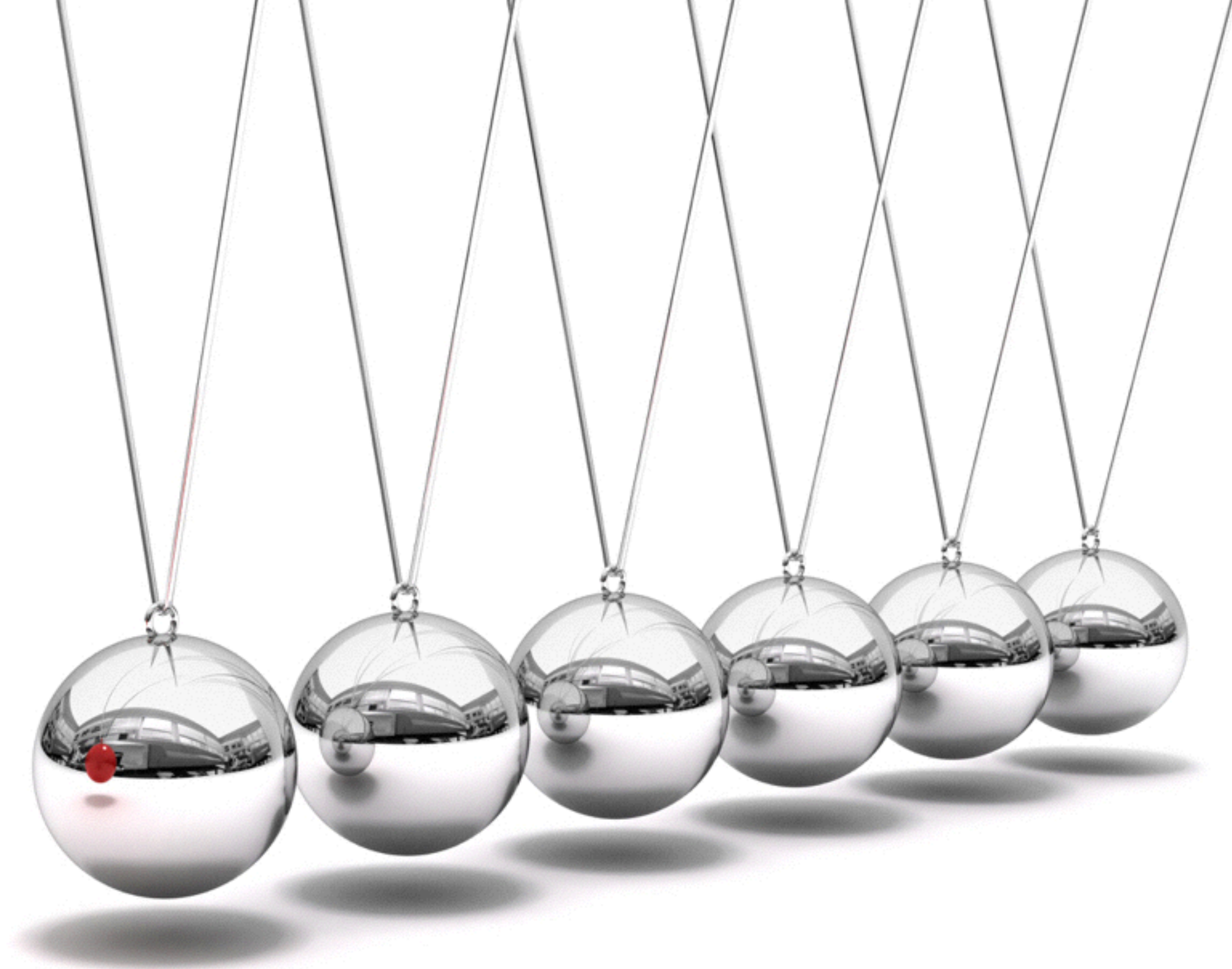


MOMENTUM

progressive strategic
leadership strengthening



presented by

PATRICK MAURER
certified speaking professional

It once was EASY

MOMENTUM
progressive strategic
leadership strengthening



MOMENTUM
progressive strategic
leadership strengthening



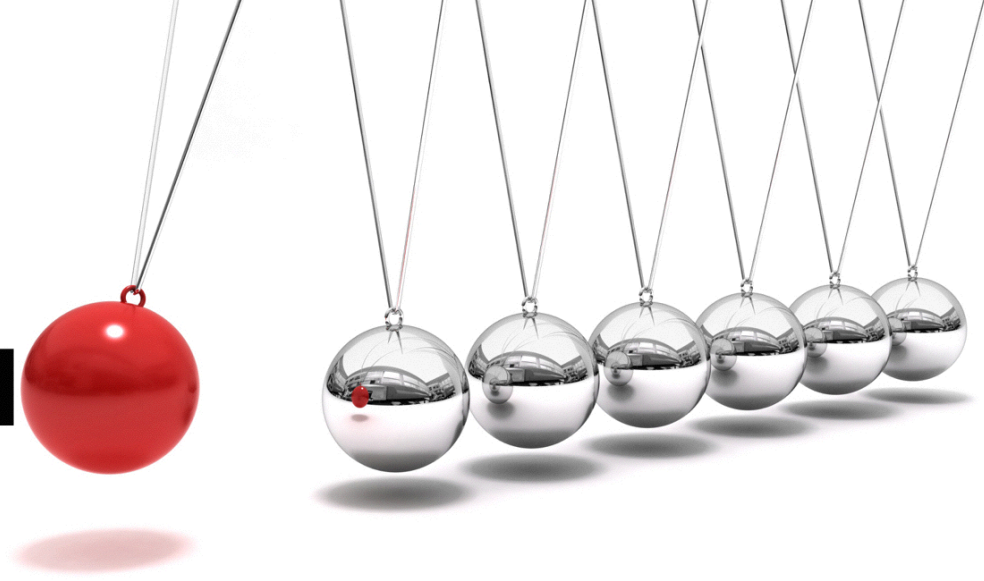
What keeps us *stuck*?





What keeps us *stuck*?

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progressive strategic
leadership strengthening



Contentment
Uncertainty
Perfection Pressure
Time
Money
Unclear Path
Motivation (Lack)
Relevance

Distractions
Energy
Fear
Failure
Rejection
Past
Worthiness
Letting Go

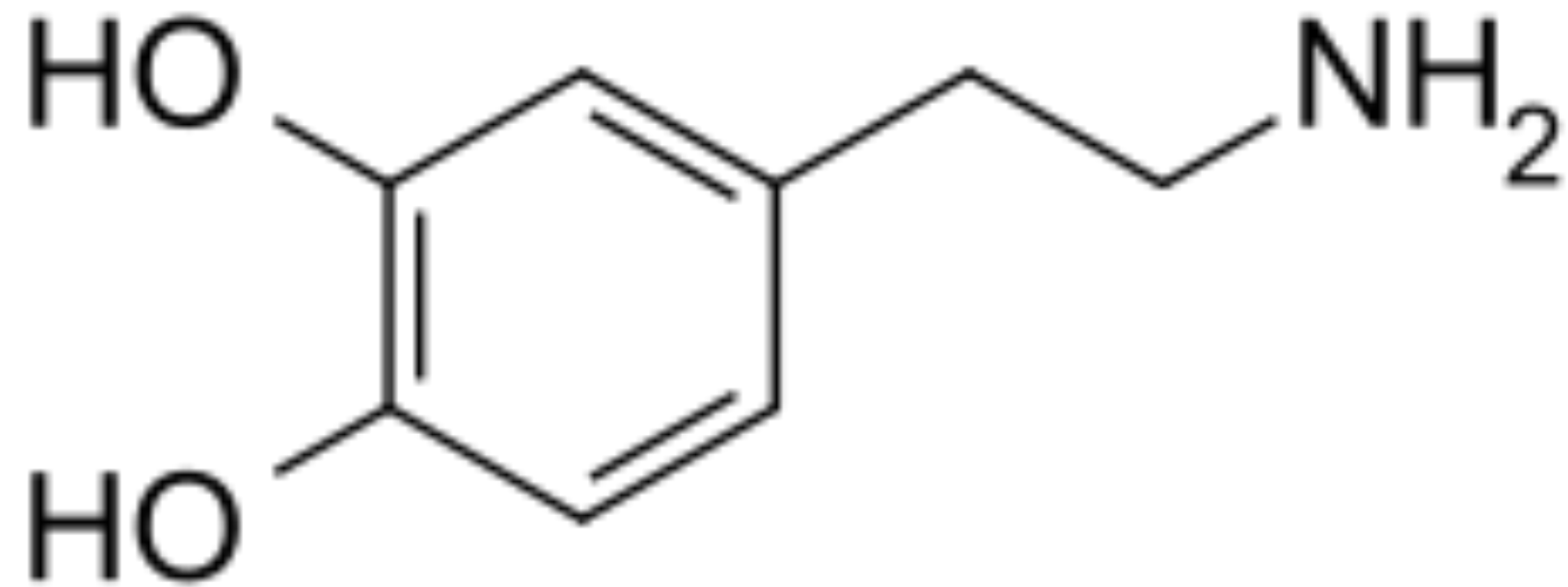
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leadership strengthening



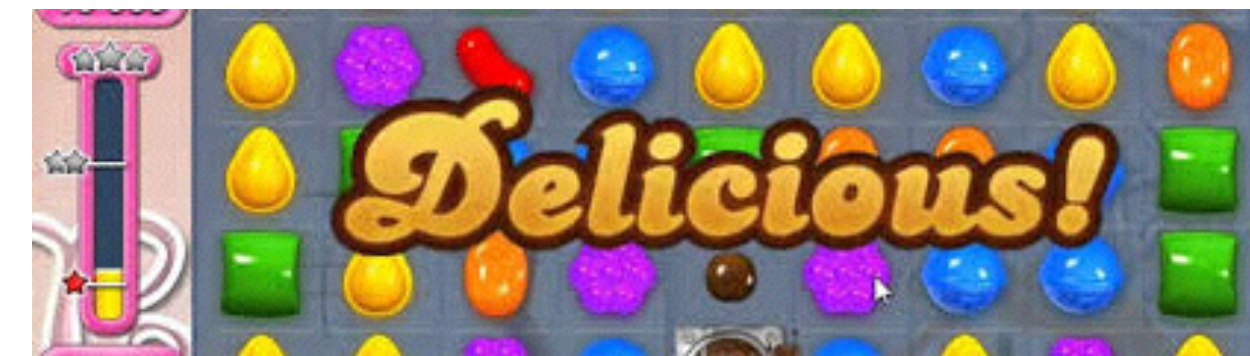
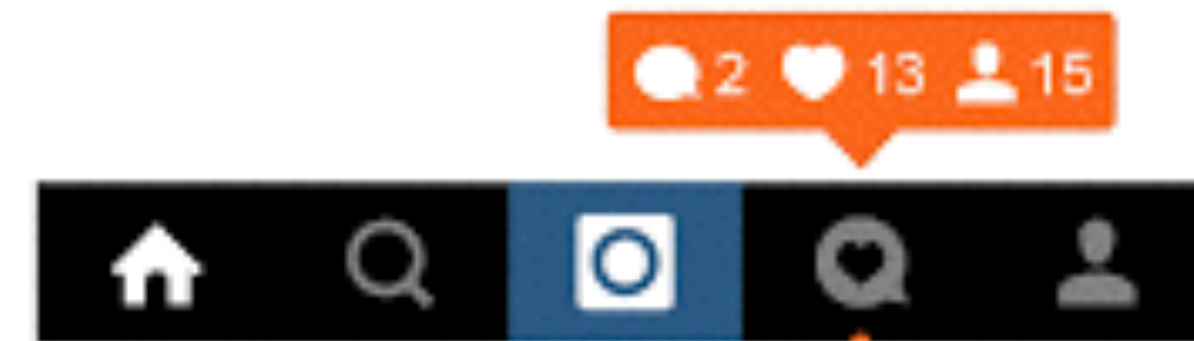
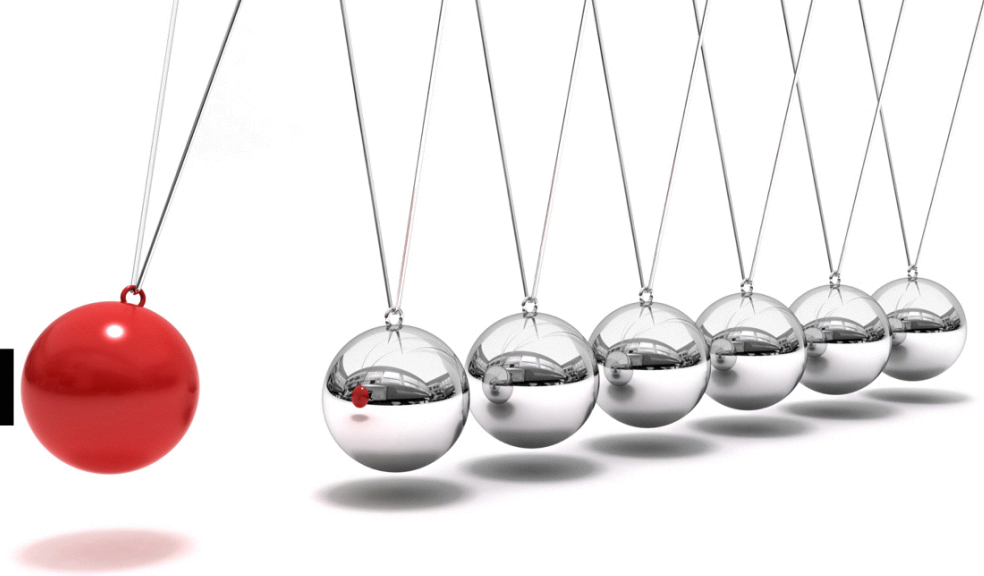
Why are we addicted?

Dopamine

“Reward Center”



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leadership strengthening

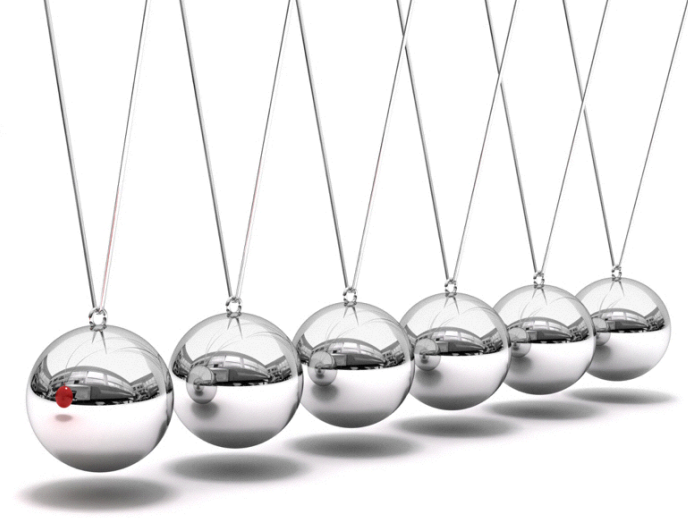


ADDICTIVE ELEMENTS

Angry Birds



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leadership strengthening



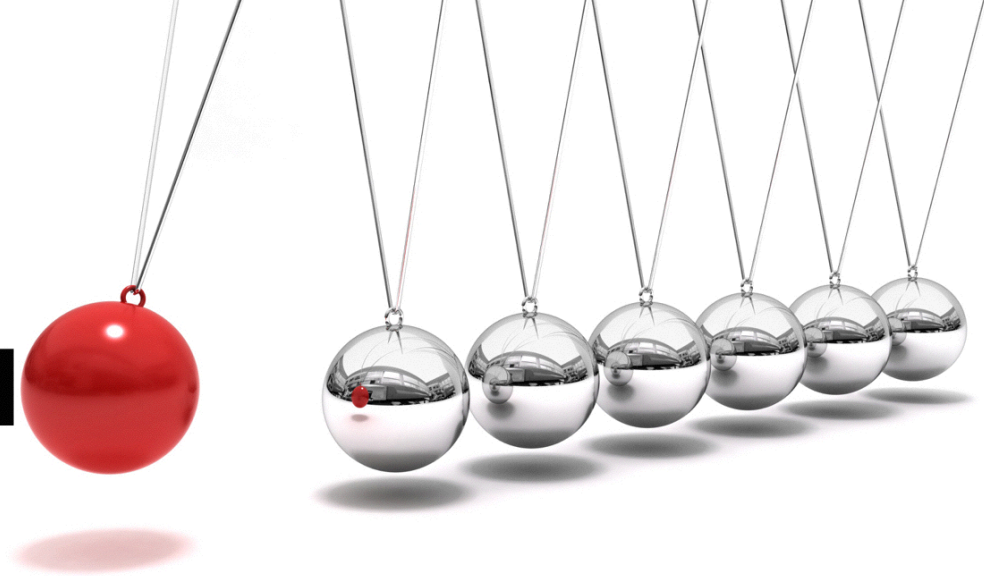
Simplicity
Easy to Pick Up (Hard to Master)
“3 Stars”
Innovation
The Compulsion Loop
Validation of Worth

ADDICTIVE ELEMENTS

Candy Crush

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**Variable Rewards
Innovation
Organizing Patterns**

ADDICTIVE ELEMENTS

Pokemon Go



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leadership strengthening



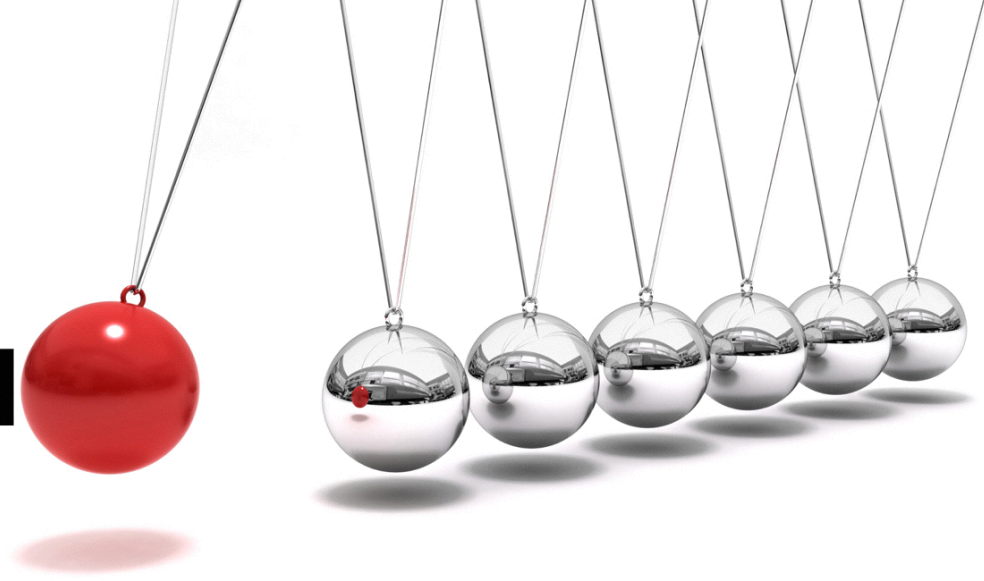
Leveling Up Endorphins from Exercise

Addiction to Momentum

What Can We Do?

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progressive strategic
leadership strengthening



Simplicity
Focus
Microprogress
Pattern Organizing
Quantifiable
Leveling Up
Mentoring

SIMPLICITY

Example



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leadership strengthening



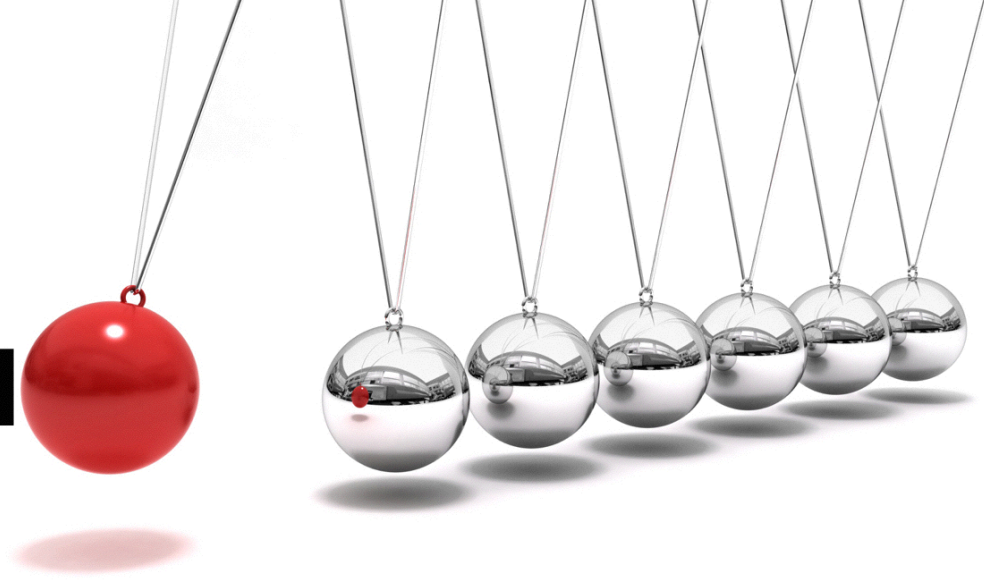
**Ease, Availability, Time
“Make Your Bed”
-Admiral William McRaven**

SIMPLICITY

Activity



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leadership strengthening



**Paper Airplanes
“Easy to Pick Up
Hard to Master”**

FOCUS

Example



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leadership strengthening



Dedicated Attention Emphasis for Growth

FOCUS

Activity: "Mindscrew"

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leadership strengthening



ROUND ONE

Point at One Person and say that person's Favorite Ice Cream Flavor

ROUND TWO

Point at Different Person and say that person's name a toss a ball to them

ROUND THREE

Do both R1 & R2 simultaneously

ROUND FOUR

Point at Different Person, say their name, and walk to their place in the circle

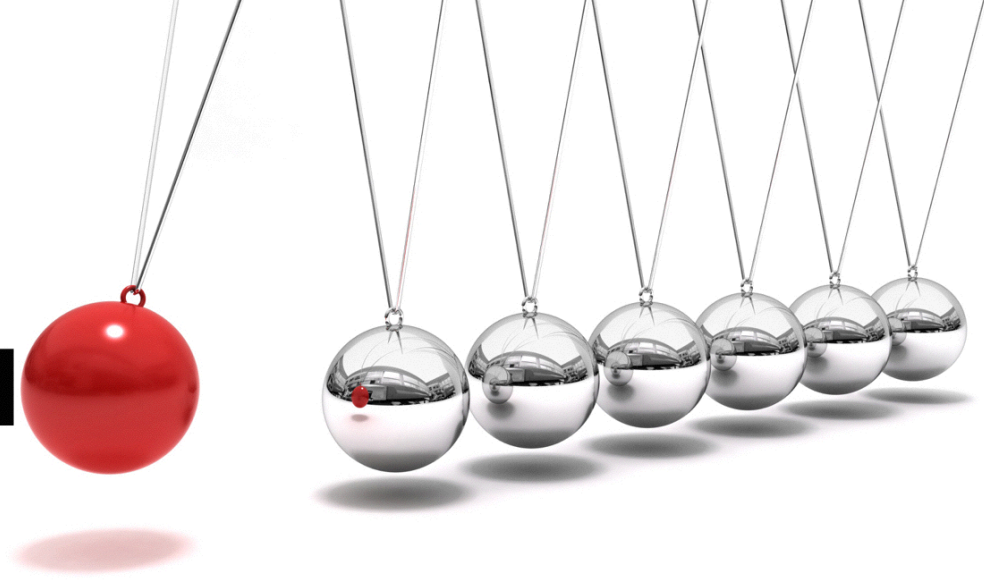
ROUND FIVE

Do Ice Cream, Tossing of Ball, and Name Movement ALL at the same time

MICROPROGRESS

Example

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progressive strategic
leadership strengthening



MICROPROGRESS

Activity

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leadership strengthening



**Make a PB&J
Breaking Down the
Categories (i.e. Securing
Ingredients, Sandwich Assembly,
Clean-up) & Steps (Unscrew Lid,
Insert Knife into Peanut Butter)**

PATTERN ORGANIZER

Example

MOMENTUM
progressive strategic
leadership strengthening

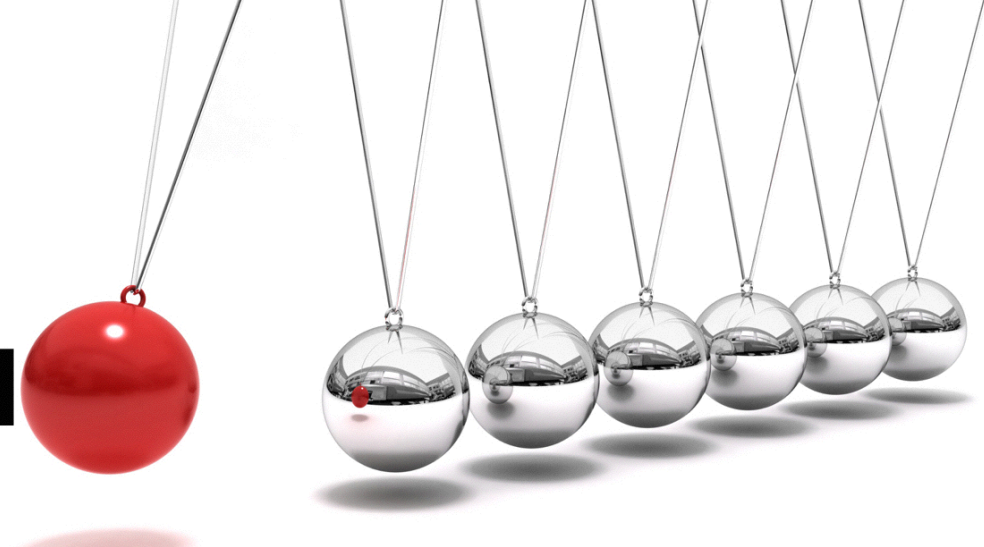


Organized Closet

PATTERN ORGANIZER

Activity: "Key Punch"

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progressive strategic
leadership strengthening

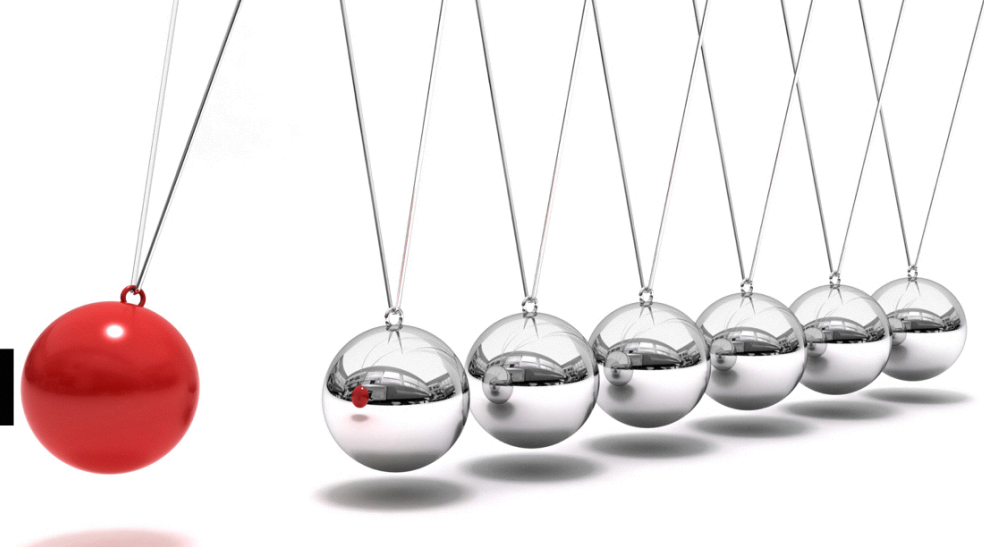


21	9	6	38	30			
13	29	42	18	22	2		
5	49	1	45	33	46	50	
37	17	25	14	26	10	34	
41							
27	15	4	40	36			
11	31	20	24				
43	51	3	35	48	28	32	44
19	23	8					
39	47	7	12	16	52		

PATTERN ORGANIZER

Activity: "Key Punch"

MOMENTUM
progressive strategic
leadership strengthening



21				9	6	38		30	
	13		29			18	22	2	
5	49	1	45	33	42		46	50	
	37		17	25	14	26	10		
		41						34	
<hr/>					<hr/>				
27				15	4	40		36	
	11	31		35		20		24	
43		51	3		48		32	44	
	19		23		28			8	
		39	47	7	12		16	52	

QUANTIFIABLE

Example



MOMENTUM
progressive strategic
leadership strengthening

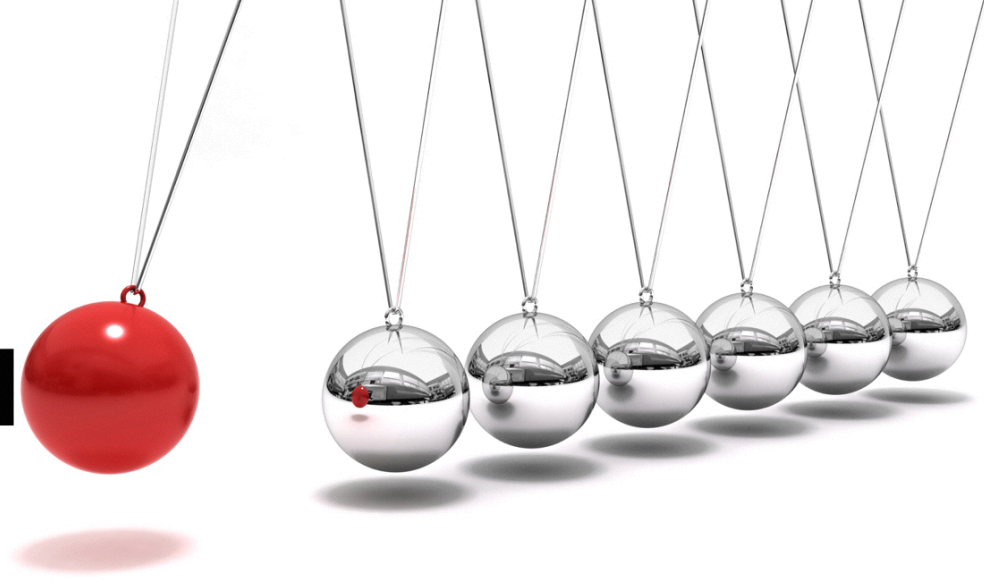


**Attendance?
Profit?
Experience Ratings?**

QUANTIFIABLE

Activity

MOMENTUM
progressive strategic
leadership strengthening



Hula Hoop Pass Stopwatched Timing

LEVELING UP

Examples

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progressive strategic
leadership strengthening

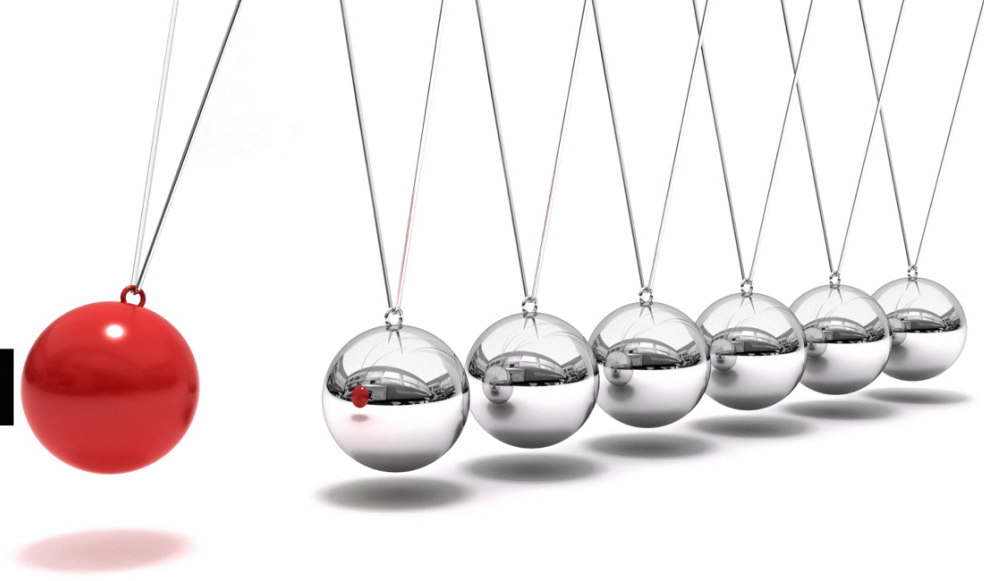


**Kiwanis Club Badge
Girl Scouts/Boy Scouts
Fraternity/Sorority Rush**

LEVELING UP

Activity

MOMENTUM
progressive strategic
leadership strengthening



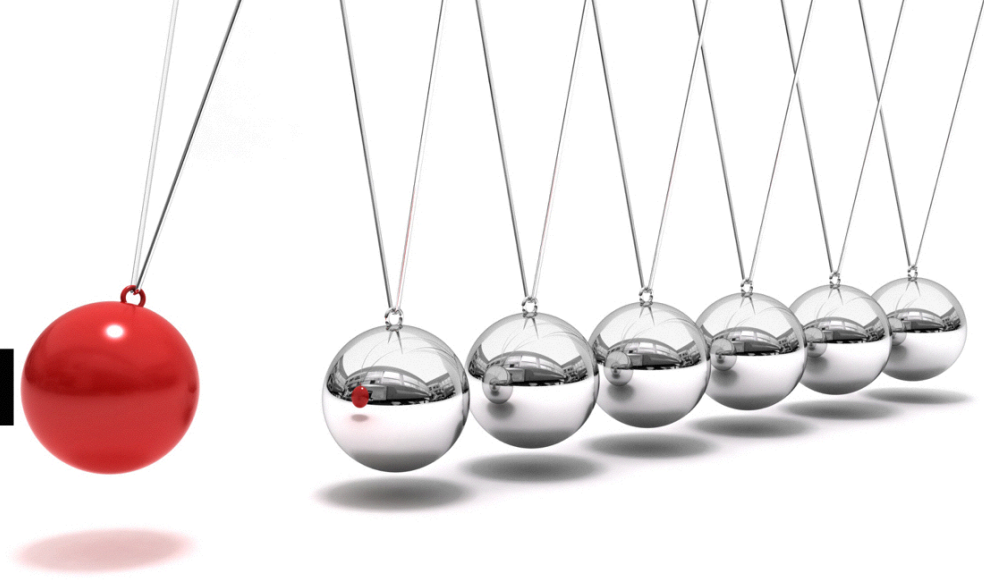
Checkers “King Me” Moving To Chess?

MENTORING

Example



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progressive strategic
leadership strengthening



Player to Coach Link Crew WEB

MENTORING

Activity



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progressive strategic
leadership strengthening



**Trust Walk
(focus on making
someone feel SAFE &
SUCCESSFUL)**

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leadership strengthening



**“But What
About MY
Group &
REAL LIFE?”**

IMPLEMENTATION

Samples

MOMENTUM
progressive strategic
leadership strengthening



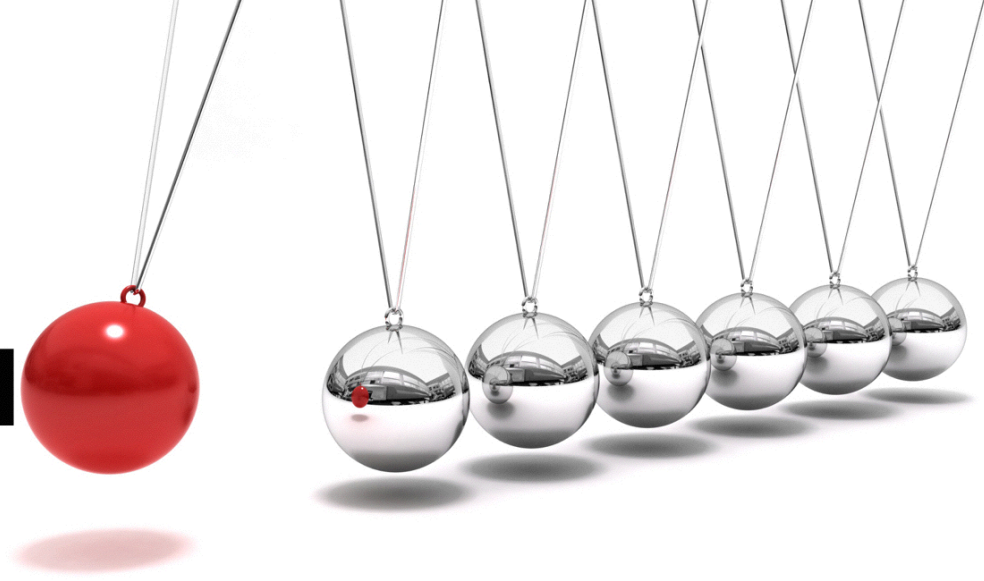
**“Intro Activities”
Leadership Literature
Circles
Thank You Notes
Journal Write Prompt
Quick Accolades**

SIMPLICITY & FOCUS

IMPLEMENTATION

Samples

MOMENTUM
progressive strategic
leadership strengthening



**“Early Practice Project”
Staff Recognition
Back to School
Welcome**

**SIMPLICITY, FOCUS,
MICROPROGRESS, LEVELING UP**

IMPLEMENTATION

Samples

MOMENTUM
progressive strategic
leadership strengthening



**“Major Project”
Divide into 3 Segments
and mini projects/tasks
under each of those**

MICROPROGRESS, QUANTIFIABLE

IMPLEMENTATION

Samples

MOMENTUM
progressive strategic
leadership strengthening



**Growth in Role
Responsibility
“Becoming a Chair/
Lead”**

MICROPROGRESS, QUANTIFIABLE

IMPLEMENTATION

Reminder #1

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leadership strengthening



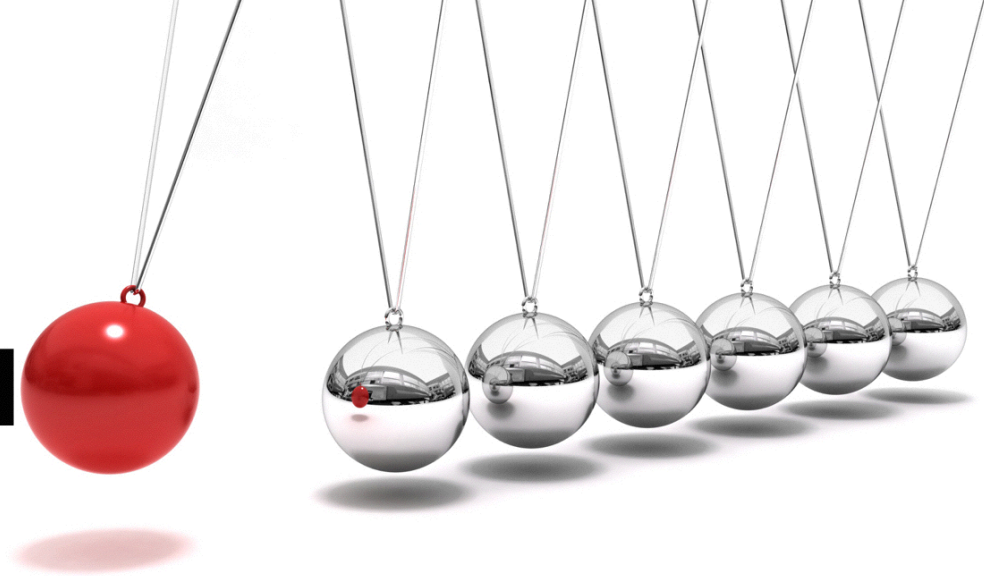
Why so much recognition?

IMPLEMENTATION

Reminder #1

MOMENTUM

progressive strategic
leadership strengthening

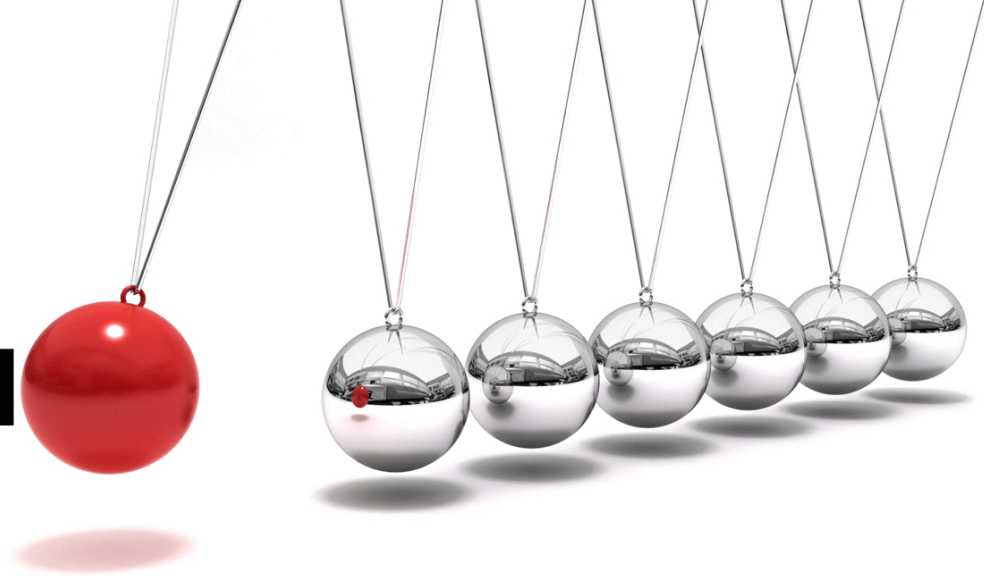


**New “Source” of Dopamine
Reduce Fears**

IMPLEMENTATION

Reminder #2

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**Momentum
is the Spark
PURPOSE is
the FUEL**

**Check out Patrick's PROCESS OF PURPOSE
workshop**



Patrick Maurer, CSP

keynotes workshops assemblies retreats

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San Diego, CA 92101

619.289.7850