



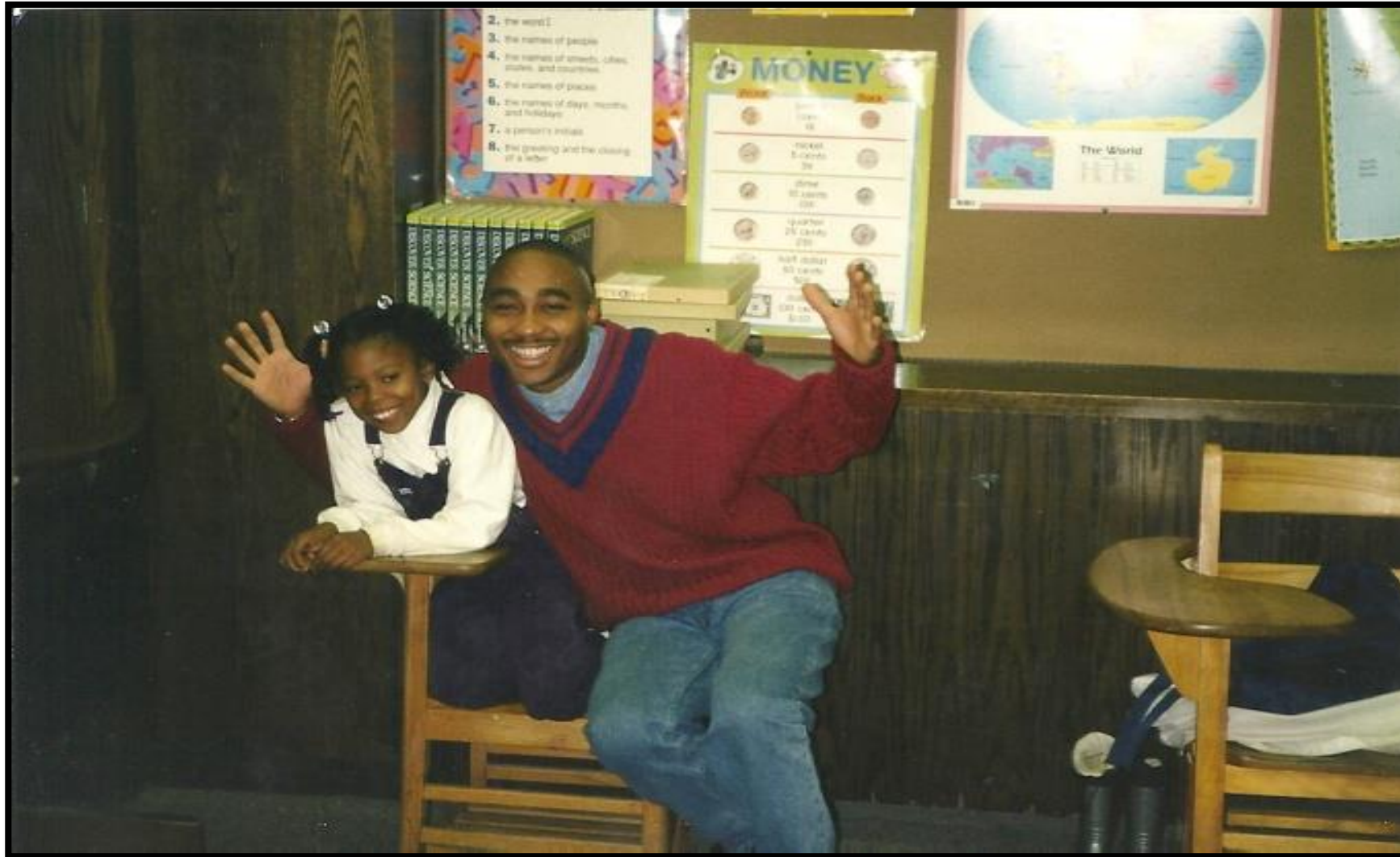
THRIVE!

**Sustaining *Motivation*
while *Doing*
Purposeful **Work****

Presented by

Dr. Jermaine M. Davis

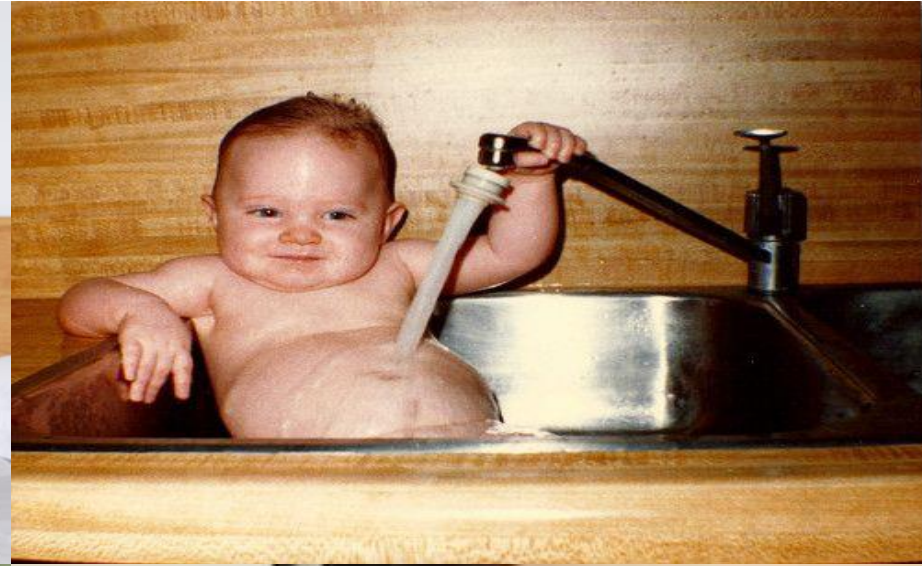
Re-Ignite Your Passion



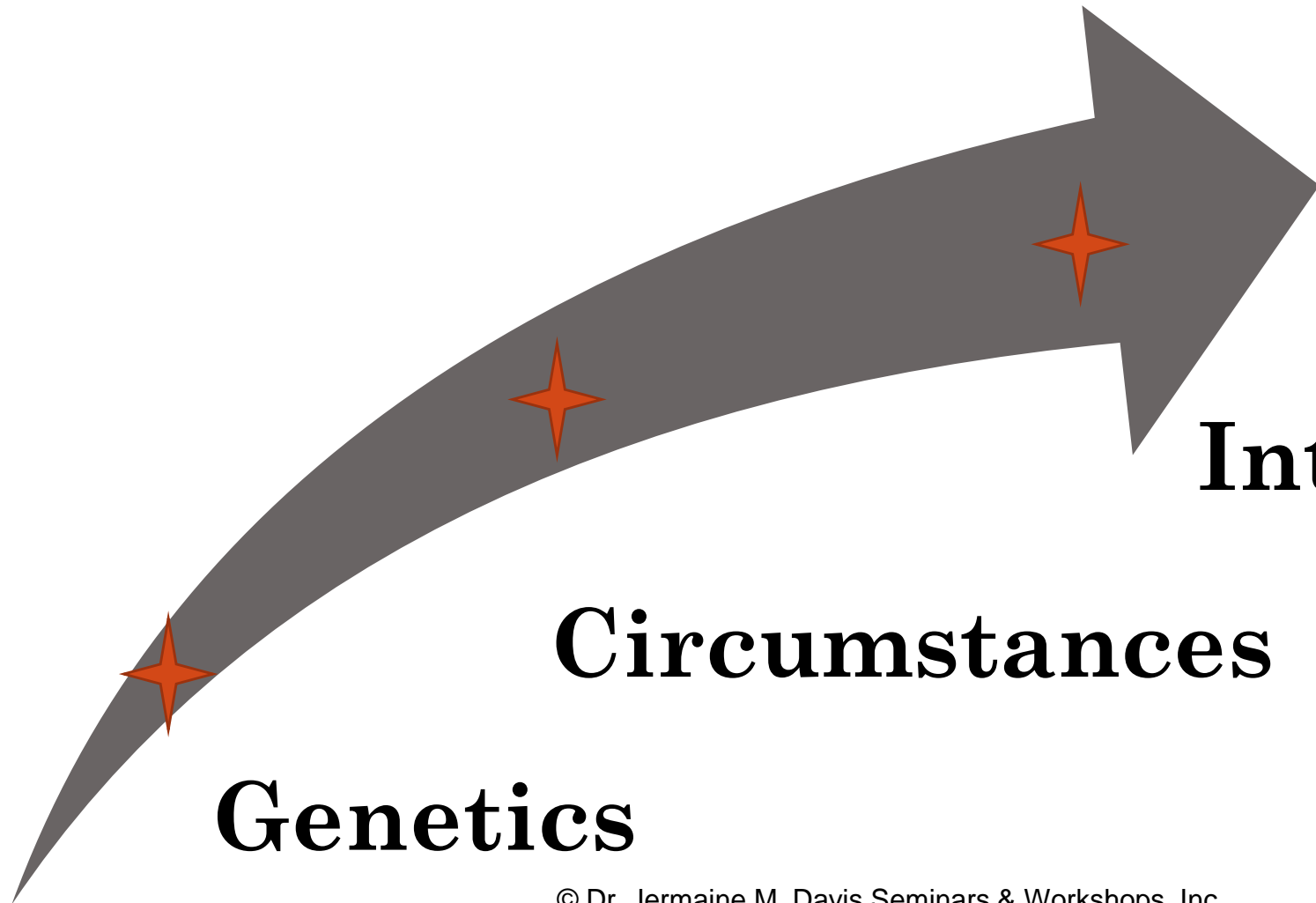
Why Don't Zebras Get Ulcers?



Get Back to Your Baseline: *Your Normal You*



Identify **YOUR** *Happiness!*



Genetics

Circumstances

Intentionality

Happiness Defined: *Increase “YOUR” Frequencies*



**A greater
frequency
of *positive*
emotions.**

Collaborate Around the P.V.G.

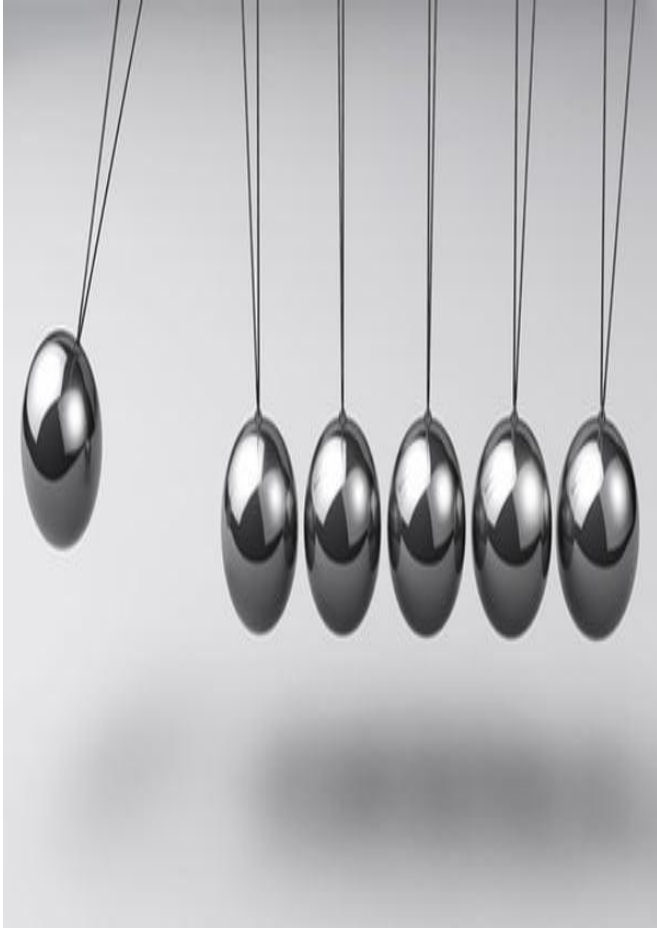
Purpose

Vision

Goals



*Practice **Effective** Leadership*



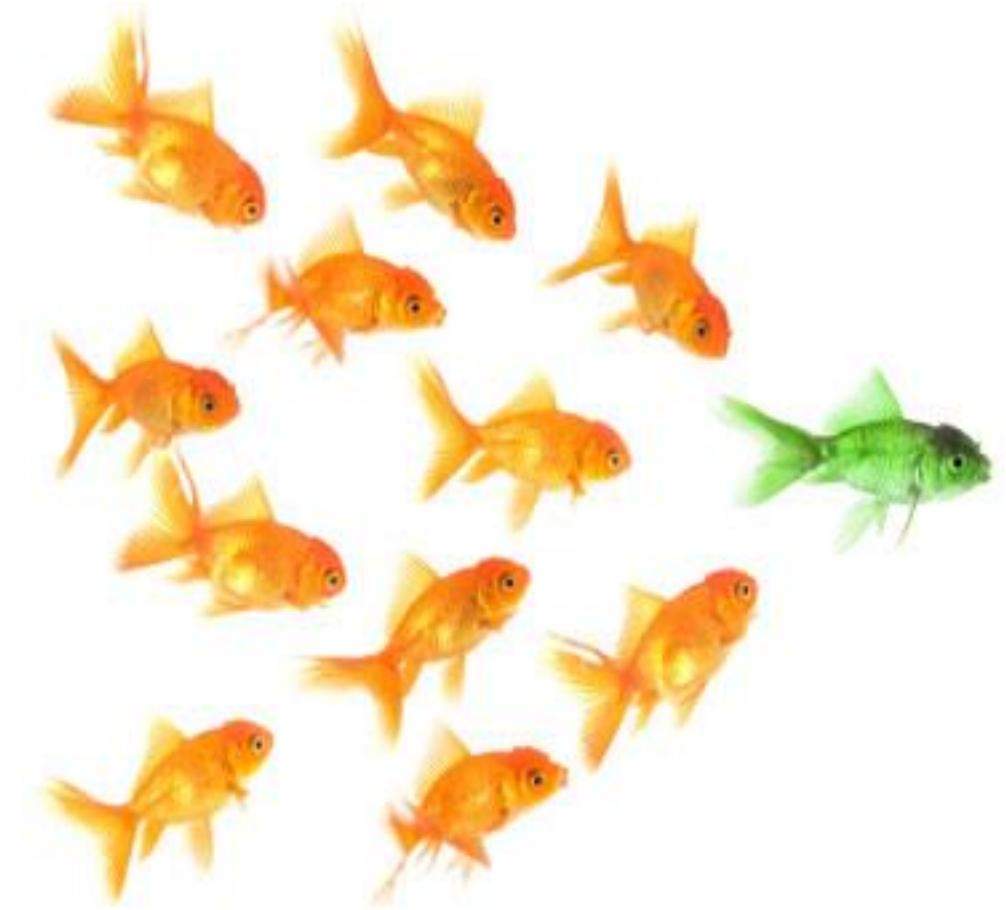
*The ability to
influence
others to take
positive action.*



What *qualities* allow
you to *accept*
the *influence* of others?

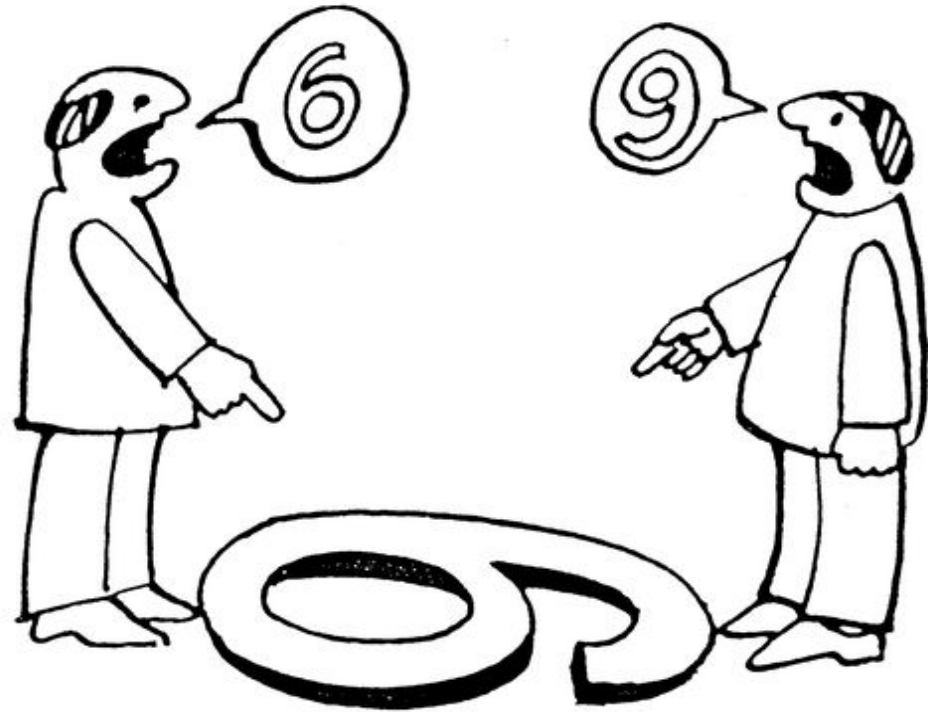
Utilize the Qualities of Influence

- **Likeability**
- **Deep Listening**
- **Competence**
- **Cognitive Complexity**



Practice Cognitive Complexity

The *ability*
to *look* at
situations
from
multiple
perspectives.



Practice Walking a Mile



**Where You *Sit*, is
Where You *Stand!***



What's one of
your *seats*,
you would *love*
for others to
sit in?



Balance Your Passion on Purpose



Thank You!

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THRIVE!

**Sustaining *Motivation*
while *Doing*
Meaningful Work**

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*Initiate **Courageous** Conversations*

*Honest, Open and
Transparent*
dialogues that
NEED
to happen
to move forward.



Address and Resolve Team Conflict



**The result of
an unmet
or violated
need, want or
*expectation.***



**What are Your
Personal & Professional
Needs,
Wants and *Expectations?***

Thrive with Optimism

*Where's Your
Focus:
Optimism
or
Pessimism?*



Sharpen the Saw: Re-Ignite Your Passion

