognising what you are feeling you can not progress to further competencies.....



- Self Awareness** involves three skills:
- Emotional self awareness
  - Accurate self assessment
  - Self confidence

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Self-Management



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### Self Management

Once you have self awareness, you then have the opportunity to implement self management.

Consider the attributes of:




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### Acid Test

- A** Awareness
- C** Challenge
- I** Imagine
- D** Do it!



Reference: Anthony Borritt: Brain Blinkers - Get more out of life




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### Take Away Messages

- Adopt a positive attitude
- Identify and challenge your limiting beliefs
- Get to know yourself and those around you
- Nourish your relationships
- Build trust
- Confront your fears
- Weaken your COFFEE behaviours
- Know what you can and can't control
- Build your self-awareness
- Improve your self management
- Laugh at yourself and with others




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### References

- Anthony Bonnici: Brain Blinkers, Get More Out of Life
- Jack McGuinness: Trust Is What Fuels Great Leadership Teams
- Images
  - The 30 Happiest Animals In The World That Will make You Smile [https://www.boredpanda.com/cute-smiling-animals/?utm\\_source=google&utm\\_medium=organic&utm\\_campaign=organic](https://www.boredpanda.com/cute-smiling-animals/?utm_source=google&utm_medium=organic&utm_campaign=organic)
  - Obama: No matter what happens, the sun will rise in the morning <https://www.google.com/url?sa=i&url=https%3A%2Fwww.youtube.com%2Fwatch%3Fv%3D99qdQM4dZ-M&psig=AOvVaw2TBXgVmJSCILazGTelMgBa&ust=1623810845253000&source=images&cd=vfe&ved=0CA0QjhxqFwoTCIDa-f7MmPECF0AAAAAABAD>
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  - Chimp Mothers Tiger Cubs <https://avax.news/pictures/38379>

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