

Servant Leadership Learning Community

July 17, 2015

Guest Speakers

Cliff Watson

Fossil Generation Vice President
Southern Region

&

Mac Tristan

Chief of Police, and his officers, Coppell
Police Department

“Personal Balance from an
Influencer’s Perspective”

“Diminishers and Multipliers:
Which One Are You? How Do
They Impact Your Organizations?”



Hosted by Coppell Police Department

Facilitated by Ann McGee-Cooper & Associates, Inc.



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AGENDA

Servant Leadership Learning Community

Session 1 • July 17, 2015 • 7:30 a.m. – 12 p.m.

7:30	Continental Breakfast and Networking
8:00	Welcome – Coppell P.D. & AMCA Team
8:05	Participants Check-In (<i>Building the Community</i>) Please give your name, organization, and length of time participating in SLLC.
8:50	Cliff Watson, Fossil Generation Vice President Southern Region <i>“Personal Balance from an Influencer’s Perspective”</i>
9:25	Q&A with Cliff
9:35	BREAK
9:55	Chief Mac Tristan, Coppell Police Department <i>“Diminishers and Multipliers: Which One are You? How Do They Impact Your Organizations”</i>
11:40	Tour of renovated Coppell P.D. facility
12:00	ADJOURN



FACILITY HOST: COPPELL POLICE DEPARTMENT

It is the mission of the Coppell Police Department to maintain a safe and peaceful community environment by providing effective and efficient law enforcement services through community partnerships, public education and quality service.



LUMINANT

Luminant, the largest generator of electricity in Texas, has been in the forefront of environmental stewardship and innovation and is proud to be an integral part of the communities where our employees live, work and serve.

Personal Balance

... from an influencers perspective

Cliff Watson

Energy Future Holdings Luminant TXU Energy

Rev. 0

What is "BALANCE", anyway?

Balance: the ability to move or to remain in position without losing control or falling The Oxford/Random Dictionary

Personal Balance: an individual's decisions and actions which allow him to be able to move or to remain in position without losing control or falling without the influence of another

Leadership = Influence (John Maxwell)

WORK

FAMILY

COMMUNITY

Objective

Discuss the importance of personal balance and how a well-balanced lifestyle can positively influence those we do life with.

- Physical
- Mental
- Spiritual
- Social-Emotional




Is it possible to be at your best (balanced) in all the areas in which you "do life"?

Reasons for Balance



Reasons for Balance



Reasons for Balance



Does it take a crisis to shift us toward more balance?

Physical

- Proper rest
 - How much sleep is enough?
 - *The secret is to listen to your body. Rest when it asks to rest. The second is to enjoy both your work and your play with equal commitment. (1)*

Rest well...
Work hard...
Play hard...

Physical

- Eating habits
 - Salt, sugar, fat, caffeine
 - Lower performance levels
 - Increase chance for health issues
 - Addictive

Water, water, water; target 6-8 glasses per day
Fresh fruit and vegetables
Small quantities of everything
Eating habits vs. temporary diets

Physical

- Exercise
 - Target ~half hour per day, 3-4 times per week
 - Endurance (most essential of the four)
 - Flexibility
 - Strength
 - Skill

Start slow
Don't make it too hard
Be in it for the long haul
Build in variety

Mental

- Time alone
 - Both highly creative people and people who are unusually productive seem to require some significant time to be alone with their thoughts.⁽¹⁾

Consider as part of morning exercise routine

Could be part of your commute

First to arrive in the office?

Maybe a walk outside...

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Mental

- Time to read and learn
 - Taking the time on a daily basis to glean new ideas – new food for thought and inspiration – is just as important as enjoying regular, nutritious meals.⁽¹⁾
 - “A man who doesn’t read is no better off than a man who can’t read” (Henry Ford)

Magazines by your bed, in the den, ...

Alternate between pleasure and business

Biographies, novels, ...

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Mental

- New interests and old hobbies
 - Most high-energy people typically have many hobbies and outside interests that feed new energy and insights into each other.⁽¹⁾

Explore new interests

Reacquaint with old hobbies once enjoyed

Give yourself permission to relax

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Mental

- Regular and frequent vacations
 - We know our life is in balance when we are as excited to get back to work as we were to leave on vacation.⁽¹⁾

Unplug...

“Loose” itineraries

Trust your people to run the business

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Spiritual

- Sense of purpose
 - The spiritual dimension, our source of meaning and purpose, gets at the heart of proactivity.⁽²⁾
 - Statistics indicate that within two years of retirement, if one hasn’t replaced career purpose with some new purpose or commitment, frequently health fails and in some cases life ends.⁽¹⁾

Knowing we are making a difference is essential

Avoidance of mid-life crisis

Preparation for the “empty nest”

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Why is it important for an
“influencer” to live out
personal balance?

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Spiritual⁽²⁾

- Nature.
 - Watch, listen and observe the world of nature.
- Great literature.
 - Literature becomes great because the authors have uniquely illustrated timeless themes.
- Biographies.
 - Those who have become great are examples of spiritual values in action.

Spiritual⁽²⁾

- Meditation and prayer.
 - Place your focus higher.
- Music and art.
 - Great music and spiritual art are pure expressions of spiritual value.



Who is counting on you?

Social-Emotional

- Intimacy and Love
 - *Falling in love is easy. All it takes is a class together, an adjacent cubicle, or a chance meeting. After a couple dates, you may want to spend the rest of your life with this person. But what you may not realize is that maintaining healthy relationships is a daily, lifelong pursuit.*⁽²⁾

Social-Emotional

- Intimacy and Love
 - *Understanding the "5 Love Languages" will help you show and be shown love.*⁽²⁾
- *Words of Affirmation*
- *Acts of Service*
- *Receiving Gifts*
- *Quality Time*
- *Physical Touch*

Social-Emotional

- Fun, joy and play
 - *Are you waiting until you "finish all your work before you go out to play?"⁽¹⁾*
 - *Plan your play as thoughtfully and as frequently as you plan your work.⁽²⁾*

Build a "fun" list of activities you enjoy...

Surprise someone to join you...

Make time!

Social-Emotional

- Quality time with family and friends
 - Part of the reason for lack of quality time with friends and family is that we don't often plan the time to spend with them.⁽¹⁾
 - Use your time with your family and friends to enjoy the uniqueness of the people closest to you rather than giving them time only when you are exhausted.⁽¹⁾

Family game or movie night (with popcorn!)

Back-yard cook-out with friends

Be where you are!

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So how are you doing?

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References

- (1) You Don't Have to Go Home from Work Exhausted – A Program to Bring Joy, Energy, and Balance to Your Life (Ann McGee-Cooper with Duane Trammell and Barbara Lau)
- (2) The 7 Habits of Highly Effective People – Powerful Lessons in Personal Change (Stephen R. Covey)
- (3) The 5 Love Languages – The Secret to Love that Lasts (Dr. Gary Chapman)

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Appendix

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Personal Balance

So how are you doing?

What percentage of your time do you get an adequate amount of each of these?

0	10	20	30	40	50	60	70	80	90	100%
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1	Proper Rest													
2	Good nutrition													
3	Daily "nonstressed" exercise													
4	Time alone													
5	Time to read and learn													
6	New interests or hobbies													
7	Regular and frequent vacations													
8	Sense of purpose													
9	Spiritual growth													
10	Intimacy and love													
11	Fun, joy, and play													
12	Quality time with family and friends													

Choose one area that is low and creatively brainstorm some ways to increase the time devoted to this area by 10 percent over the next month. The purpose in setting a modest goal is to be sure it is attainable. Set yourself up to win. Let both your intuition and your logic tell you which is most important to improve. Frequently, a small improvement in one critical area can make a big difference toward moving you back to whole-brained balance.

Adapted from [You Don't Have to Go Home from Work Exhausted! – A Program to Bring Joy, Energy and Balance to Your Life](#)
 (Ann McGee-Cooper with Duane Trammell and Barbara Lau)