Be an EPIC Leader

How to Navigate Change & Challenge with Confidence
My role in this group and in life is being enthusiastic and motivating people to do new and exciting things and helping them become better people. I love to share what I love to do with others and truly
GOALS FOR THE REST OF THE COURSE AND FOR LIFE

- Maintain a high level of enthusiasm
- Enjoy every moment
- Be patient and understanding
- Accept people for who they are
- Accept challenges and overcome fear
- Be a positive role model
- Motivate others in positive ways
- Ask for feedback and give feedback
- Don’t ever limit myself
- Strive to do my best always
- Accept who I am
- Don’t compare to others
My Mission Ever Since...

To empower leaders to have the confidence and the skills to make a positive impact in the lives of those they serve.
An EPIC Leader is...

Someone who sees an opportunity to make something better and chooses to do something about it.
Mission

To empower YOU with tools to help you navigate all the changes & challenges you are facing with CONFIDENCE
4 Keys to Be an EPIC Leader
ENERGY is Everything
Energy is Contagious
Leadership is about being willing to take 100% responsibility for your energy.
Your Energy Impacts...

- Your confidence
- Your mindset
- Your tone
- Your productivity
- Those around you
- Everything you do
Who you are BEING vs. What you are DOING
What shows up when YOU show up?
Bring the Weather
"People won't remember what you did or what you said, but they will never forget the way you made them feel."

-Maya Angelou
Ways to Elevate Your Energy!

- Get OUTSIDE!
- Move your body
- Drink more water
- Spend time with people you love
- Do things you love
- Have an E.D.P.
Let's Practice!

E.D.P. = Emergency Dance Party
PLAY with Purpose
WHAT WE ARE TOLD...

"YOU CAN PLAY WHEN..."
WHAT WE ARE TOLD...

"YOU CAN PLAY WHEN... ALL THE WORK IS DONE."
HERE IS THE THING...

ALL OF THE WORK WILL NEVER BE DONE...
WHICH MEANS WE STOP PLAYING
"THE OPPOSITE OF PLAY IS NOT WORK. THE OPPOSITE OF PLAY IS DEPRESSION."

-Dr. Stuart Brown
Brings joy to our lives

Boosts mental health

Can prevent burnout

Reduces & relieves stress

Creates optimism & hope

Enhances physical well-being
HOW TO PLAY MORE

• Try something new
• Spend time in nature
• Play a game
• Take up a new hobby
• Move your body
• Join a group activity, sport, or community
CREATE YOUR OWN PERSONAL 'PLAYLIST'

WHAT DOES PLAY LOOK LIKE FOR YOU?

WRITE DOWN 5-10 THINGS YOU LOVE TO DO FOR FUN
I ___________________ give myself permission to play, by making time to do things I enjoy, allowing myself to have more fun, and filling up my own cup so that I can serve others, live my purpose, and lead with love.
PERMISSION GRANTED
Impact Your Mindset
What is Mindset?

A set of beliefs or way of thinking that determine’s one’s behavior, outlook, and attitude.
GROWTH MINDSET
Is Freedom
Persevere in the face of failures
Effort is required to build new skills
Find inspiration in others success
Embrace challenges
Accept criticism
Desire to learn
Build abilities

FIXED MINDSET
Is Limiting
Avoid challenges
Give up easily
Threatened by others success
Desire to look smart
Effort is fruitless
Ignore feedback
Fixed abilities
“Have to...”

vs.

“Get to...”
EPIC Leaders focus on what they *can* control rather than on what they can’t
"Everything can be taken from a person but one thing: the last of the human freedoms -- to choose one’s attitude in any given set of circumstances, to choose one’s own way."

-Viktor Frankl
Cycle of Empowerment

Thoughts

Circumstance

Produce

Feelings

Generate

Cause

Results

Actions
CIRCUMSTANCES
THOUGHTS
produce
FEELINGS
generate
ACTIONS
cause
RESULTS
Your Sphere of Influence

- Colleagues
- Employees
- Students
- Staff
- Community
- Family
Ways to Impact Your Mindset

- Be aware of your thought loops
- Pay attention to your language
- Use the cycle of empowerment tool
- Meditation and mindfulness practices
- Keep things in perspective
Celebrate Your Wins!
Celebrate

To do something special or enjoyable for an important event, occasion, holiday, etc.
Celebrate Everyday

Often we wait for the BIG moments instead of taking the time to celebrate & acknowledge everyday moments.
In a 2007 Harvard study, scientists analyzed more than 12,000 journal entries from 238 people across several companies. The survey revealed that celebrating small victories resulted in more motivated people.
Examples of Small Wins

Learned something new.
Completed something on a to-do list.
Stepped outside your comfort zone.
Found an opportunity to be creative.
   Trusted your gut.
Encouraged a friend.
Made a meeting on time.
   Helped someone.
   Had a great idea.
   Hit inbox zero.
Performed a random act of kindness.
   Completed an act of self-care.
Practiced boundaries and said “no.”
   Decluttered your workspace.
Collaborated with a colleague.
   Made your bed.
Practiced mindfulness throughout the day.
   Asked for help when you needed it.
How to Celebrate Your Wins

- Keep a journal of small wins
- Create a Celebrate Your Wins section on your weekly meeting agenda
- Tell a partner, friend, or colleague
- Treat yourself
- Acknowledge that you are doing your best
Let’s Practice!

Find a partner and share one thing you want to celebrate RIGHT NOW!
How to Be an EPIC Leader

1. Elevate Your Energy
2. Play with Purpose
3. Impact Your Mindset
4. Celebrate Your Wins
FUNCOMFORTABLE
VULNERAGEOUS
OWN YOUR AWESOME
I AM AN EPIC LEADER BECAUSE...

YEAH YOU ARE 🙌
Quotes

#StokeQuotes
To Keep You Stoked

Energy is Energy and Everything is Everything. You Have Permission to Line."

Own it. Let go of trying to be perfect.

Make that whisper a road.

What shows up when you show up? And answer...whatever you do.

Believe. Do something.

You Des Action cues Fear.

You're Your Own Best Friend. Be More.

Learn to be Your Own Advocate.

Trust that the dots will connect.

What is the work you can't not do?

Best I can.

Let go of having to have it all figured out.

I see you.

Become something great.

Energy is contagious.

May you blow their minds with your presence.

Crazy dreams.

Start where you are. What is your first next step?

What is your journey?

Shine a little brighter.

I already know the way. Trust that.

Alright, it's your turn. What do you want?

Think, trust, yourself.

Let go of your life.

You can't not do.
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Quips, Quotes and Questions to Spark an Idea, Ignite Your Passion
and Keep You STOKED!

WHAT YOU NEED

WHERE YOU ARE WITH WHAT YOU HAVE

I SEE YOU
I SEE YOU
I SEE YOU
I SEE YOU
I SEE YOU

TAKE WHAT YOU NEED

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May you blow their minds with your presence.

You are stronger than you think.

You are stronger than you think.

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