



**“FUN”DAMENTALS OF
LEADING WITH A
WELLNESS MINDSET**

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JULY 11, 2023

Leadership
JOHNSON COUNTY
at FRANKLIN COLLEGE

Julie Gahimer is a physical therapist and has been teaching at the University of Indianapolis (UIndy), College of Health Sciences since 1985.

Her advanced degree is in Community Health Education, and she has received numerous awards for her role in community leadership and service learning.

Julie received the Teacher of the Year award at UIndy in 2012, has presented at many national and international professional meetings and has authored multiple publications in the areas of patient education and community health education.



Julie Gahimer PT, HSD
University of Indianapolis
College of Health Science

Leadership Johnson County at Franklin College (Indiana) began in 1994 as a community leadership development program.

Today, LJC directs the adult Signature Program a Youth Leadership Academy, half-day and full-day professional development workshops and Leadership To our Door. Visit our website to learn more:

www.LeadershipJohnsonCounty.org

About Leadership Johnson County

Our Mission Statement:

To cultivate and develop informed and involved citizens working to make our communities better!

- Living the 9 Dimensions of Wellness
- Cultivating a Growth Mindset
- Fostering Creativity in the Workplace
- Embracing Eight Irresistible Principles of Fun
- Gathering Tools for the Leadership Journey



Session Outline

LIVING THE 9 DIMENSIONS OF WELLNESS



The 9 Dimensions of Wellness



1. Emotional Wellness

- ...Has the ability to identify, express and manage the entire range of feelings
- ...Might consider seeking assistance to address areas of concern



2. Career Wellness

...Engages in work to gain personal satisfaction and enrichment

...Pursues a career that is consistent with values, goals and lifestyle



3. Social Wellness

...Has a network of support based on interdependence, mutual trust and respect

...Has developed a sensitivity and awareness towards the feelings of others



4. Spiritual Wellness

- ...Seeks harmony and balance by openly exploring the depth of human purpose, meaning and connection
- ...Connects through dialogue and self-reflection



5. Physical Wellness

- ...Gets an adequate amount of sleep
- ...Eats a balanced and nutritious diet
- ...Engages in exercise for 150 minutes per week
- ...Attends regular medical check-ups
- ...Practices safe, healthy sexual relations



6. Financial Wellness

...Has an awareness of financial situation and budgets

...Saves and manages finances in order to achieve realistic goals



7. Intellectual Wellness

...Values lifelong learning

...Seeks to foster critical thinking

...Strives to develop moral reasoning

...Expands their world views

...Engages in education for the pursuit of knowledge



8. Creative Wellness

- ...Values and actively participates in a diverse range of arts and cultural experiences
- ...Pursues experiences as a means to understand and appreciate the surrounding world



9. Environmental Wellness

...Recognizes the responsibility to preserve, protect and improve the environment

...Appreciates the interconnectedness of nature and the individual



Your 9 Dimensions of Wellness



CULTIVATING A GROWTH MINDSET



- your attitudes, beliefs and expectations
- who you are, how you lead and ways of interacting and connecting with others
- influences how you see, interpret and respond to situations
- influences your decisions and actions



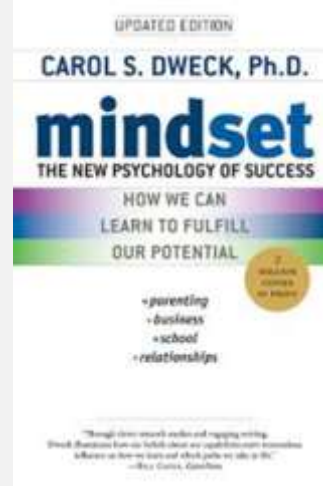
What is Mindset?



What is Mindset?



Cultivating a Growth Mindset



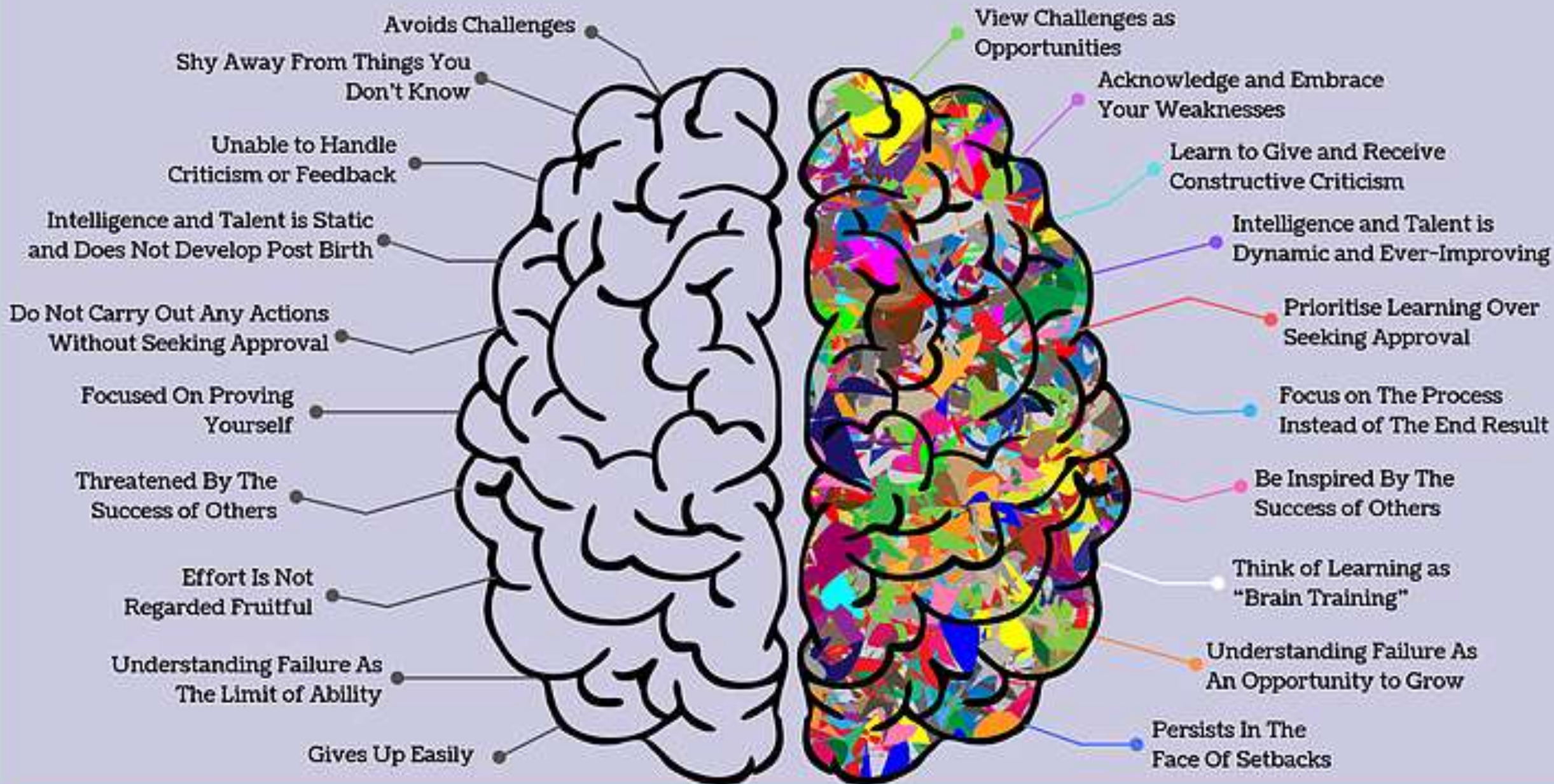
FIXED MINDSET

- Believe that your skills and intelligence are carved in stone
- You DON'T have the capacity to develop, cultivate, or improve them.
- You are born with a certain aptitude and intelligence and can't do much to change them.

GROWTH MINDSET

- Believe that your skills and intelligence are things that can be developed, cultivated, and improved
- You DO have the capacity to learn and grow
- Skills are built through effort and everyone can change

FIXED MINDSET VS GROWTH MINDSET



FOSTERING CREATIVITY IN THE WORKPLACE



The 6 Habits of the World's Most Creative People

Travis Bradberry, 2017

1. Wake up early
2. Exercise frequently
3. Stick to a strict schedule
4. Keep your day job
5. Learn to work anywhere, anytime
6. Learn that creative blocks are just procrastination



Fostering Creativity and Innovation in the Workplace: 11 Keys for Leading and Managing Teams

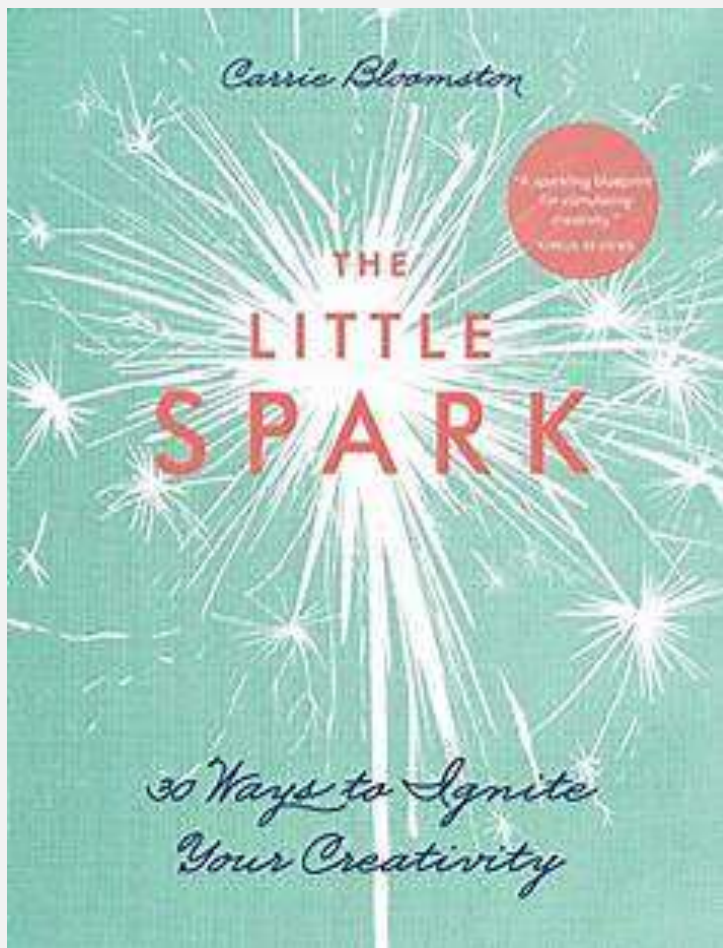
Linda Naiman, 2021

1. Create psychological safety in your team
2. Embrace Diversity
3. Cultivate healthy team dynamics
4. Create alignment
5. Empower your team
6. Lead through Socratic inquiry
7. Invite creative inquiry (what if?, what else? why not?)
8. Develop a “Yes, And...” mindset
9. Establish criteria for evaluating ideas
10. Be attentive to employees’ success and personal well being
11. Motivation



The Little Spark: 30 Ways to Ignite Your Creativity

Carrie Bloomston, 2014



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5 Hallmarks of a Creative Project

1. Asks, or attempts to answer, the right kind of question
2. Requires collaboration or cooperation
3. Doesn't need the student's name on it
4. Include original art or design
5. Transfers energy and demonstrates passion



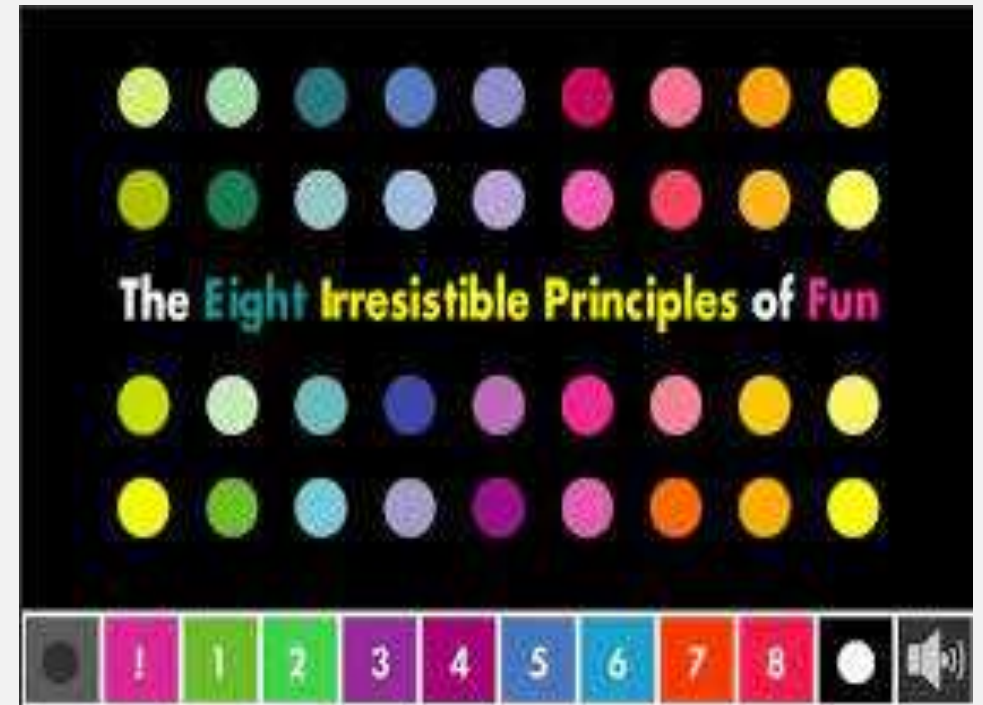
**EMBRACING
EIGHT
IRRESISTIBLE
PRINCIPLES OF
FUN**



Eight Irresistible Principles of Fun

Michael Bungay Stanier

1. Stop hiding who you really are
2. Start being intensely selfish
3. Stop following the rules
4. Start scaring yourself
5. Stop taking it all so damn seriously
6. Start getting rid of the crap
7. Stop being busy
8. Start something



Fun is...

the
backbeat that.
gives
the
song its
rhythm



!

1

2

3

4

5

6

7

8



Are you having fun?

We don't have enough fun in our lives



!

1

2

3

4

5

6

7

8



Fun is...

the **pinch of salt** that
brings out the **flavour**

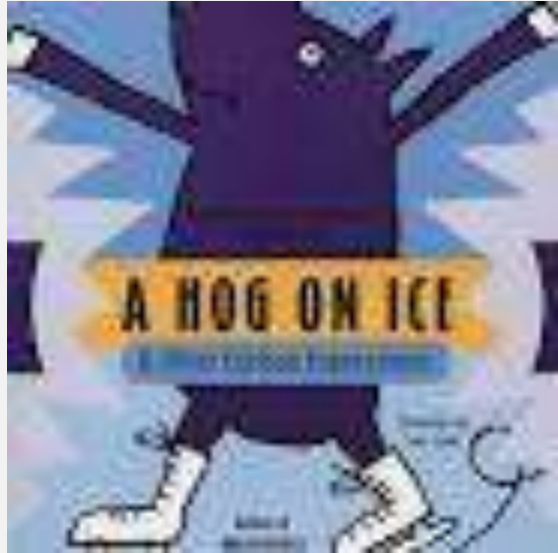


Make the
Eight Irresistible
Principles of Fun
a part of your life



A Hog on Ice and Other Curious Expressions

Funk, 2002



- On one's high horse
- Take the bull by the horns
- Wear one's heart on one's sleeve
- Put the cart before the horse
- Small fry
- To get cold feet
- To rain cats and dogs
- To break the ice
- To go scot free
- To hold the bag
- An Achilles heel
- Till the cows come home
- To turn the tables
- In hot water
- To sweat blood
- A big shot
- The lion's share
- Between the devil and the deep blue sea
- To split hairs
- The spill the beans
- To bark up the wrong tree

GATHERING TOOLS FOR THE JOURNEY



Places to Educate Yourself

- MIT, Tufts, Harvard Medical, Yale, Open Courseware
- MOOCs (Massive Open Online Courses) EdX, Coursera
- iTunes U
- YouTube.edu
- SlideShare.net
- TED Talks (Technology, Entertainment and Design)
- 12 dozen places to educate yourself online



Free Personal Inventories

TestWell Wellness Inventory



Welcome to Testwell's Holistic Lifestyle Questionnaire Free Assessments.

The following Assessments use the Holistic Lifestyle Questionnaire 50 question assessment.

[Teen Assessment](#)

[College Assessment](#)

[Adult Assessment](#)

[Older Adult Assessment](#)

Values Inventory Assessment (VIA)

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LIVE TO FLY.
WITH 120
QUESTIONS.
IN 15 MINUTES.
VIA 24 STRENGTHS.

First they learn! Begin life off...

TAKE THE FREE
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ARE YOU A PROFESSIONAL?

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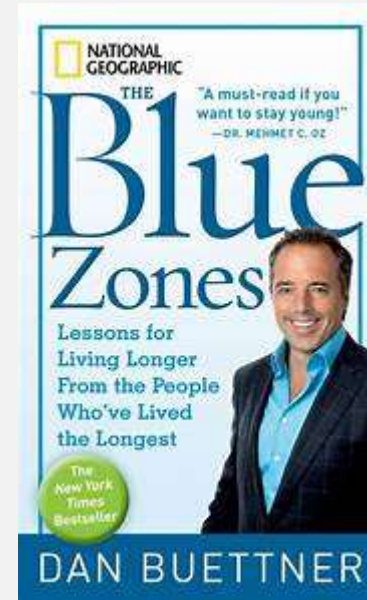
LEARN 5 POWERFUL WAYS to use your strengths to boost happiness:

Your Email Address
Submit

SPOTLIGHT ON: ONLINE TRAININGS

Cool Places to Visit

1. Blue Zones Dan Beuttner:
<http://bluezones.com/>
2. Unstuck: <https://www.unstuck.com/>
3. Daily Good – News that Inspire:
<http://www.dailygood.org/>
4. The Optimist: The Washington Post:
<https://www.washingtonpost.com/newsletters/the-optimist/>
5. Life Kit NPR:
<https://www.npr.org/podcasts/510338/all-guides>



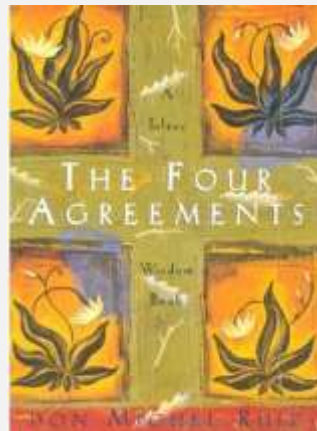
The Washington Post



Books Worth Reading

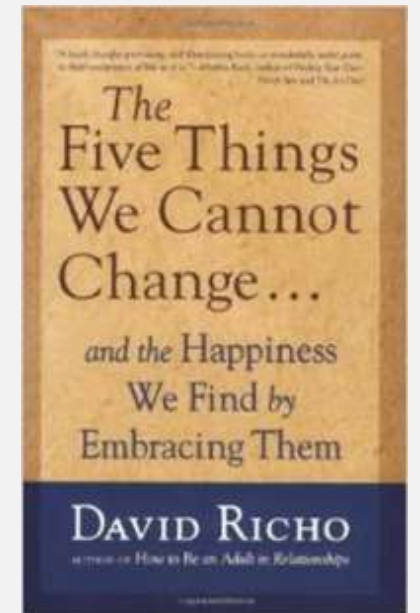
The Four Agreements Don Miguel Ruiz, 2018

- Be impeccable with your word
- Always do your best
- Don't make assumptions
- Don't take anything personally



The Five Things We Cannot Change: And the Happiness We Find by Embracing Them David Richo, 2006

- Everything changes and ends
- Things do not always go according to plan
- Life is not always fair
- Pain is a part of life
- People are not loving and loyal all of the time



Dare to Lead

Brene Brown, 2018

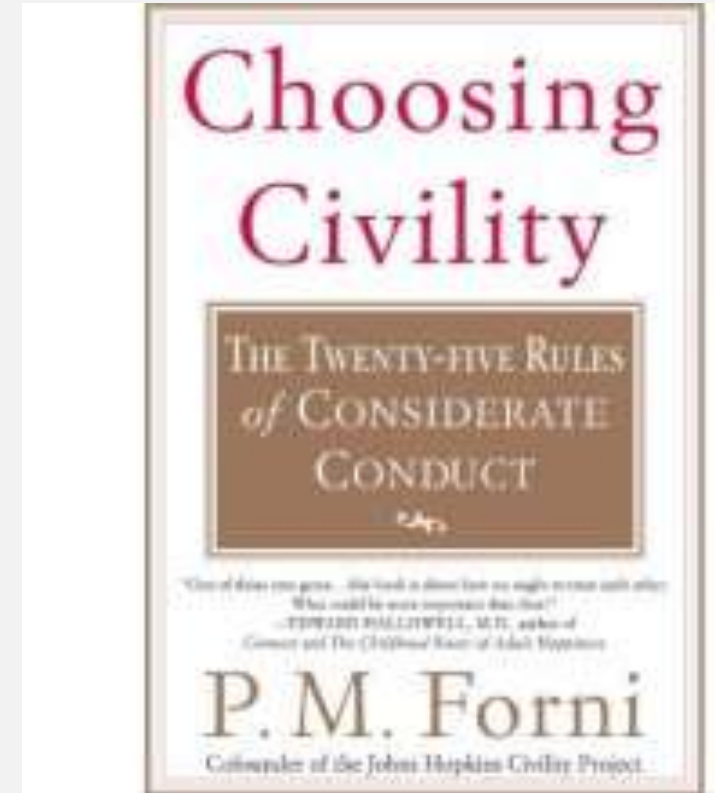
- Vulnerability is an asset
- The truth hurts but is necessary
- Core Values are needed for Daring Leadership
- Failure teaches bravery
- If you're a perfectionist, you're not courageous
- Elevate trust



Choosing Civility

P.M. Forni, 2002

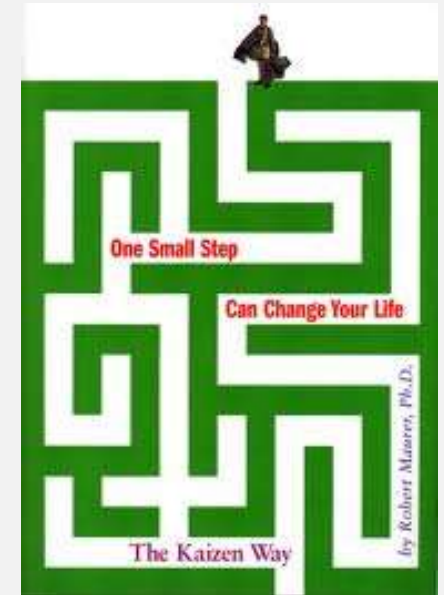
- Pay attention to others and listen attentively
- Speak kindly to and of others and do not speak ill
- Consider how what you say, and how you say it, will affect others.



One Small Step Can Change Your Life

Robert Maurer, 2004

- Think small thoughts
- Think small actions
- Solve small problems
- Bestow small rewards
- Identify small moments



Tiny Habits

BJ Fogg, 2020

Behavior Change Happens When This Formula is applied: $B = MAP$

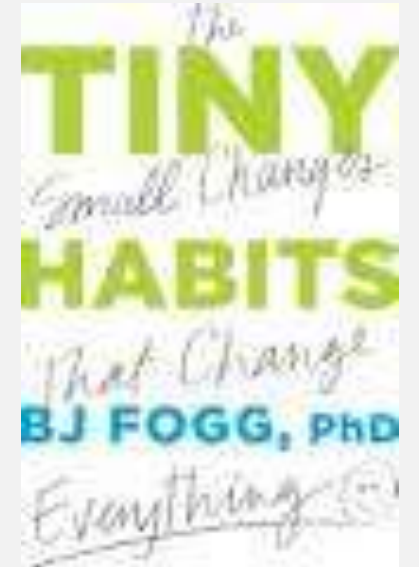
B – Behavior

M – Motivation

A – Ability

P – Prompt

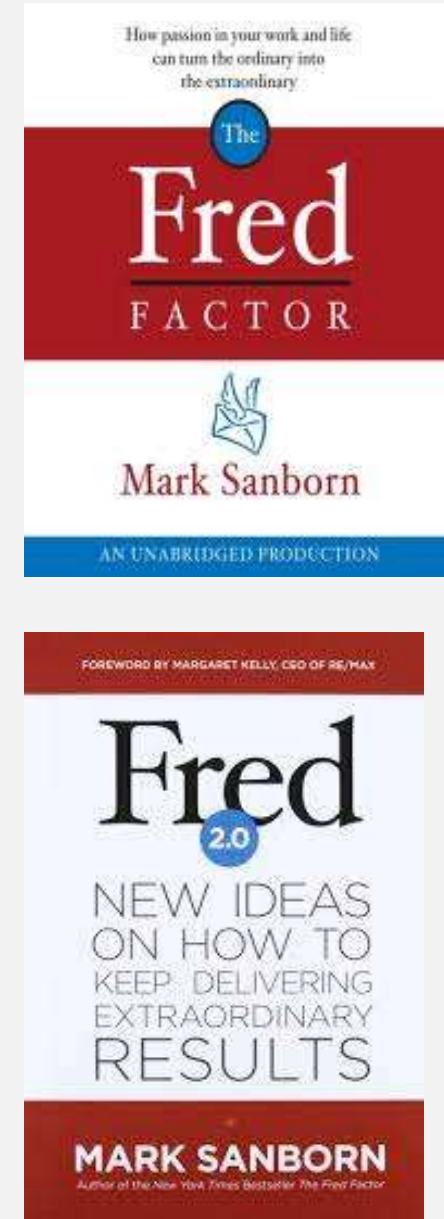
A behavior only happens when all three MAP variables are present at the same time.



The Fred Factor and Fred 2.0

Mark Sanborn (2004, 2013)

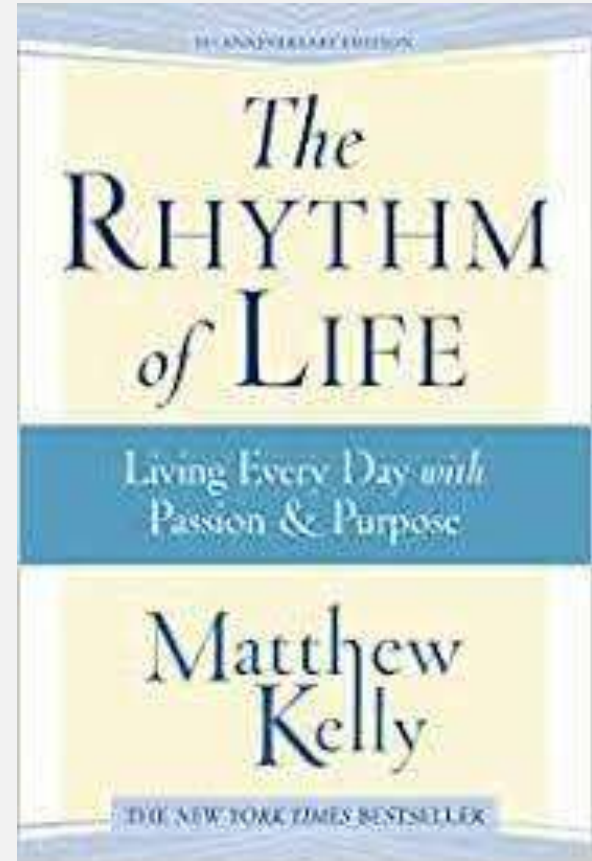
- Postman who delivers exceptional customer service
- Everyone makes a difference
- Success is built on relationships
- You must continually create value for others
- You can reinvent yourself regularly
- “Being a Fred”
- “Identifying Fred’s in your life”



The Rhythm of Life

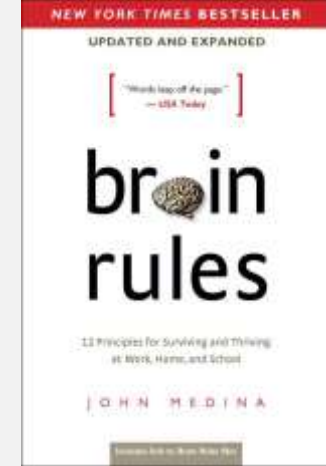
Matthew Kelly, 2004

- The “classroom of silence” can be deafening
- Being the “best version of yourself”
- Life changes when our habits change
- “Carefree timelessness”



Brain Rules

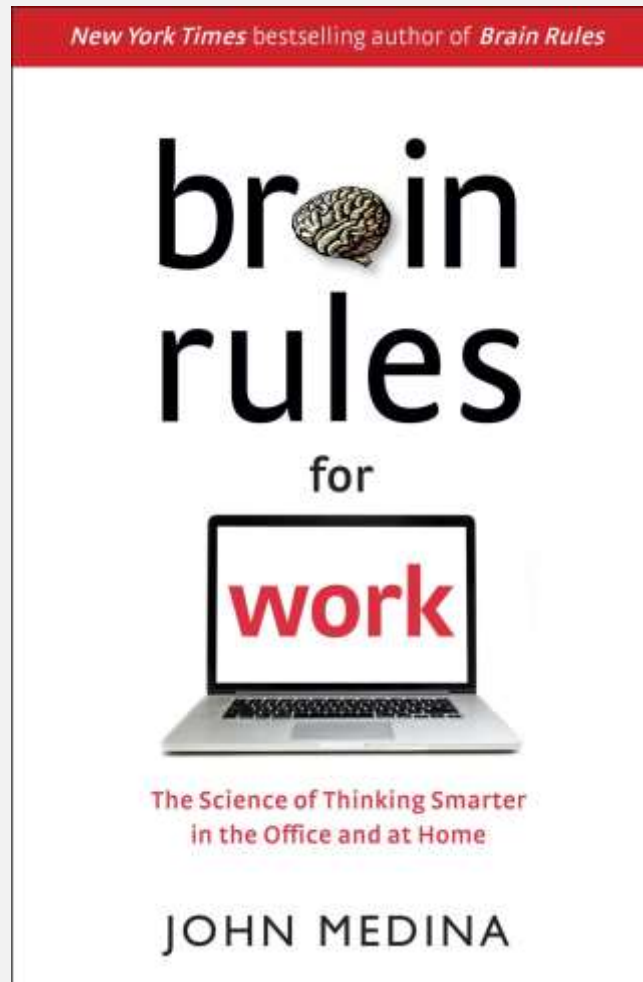
John Medina (2014)



- Exercise boosts brain power
- Survival – the human brain evolved too
- Wiring – Every brain is wired differently
- Attention – We don't pay attention to boring things
- Short-term memory – Repeat to remember
- Long-term memory – Remember to repeat
- Sleep well, think well
- Stressed brains don't learn the same way
- Sensory integration – stimulate more of the senses
- Vision – vision trumps all other senses
- Gender- male and female brains are different
- Exploration – We are powerful and natural explorers

Brain Rules

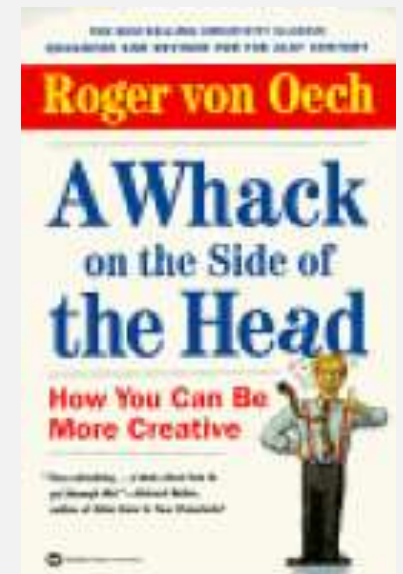
John Medina, 2021



A Whack on the Side of the Head

Roger Van Oech, 1992

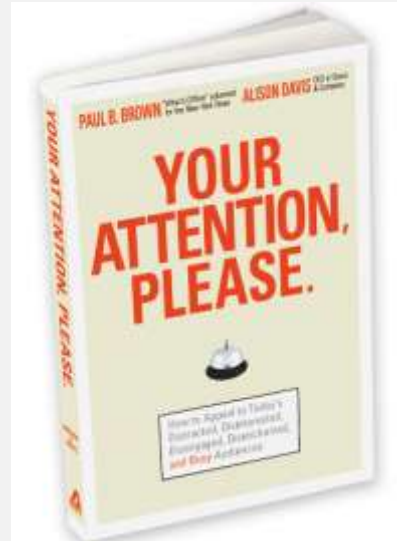
- The Right Answer
- That's Not Logical
- Follow the Rules
- Be Practical
- Play is Frivolous
- That's Not My Area
- Don't Be Foolish
- Avoid Ambiguity
- To Err Is Wrong
- I'm Not Creative



Your Attention Please

Paul B. Brown, 2006

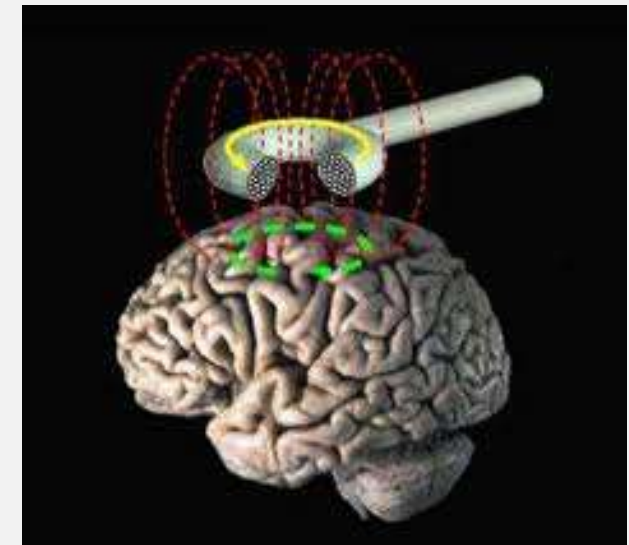
- Information age is only about 30 years old
- Can barely remember a time before personal computers, PDA's, digital cable, TiVo, ipods, ipads, cellphones and all of the other devices that bring us a constant flood of data
- Overloaded with information: email, texts, voicemail, tweets, Facebook messages, memos, newspapers, radios, television,



Information Overload

“What information consumes is rather obvious: it consumes the attention of the recipients. Hence, a wealth of information creates a poverty of attention”

Herbert Simon, the late Nobel laureate economist



Attention Dysfunctions and Ailments of Our Time

- 1. Multitasking mania-** everything is being speedily and simultaneously accomplished, while the reality is that nothing is being done
- 2. Hyperchoice syndrome-** so much stuff, so little substance: information has become like junk food, brightly colored pieces of sugar, with absolutely no nutritional value (M&M)
- 3. Information anxiety-** inability to deal with, understand, manipulate, or comprehend the epidemic of data that increasingly dominates our life
- 4. Attention deficit trait-** brain overload, distractibility, inner frenzy, impatience
- 5. ADHD-** recognized by the American Psychiatric Association, more than 8 million Americans



Time

- I don't have time
- The time is right
- Time changes things
- Remember the time
- Losing time
- Take the time
- Time is money
- Running out of time
- Wasted time
- Time heals all wounds
- Make good use of your time
- Killing time



Time

- Telling time
- Time flies when you are having fun
- The best of times
- The worst of times
- In my time
- Being on time
- Time and time again
- One step at a time
- Hard times
- Good times
- Time saver
- Time-clock
- What time is it?
- Time heals all wounds
- There is no time like the present



Questions for Leaders to Ask Themselves

- *Attention:* What warrants my attention?
- *Self-Talk:* How can I talk to myself more as a caring friend?
- *Resilience:* What previous difficult experiences have I bounded back from?
- *Routines:* Can I try something new?
- *Days:* How can I make the most of both good and not so good days?
- *Meaning:* How can I make each of my days more meaningful?
- *The Arts:* How can I spend more time consuming music, art, theatre, film?
- *News:* How can I manage news that is no longer breaking?
- *Solitude:* How can I engage in more quiet time?

Questions for Leaders to Ask Themselves

- *Travel:* How can I travel both near and far?
- *Books and Films:* How can I take in enjoyable reading and viewing?
- *People:* How can I celebrate important people in my life?
- *Altruism:* How can I serve others?
- *Time:* How can I make more time for what I truly like to do?
- *Nature:* How can I spend more time in nature?
- *Humor:* How might I add more humor and joy in my life?
- *Fulfillment:* How can I feel fulfilled over the next year?




Please
complete the
Evaluation



THANK YOU

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www.Leadership Johnson County.org 