Influence Change from the Bottom Up: A Toolkit

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THE ENERGY BUS

10 Rules to Fuel Your Life, Work, and Team with Positive Energy

JON GORDON

Foreword by Ken Blanchard

International Bestseller
1. You’re the Driver of Your Bus
2. Desire, Vision, and Focus Move Your Bus in the Right Direction
3. Fuel Your Ride with Positive Energy
ALICE, I KNOW THAT TIMES ARE TOUGH. BUT YOU NEED TO SHOW MORE OPTIMISM.

TRY TO FIND THE ONE GOOD THING ABOUT ANY BAD SITUATION.

OUR ENTIRE SALES FORCE HAS BEEN EATEN BY WILD PIGS.

PIGS ARE CUTE!

\[ E + P = 0 \]
Feed Your Positive Dog
4. Invite People on Your Bus and Share Your Vision
5. Don’t Waste Your Energy on Those Who Don’t Get on Your Bus
6. Post a Sign that Says “NO ENERGY VAMPIRES ALLOWED” on Your Bus
7. Enthusiasm Attracts More Passengers and Energizes Them During the Ride
8. Love Your Passengers
9. Drive With Purpose
10. Have Fun and Enjoy the Ride
EMOTIONAL INTELLIGENCE
2.0

Includes a new & enhanced online edition of
The World's Most Popular Emotional Intelligence Test

TRAVIS BRADBERRY & JEAN GREAVES

THE DALAI LAMA

“Succinctly explains how to deal with emotions
creatively & employ our intelligence in a beneficial way.”
IMPROVING EMOTIONAL INTELLIGENCE

PERSONAL COMPETENCE

Awareness
Self Awareness
Ability to identify & understand your feelings/tendencies

Management
Self Management
Ability to adjust & direct your thoughts and actions

SOCIAL COMPETENCE

Awareness
Social Awareness
Ability to accurately pick up others' emotions & perspectives

Management
Relationship Management
Ability to effectively manage interactions & relations
Strategies for Self-Awareness

- Quit treating feelings as good or bad
- Observe the ripple effect from your emotions
- Lean into your discomfort
- Identify triggers for your emotions
- Know who or what pushes your buttons
- Watch yourself like a hawk
- Keep a journal of emotions
- Don’t be fooled by moods
Strategies for Self-Awareness

- Stop and ask yourself why you do the things you do
- Visit your values
- Check yourself
- Spot your emotions in books, movies and music
- Seek Feedback from ’Sounding Boards’
- Observing the reactions of others to your emotions
- Get to know yourself under stress
Strategies for Self-Management
Strategies for Social Awareness
Strategies for Relationship Management
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ZEN
Small Questions
Small Problems
Small Rewards

Good Job!!!
Small Moments
THE LEADER WHO HAD NO TITLE
A MODERN FABLE ON REAL SUCCESS IN BUSINESS AND IN LIFE

ROBIN SHARMA
#1 International bestselling author of THE MONK WHO SOLD HIS FERRARI
with over 3,000,000 sold
Changing Times Can Build Great Leaders
You Don’t Need a Title to be a Leader
The Deeper Your Relationships

The Stronger Your Leadership
To be a Great Leader,

First be a Great Person
Questions?