

Empathy, Vulnerability, and Gratitude

*Soft Skills that
Lead to Big
Results*



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Welcome!



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What's Good?



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Positive Psychology



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Positive Psychology

The scientific study of human flourishing and wellbeing.

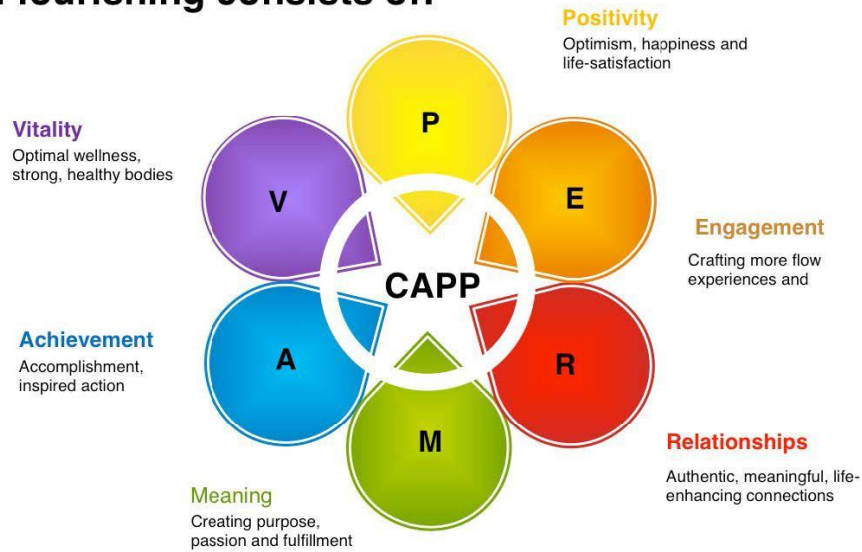


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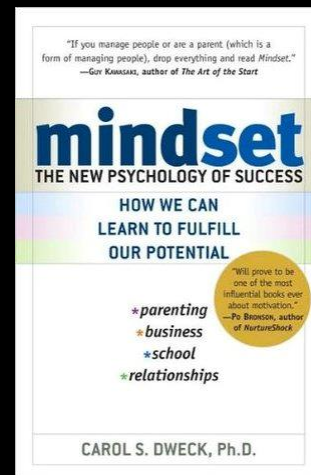
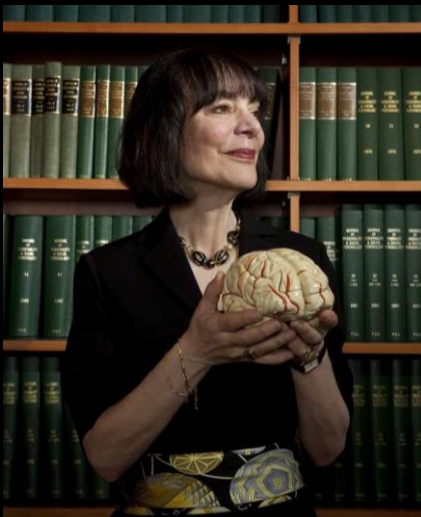
Flourishing consists of:



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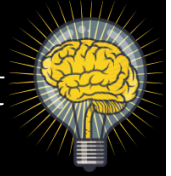
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Fixed Mindset



Growth Mindset



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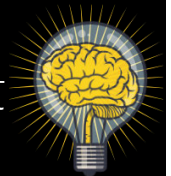


Fixed Mindset

Believes:

Ability, Talent,
Intelligence

...are all inherent.



Growth Mindset



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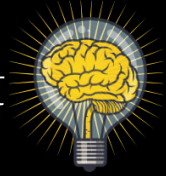


Fixed Mindset

Believes:

Ability, Talent,
Intelligence

...are all inherent.



Growth Mindset

Believes:

Ability, Talent,
Intelligence

...can all be increased.



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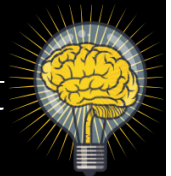
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Fixed Mindset

"I'm just not good at X."



Growth Mindset



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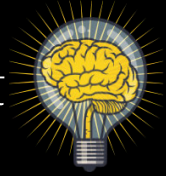
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Fixed Mindset

"I'm just not good at X."



Growth Mindset

"I can learn to X."



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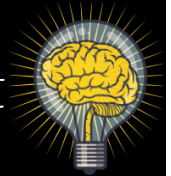
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Fixed Mindset

"I'm just not good at X."

"Oh, I could never do X."



Growth Mindset

"I can learn to X."



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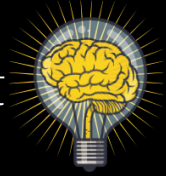
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Fixed Mindset

"I'm just not good at X."

"Oh, I could never do X."



Growth Mindset

"I can learn to X."

"Let's try X!"



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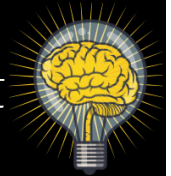


Fixed Mindset

"I'm just not good at X."

"Oh, I could never do X."

"I'm a failure."



Growth Mindset

"I can learn to X."

"Let's try X!"



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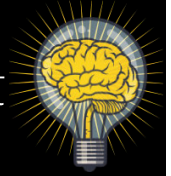


Fixed Mindset

"I'm just not good at X."

"Oh, I could never do X."

"I'm a failure."



Growth Mindset

"I can learn to X."

"Let's try X!"

"I failed this time."



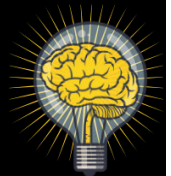
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Think of something you're
great at.



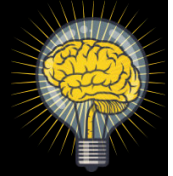
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Think of something you're
great at.



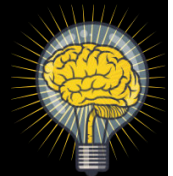
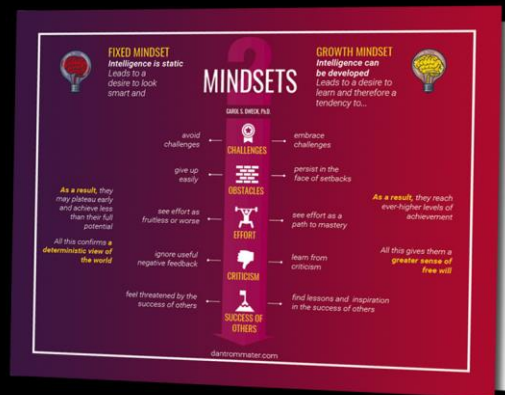
Have you always been?



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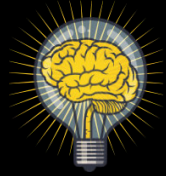
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Mindset is not Black and White.



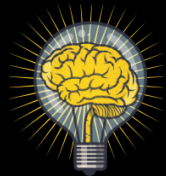
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Mindset is not Black and White.



Mindset is a belief.



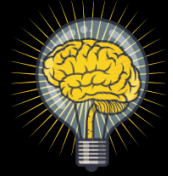
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Mindset is not Black and White.



Mindset is a belief.

Mindset is a Self Fulfilling Prophecy.



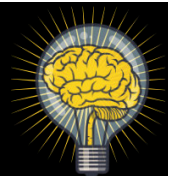
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You Can Shift Your Mindset



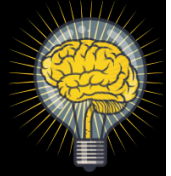
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You Can Shift Your Mindset



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Empathy, Vulnerability, and Gratitude



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Empathy

How would you define it?



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Empathy

“the ability to sense other people’s emotions, coupled with the ability to imagine what someone else might be thinking or feeling.”

Greater Good Science Center
UC Berkeley



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- Patricia Moore



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- Patricia Moore



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OXO
GOOD GRIPS



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“Empathy is the constant awareness of the fact that your concerns are not everyone’s concerns and that your needs are not everyone’s needs, and that some compromise has to be achieved moment by moment.”

- Patricia Moore



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Why is Empathy Important?



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Why is Empathy Important?

- Improves problem solving
- Increases teamwork and collaboration
- Deepens intimacy
- Boosts relationship satisfaction
- Reduces bullying, racism & other forms of discrimination
- Boosts credibility
- Better able to help others
- Helps uncover our own assumptions and prejudices



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Richard Layard advocates “deliberate cultivation of the primitive instinct of empathy” because “if you care more about other people relative to yourself, you are more likely to be happy.”

from Empathy
by Roman Krznaric



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Barriers to Empathy



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Barriers to Empathy

- Lack of effort



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Barriers to Empathy

- Lack of effort
- Lack of imagination



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Barriers to Empathy

- Lack of effort
- Lack of imagination
- Our increasingly individualized society



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Barriers to Empathy

- Lack of effort
- Lack of imagination
- Our increasingly individualized society
- Judgement is fun



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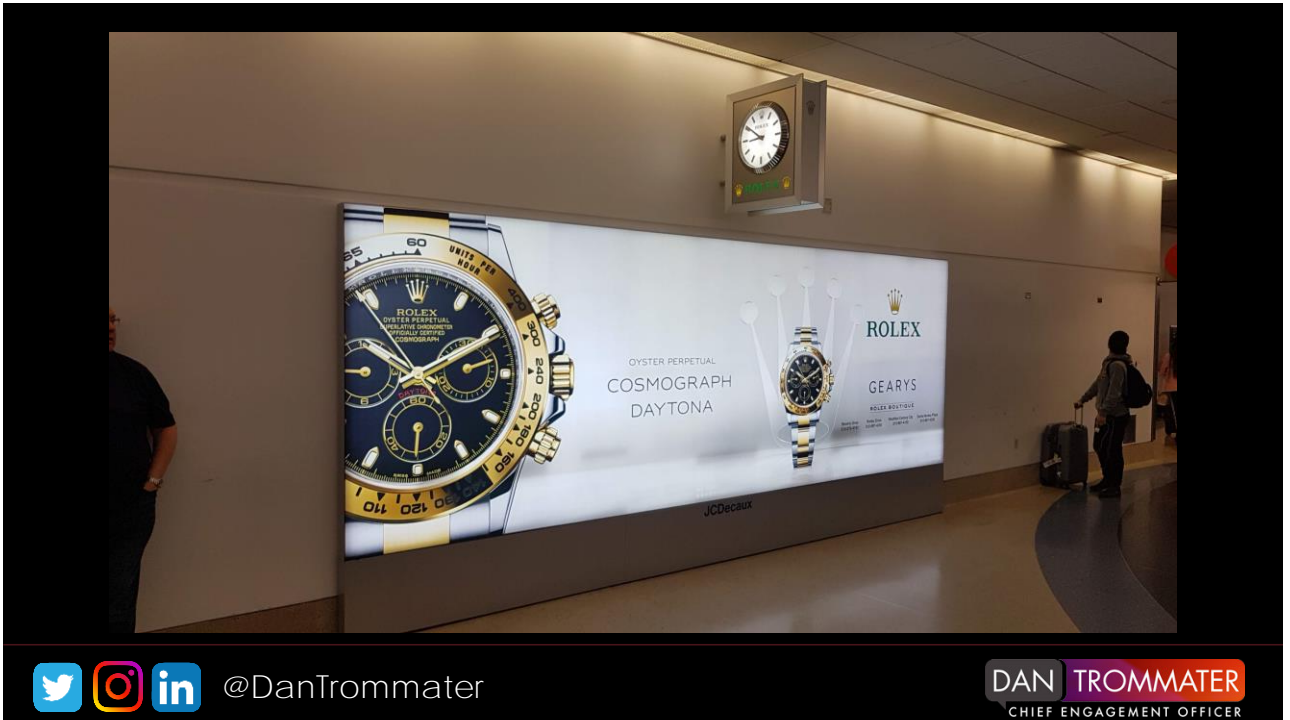
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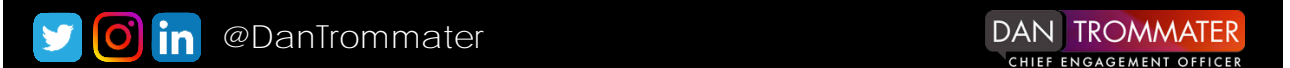
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Judgy Judgy Smarty Pants Know It All



Judgy Judgy Smarty Pants Know It All



J.J. Spkia



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How to Boost Empathy



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How to Boost Empathy

TRY!!!



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How to Boost Empathy

- Listen



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How to Boost Empathy

- Listen
- Clarify



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How to Boost Empathy

- Listen
- Clarify
- Suspend Judgement



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How to Boost Empathy

- Listen
- Clarify
- Suspend Judgement
- Be Vulnerable



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Vulnerability

What comes to mind?



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Voluntary Vulnerability



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Voluntary Vulnerability



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Vulnerability

Fake it until you make it.



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Vulnerability

~~Fake it until you make it.~~



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Vulnerability

Permission to be human.



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“Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness.”

- Brene Brown



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Gratitude



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People with a Gratitude Habit:

Physical Benefits

- Stronger immune systems
- Less bothered by aches and pains
- Lower blood pressure
- Exercise more and take better care of health
- Sleep longer and feel more refreshed upon waking

Source - Robert Emmons, University of California, Berkeley



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People with a Gratitude Habit:

Psychological Benefits

- Higher levels of positive emotions
- More alert, alive, and awake
- More joy and pleasure
- More optimism and happiness

Source - Robert Emmons, University of California, Berkeley



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People with a Gratitude Habit:

Social Benefits

- More helpful, generous, and compassionate
- More forgiving
- More outgoing
- Feel less lonely and isolated

Source - Robert Emmons, University of California, Berkeley



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Gratitude



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dantrommater I came home to the dulcid tones of chainsaw echoing through the neighborhood. A short walk brought me to a crew taking down a cracked branch of a massive mulberry tree.
#freewood #formertreefuturecheeseboards
#my2016theme #gratitude



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dantrommater Even short visits from @marthamunroe are awesome fun! #littlewomanbigpersonality #my2016theme #gratitude



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dantrommater So grateful to spend the morning facilitating a communication workshop with ESL teachers for their Professional Development day. Yesterday, my gratitude was focused firmly on a supportive group of friends. #my2016theme #gratitude



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dantrommater It cracks me up to think of the Road Commission worker who got to hang these signs together.
#my2016theme #gratitude



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dantrommater While I'm not happy about being in a hospital, I'm [#grateful](#) for the chance to bring a few smiles to the nurses. [#uncertaintyisscary](#) [#my2016theme](#)



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dantrommater Even after all these years, Mom teaches me new things every day. [#golfthecardgame](#) [#howtolivehowtodie](#) [#my2016theme](#) [#gratitude](#)



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dantrommater Josie has kept me moving throughout this process. Without her, I'd likely go days without seeing the outside. #mustexplore #my2016theme #gratitude



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dantrommater To a large degree, these four women shaped who I am. I continue to grow and change thanks to @katywhitman and a few others, but much of the core of my being came from being raised by them. I'm very aware of how fortunate I am to have them all in my life. #ihavefourmothers #mywifeisawesome #my2016theme #gratitude



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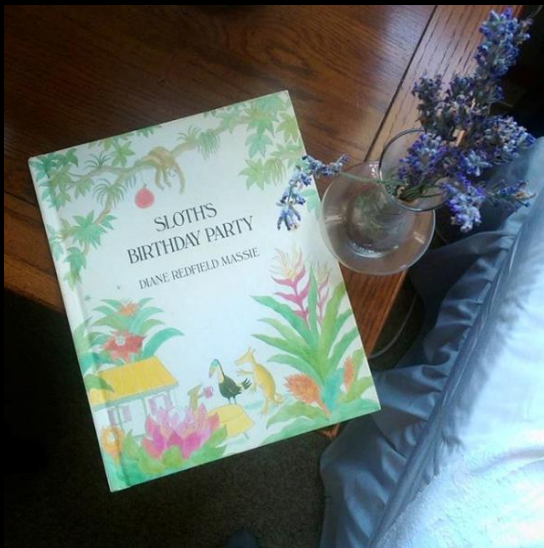
dantrommater Another love-filled day with plenty of Mom's great-grandkids.
#my2016theme #gratitude



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dantrommater This was my favorite book as a kid. I got to read it to my mom today.
#slothsbirthdayparty #returningthefavor
#my2016theme #gratitude



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dantrommater Still on guard.
#faithfulcat #my2016theme #gratitude



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dantrommater We laid out some of Mom's quilts on the pews for her funeral this morning. It was like having her hug each and every one of us.
#lifewellived #howtolivehowtodie
#my2016theme #gratitude



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How to Harness the Power of Gratitude



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How to Harness the Power of Gratitude

- Gratitude Journal



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How to Harness the Power of Gratitude

- Gratitude Journal
- “What went well?”



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How to Harness the Power of Gratitude

- Gratitude Journal
- “What went well?”
- Mine the bad – find the positive in tough situations



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How to Harness the Power of Gratitude

- Gratitude Journal
- “What went well?”
- Mine the bad – find the positive in tough situations
- Regular social media posts – Twitter, Instagram, etc



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How to Harness the Power of Gratitude

- Gratitude Journal
- “What went well?”
- Mine the bad – find the positive in tough situations
- Regular social media posts – Twitter, Instagram, etc
- Three Good Things



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Three Good Things

Simply write down three things that you are grateful for.



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Three Good Things

Simply write down three things that you are grateful for.

...events

...people

...things

...situations



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Three Good Things

Simply write down three things that you are grateful for.

...events

...people

...things

...situations

*This can be at the start or end of your day.
Try it for a week and let me know how it goes.*



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How to Harness the Power of Gratitude

~~Fake it until you make it.~~



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How to Harness the Power of Gratitude

Fake it until you make it.



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How to Harness the Power of Gratitude

Fake it until you make it.

If you go through grateful actions, the emotion of gratitude should be triggered.

Smiling - Saying thank you (sincerely) - Writing letters of gratitude

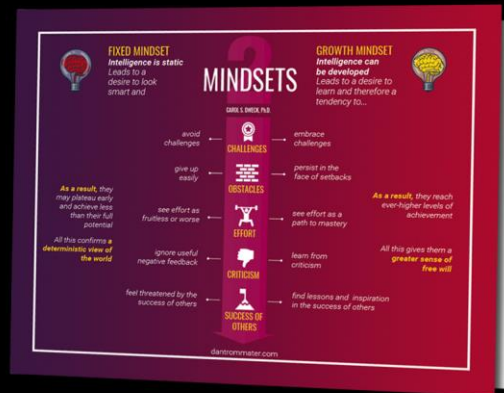
All the previous examples



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Want More on Mindset?



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Want More on Mindset?



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Pull out your phone!



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Send a text to
555888
with the message
growthmindset



I won't spam you!



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Mindset and all these
Soft Skills are
Self Fulfilling Prophecies



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