Creating Your Own Patterns for Success: Part 1

FEW’S LEADERSHIP STRATEGIC PLANNING COMMITTEE
September 20, 2017
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“What you do speaks so loud that I cannot hear what you say.”
Ralph Waldo Emerson
Questions for Today

• Can we identify and shift potential patterns of behavior and sources of anxiety/ineffectiveness/stress?
• How do we explore and better understand our own decision-making processes?
• What is one new strategy to promote growth, development, and the ability to influence our world in positive productive ways

* Special thanks to the Human Systems Dynamics Institute for permission to use their materials.

Challenges and Conditions

• We are part of something (everything) else
• We operate in complex environments
• These are uncertain times
• There are limited resources
• Our communities are highly diverse and/or virtual communities
• Everything is changing
So, how’s it going?

Culture

- Culture is a body of learned behaviors in common.
- Culture provides a reinforcing template shaping what we do and how we think.
- People learn culture.
“ISMs”

• Doctrine, system, ideology, or theory
• Borne of Assumptions, Belief, Bias, Conjecture, Expectations, Generalizations, Habit, Hearsay, Ignorance, Inference, Misinformation, Practice, Precedence, Presumptions, Propaganda, Simplification, Sources, Stereotypes, Supposition, Tradition, etc., etc., etc.

Social Constructionism

A perception that is "constructed" through social practice, but appears to be natural, or the way things are.
Cultural Programming

Because of what we “know” either implicitly or explicitly, we do not just observe a behavior or event; we also attach meaning to it and then act based on that meaning.

Describe → Interpret → Evaluate

Patterns

• Similarities
• Differences
• Relationships that have meaning across space and/or time
• Your story
Patterns

What are Your Patterns?

• What is your morning routine?
• What does a typical weekend at your house look like?
• How do you unwind after a tough day?
• How do you respond when someone asks you for help?
What patterns do you see in your actions? | Are those patterns hurting or helping you? | What will you do differently next time?

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Once we understand our own patterns, we have the power and the choice to

*AMP and DAMP*

and be our best selves!

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Adapt

“Intelligence is the ability to adapt, to change.”

-Stephen Hawking
So …

• What do I want to be working on?
• What do I need to help others work on?
• What do I want to shift?
• Where can I make a difference?

For More Information:

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