



PERSONAL ECOLOGY

BALANCE

PACE

EFFICIENCY

ENERGY

**THE PRACTICE OF MAINTAINING BALANCE,
PACE AND EFFICIENCY TO SUSTAIN INDIVIDUAL
ENERGY FOR A LIFETIME OF SERVICE.** ADAPTED FROM
ROCKWOOD LEADERSHIP INSTITUTE



OBJECTIVES



- **RESET** –YOUR PERSONAL ECOLOGY THROUGH AWARENESS OF YOUR VALUE CENTERED PRINCIPLES
- **RESTORE** CONFIDENCE IN YOUR ABILITY TO MANAGE CHANGE.
- **RENEW** YOUR PERSONAL COMMITMENT TO AN INDIVIDUAL ACTION PLAN



PERSONAL ECOLOGY



How a person relates themselves to the groups to which they belong.

-Duncan, H. (1928). The Concept of Personal Ecology. *Social Forces*, 6(3), 426-429. doi:10.2307/3004865

“Personal ecology takes time, awareness, effort, courage, and action to effect positive change in our lives.”

-William Powell, Author “Self Management and the Art of Cultivating Healthy relationships”



GROUP CONNECTIVITY



- **THE INVITE:** BE PRESENT, OPEN, ACCEPTING, NON JUDGMENTAL (OF YOURSELF AND OTHERS).
- **THE CHALLENGE:** LISTEN, ACKNOWLEDGE, AVOID INTERJECTING OR INTERRUPTING
- **THE ASK:** OFFER SUPPORT, ASK WITH PURE CURIOSITY (OPEN-ENDED ?), OFFER OPPORTUNITY TO EXPLORE, CONNECT WITH COMPASSION



PERSONAL CONNECTIVITY



- **THE INVITE:** TO USE THIS TIME AS AN OPPORTUNITY FOR SELF REFLECTION AND AN AWARENESS OF SELF.
- **THE CHALLENGE:** TO SEEK A DEEPER RELATIONSHIP (AWARENESS, CONSCIOUSNESS) WITH YOURSELF AS A MEANS TO CREATE DEEPER RELATIONSHIPS WITH OTHERS.
- **THE ASK:** CREATE A PERSONALIZED ACTION PLAN FOR YOUR OWN PERSONAL ECOLOGY



LET'S PRACTICE!

- IN YOUR GROUP (OR WITH YOUR PARTNER)

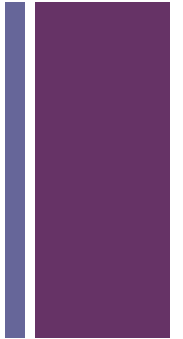
ANSWER THE QUESTIONS ON THE INTENTION CARDS
(ATLEAST 1 QUESTION IN EACH CATEGORY)

1. BE ME

1. GROW

2. LET GO

3. LOVE





PERSONAL ECOLOGY GROUP REFLECTION DEFINING AREAS OF IMPACT



1. **MODELING BE ME** – CONSCIOUSNESS OF SELF
2. **SUSTAINABILITY GROW** – AWARENESS OF VIABLE, CONTINUOUS, PERSONAL GROWTH
3. **EFFECTIVENESS LET GO** – WHAT GETS IN YOUR WAY?
4. **QUALITY OF LIFE LOVE** - DEEPER CONNECTION



PERSONAL ECOLOGY DEFINING AREAS OF IMPACT

IMPACT AREA (1) MODELING

HOW I SHOW UP FOR MYSELF & OTHERS

- MOMENTS THAT DEFINE WHO I AM
- WHAT I VALUE
- WHAT I BELIEVE
- PASSION & PURPOSE





PERSONAL ECOLOGY DEFINING AREAS OF IMPACT

AREA OF IMPACT (2) SUSTAINABILITY

ENDURANCE DURING TIMES OF CHANGE, TRANSITION AND CHALLENGE

- MOMENTS WHEN I'VE DEMONSTRATED RESILIENCE
- MOMENTS WHEN MY RESOURCES ARE SUFFICIENT
- MOMENTS WHEN I'VE MAINTAINED EQUILIBRIUM AND PERSPECTIVE





PERSONAL ECOLOGY

DEFINING AREAS OF IMPACT



AREA OF IMPACT (3) EFFECTIVENESS

WHAT DOES MY EXPERIENCE LOOK LIKE WHEN I AM AT MY BEST

- ◆ **WHAT IS MY EMOTIONAL STATE?**
- ◆ **WHAT IS MY MENTAL CAPACITY?**
- ◆ **WHAT GETS IN MY WAY?**
- ◆ **WHAT ARE MY EFFECTIVENESS TOOLS?**



PERSONAL ECOLOGY DEFINING AREAS OF IMPACT



AREA OF IMPACT (4) QUALITY OF LIFE

DEEPER CONNECTION

- ◆ TO SERVICE
- ◆ TO FAMILY
- ◆ TO COMMUNITY
- ◆ TO SPIRITUALITY



DIMENSIONS OF PERSONAL ECOLOGY



- ◆ **LOAD MANAGEMENT**
 - ◆ **TIME MANAGEMENT**
 - ◆ **STATE MANAGEMENT**
 - ◆ **ENERGY MANAGEMENT**



CREATE YOUR ACTION PLAN

- YOUR PERSONAL ECOLOGY ACTION PLAN BEGINS WITH ASSESSING YOUR LOAD MANAGEMENT

CAN BE USED TO MANAGE:

1- CAREER DEMANDS

2- FAMILY

3- COMMUNITY ENGAGEMENTS

4- BUSINESS DEVELOPMENT

5- STAKEHOLDER RELATIONSHIPS & MORE

<https://www.youtube.com/watch?v=vZChrmGx94A>

