

*"Today I realised that I'm
not a useless junkie,
I'm a good kid with
a big heart."
- Dylan*

My WHY?!

My WHY?!



Move The Milk



The Happiness Formula, Back To Front?



According to neuroscience waiting for things to
MAKE US HAPPY limits our brain's potential for success.

Cultivating positive emotions
makes us more:

- Motivated
- Efficient
- Resilient
- Creative
- Productive



The Power Of Positive Emotions

The meta-analysis of happiness research which
brought together over 200 scientific studies on
over 275,000 people found that happiness leads to
success in almost every area of life including:


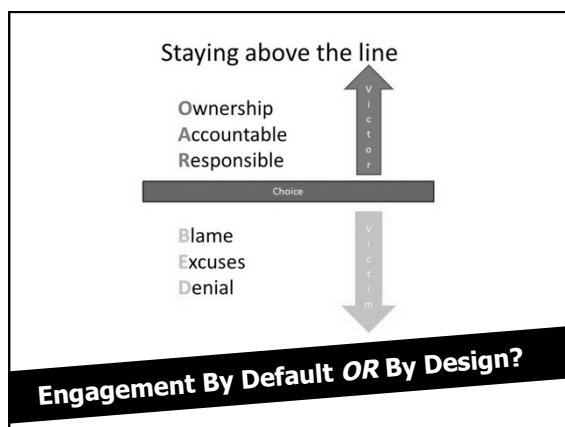
- Relationships + Friendships
- Health
- Community Involvement
- Creativity
- Jobs + Careers
- Business

Happiness Leads To Success

The Impact Of Emotional Intelligence

Individuals with higher Social + Emotional Intelligence:

- More productive
- Healthier, having less sick days
- Develop more positive relationships
- Better able to adapt to change
- More engaged

***"Everyone Is Right Now
Doing The Best They Can
With The Resources They Have
Available To Them"***

Judgment Free Zone

What resources are you lacking?

***"Unresourceful behaviour comes
from under resourced
human beings."***

Unresourceful = Under Resourced

People are not their behaviours.

*They are not a problem to be solved,
Or an issue to be fixed,
But they are human beings who are unique,
valuable and on a journey of discovering who
they are, where they fit and what they have
to offer.*

Young People Are Untapped Potential

Your opportunity

*"Every person
is just one trusted leader
away from being a
success story!"*

In Need of a Trusted Leader

Ownership	Results
Accountability	
Responsibility	
+	
Blame	Reasons
Excuses	
Denial	
—	

Focus On What You Can Control

BEHAVIOUR

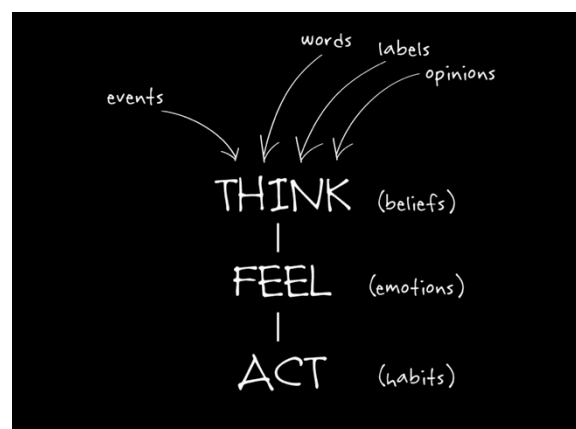
SKILLS / COMPETENCY
EMOTIONAL INTELLIGENCE
BELIEFS + MINDSET
IDENTITY / SELF IMAGE
CORE NEEDS
PURPOSE / GOD

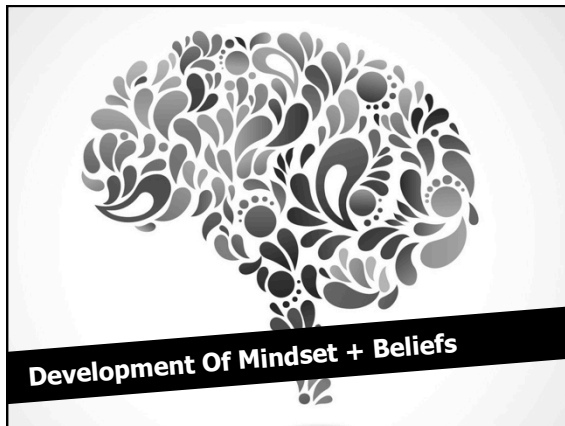
ENVIRONMENT

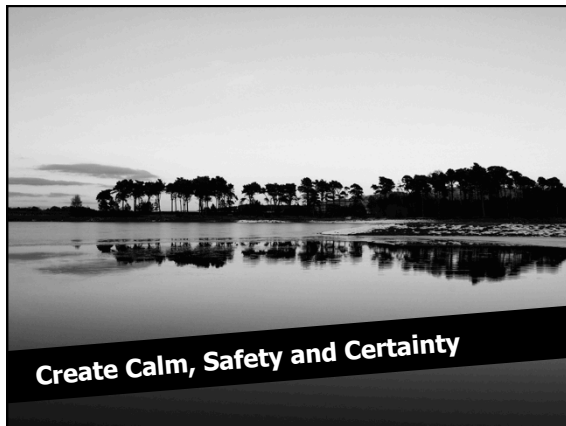
Inside-Out Engagement

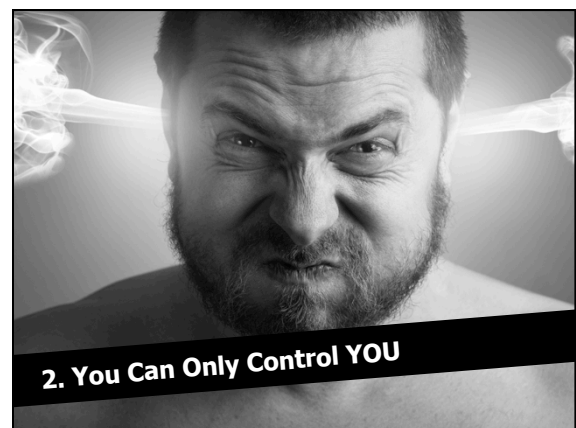
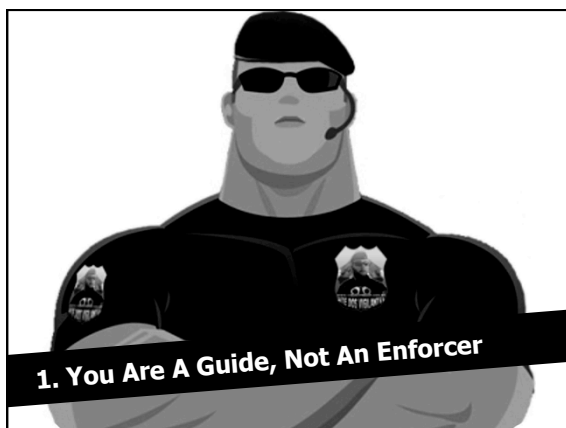
How Do People See You?

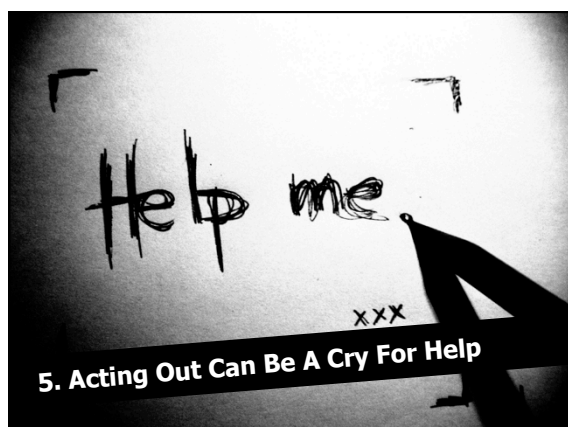
The Amygdala Challenge











Relationship is the foundation for positive engagement and transformation

It may not be your job for people to LIKE you, but if people don't LIKE you they will not LEARN from you!

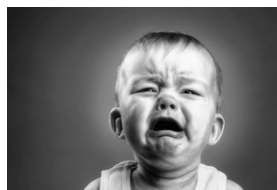


- Relate on a personal level
- Take interest in things that interest your people
- Remember the 3 fears
- Need for Love + Connection



Emotional Self Management Is Key To Positive Outcomes

Your skills and competence can be completely derailed by an inability to manage your own emotions and responses when things get challenging



- Show your people that their challenges and behaviours are a piece of cake
- Create certainty + calm
- Model resilience + self management



What You Tune In To Will Dictate What You Pick Up

As a trusted adult your focus needs to be on what you want to see in your young people and in yourself.



- Pygmalion + Golem Effects
- Ask empowering questions
- Choose what you focus on
- What needs, fears, beliefs may be at play in behaviours?
- Attention + State

Growth Mindset Encourages Young People To Learn, Grow + Develop

When young people and educators have a growth mindset, they understand that intelligence can be developed. Students focus on improvement instead of worrying about how smart they are.



- **Adults** – Praise the young persons efforts + strategies. Don't focus on the end result, focus on the process taken.
- **Young Person** – Strive to grow and don't shy away from failure, focus on the process.

Gratitude

"When practiced regularly, gratitude can keep you healthier and happier!"



- Increased determination
- Greater enthusiasm
- More energy
- Increased optimism
- Improved exercise patterns
- Better sleep
- Less anxiety + depression

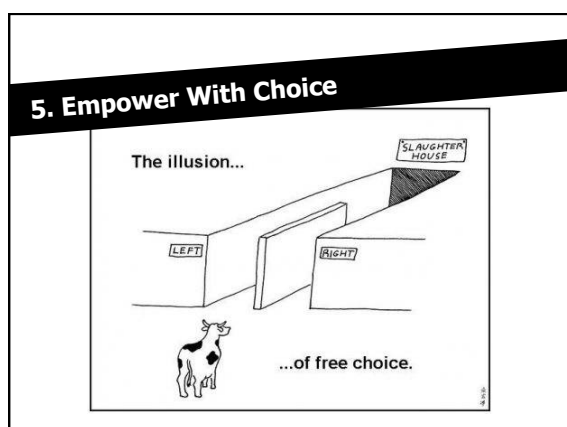


What you celebrate will dominate

Punishment has *less* of an impact on managing or modifying behaviour than, positively rewarding desired behaviour.



- Focus on **rewards** for positive behaviour.
- **Smaller** and more **immediate** vs Larger and more distant rewards.
- **Peer reward/recognition** have huge impact.



Empower With Choice

Empowering people with choice helps to avoid power struggles and gives them an opportunity have some ownership over their challenges and creating solutions.



- How would you like it to be?
- What do you think you'll do about that?
- Explore internal capacity
- Solution oriented approach
- Feel empowered
- Improve self belief + self esteem



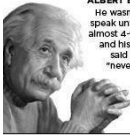
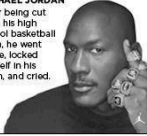

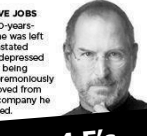
Redefine Success and Failure

Our definition of success and failure will play a huge role in helping or hindering our growth, capacity and discovery of true potential.



- "REAL Success"
- Failure leads to success
- Capability – Confidence Continuum

FAMOUS FAILURES

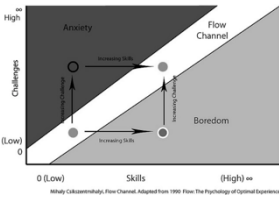
 <p>ALBERT EINSTEIN He wasn't able to speak until he was almost 4-years-old and his teachers said he would "never amount to much"</p>	 <p>MICHAEL JORDAN After being cut from his high school basketball team, he went home, locked himself in his room, and cried.</p>
 <p>WALT DISNEY Fired from a newspaper for "lacking imagination" and "having no original ideas."</p>	 <p>STEVE JOBS At 30-years-old he was left devastated and depressed after being unceremoniously removed from the company he started.</p>

Failure Leads To Success – 4 F's



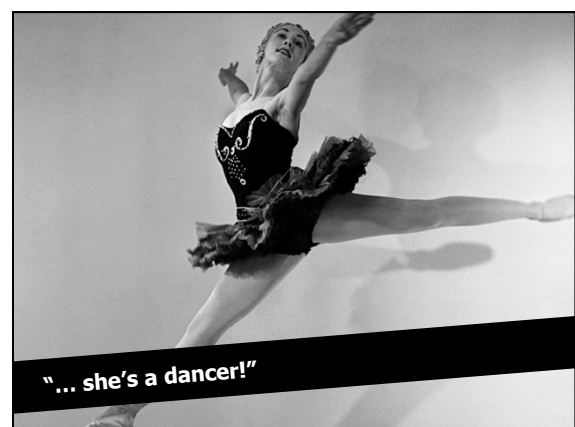
Struggle Develops Strength

As we work through a struggle we develop confidence and capacity to do it again, building resilience and self belief.



© Mihaly Csikszentmihalyi, Flow Channel, Adapted from 1990 Flow: The Psychology of Optimal Experience

- Break the comfort zone boundaries
- Growth requires stretching
- Set stretch goals – based on past performances
- Acknowledge and praise stretch and the journey
- Use choice and questioning



THANK YOU!

Nathan Hulls

www.nathanhulls.com/happiness2018