

Growth Strategies Workshop

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Welcome!!

*Take a second to introduce
yourself to someone you
don't know*



Objective

This workshop will help participants understand their own growth patterns and learn how to make choices with intention. This session will serve to boost self-confidence, identify important values and work to discover opportunities to embrace the positivity of life.

Life is meant to be enjoyable, and happiness is within your reach. Challenges will come from every direction, and though you can't control the obstacles in your life, you can focus your energy on how to grow and glow regardless of the circumstance.



Well, what are you going to do about it?

01

Being Kind to Yourself

You are the Only You the World Has



Taking Excellent Care of Yourself is The Most Important thing you can do



Mindfulness

- ▶ Practice staying in the moment
- ▶ Take a few minutes each day to clear your mind
- ▶ Take deep breaths when feeling overwhelmed



Perspective

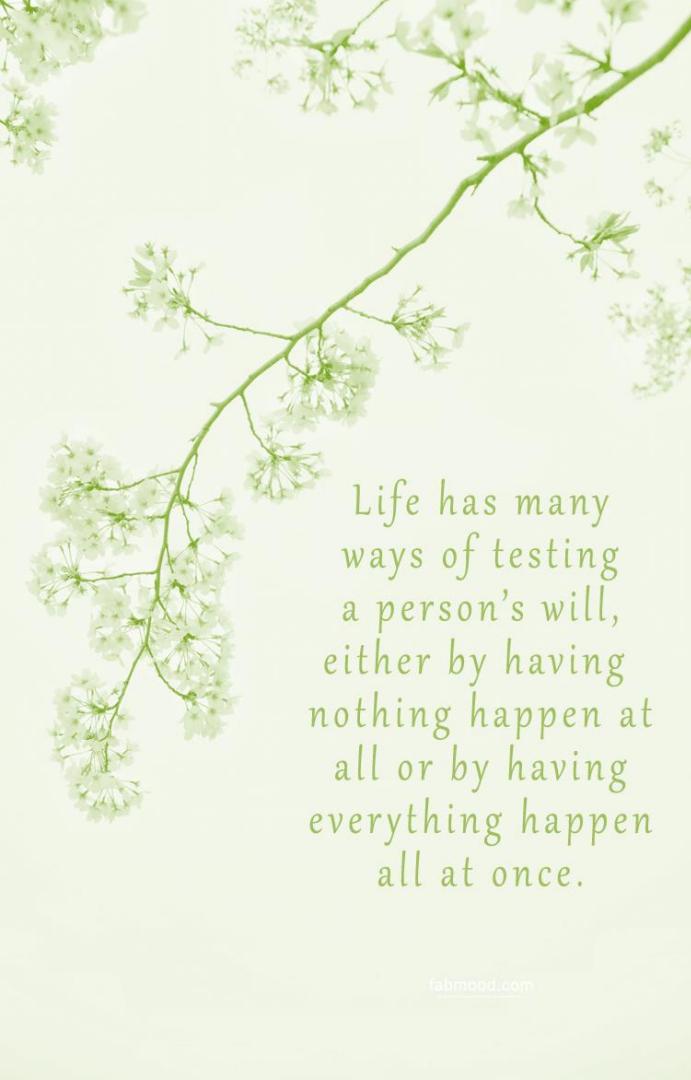
You are the Lead Character in your story



Power



Life is not happening to you; It's happening with your direction!



Life has many ways of testing a person's will, either by having nothing happen at all or by having everything happen all at once.



Resilience



Presentation

When you look your best, you feel your best

Production

- ▶ **PLAN YOUR DAYS**
- Keep your tank **FULL**
- Take time to regroup when needed
- Set goals.. -and schedule days to do **NOTHING**





REFLECT

Look at past situations and pay attention to patterns of behaviors that are counter productive to your plans



ACT

See what things and people inspire and motivate you- gravitate towards them



PLAN

Identify places you could support based on your experiences
-Budgeting
-Time management
-Tutoring

Personality

- ❖ Be true to who YOU are
- ❖ Embrace your likes and dislikes (But remain open to new opportunities)
- ❖ Focus on things that support your beliefs, values, or personal views

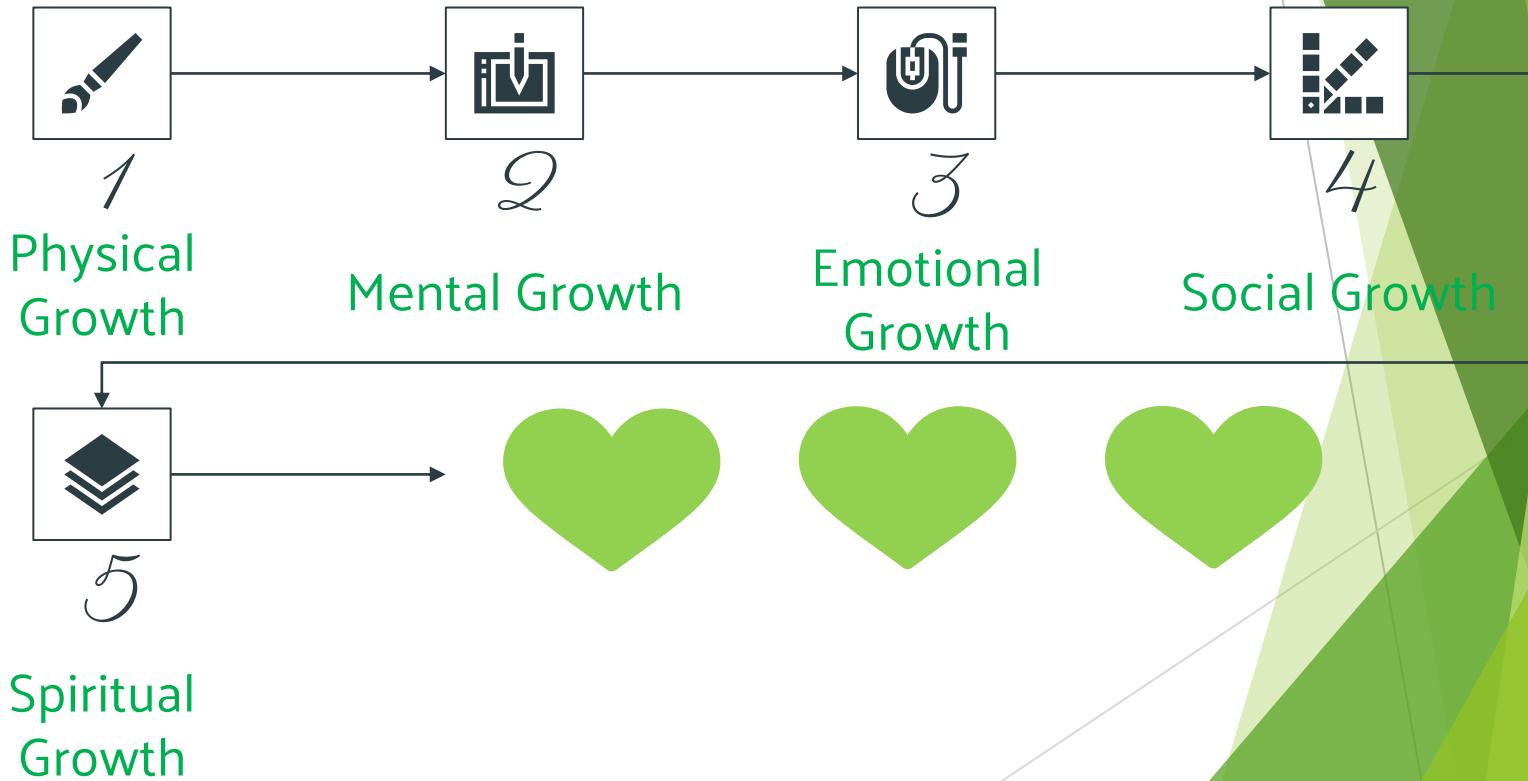
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ISTJ THE LOGISTIAN PRACTICAL FACT-MINDED RELIABLE	ISFJ THE DEFENDER PROTECTIVE WARM CARING	ESTJ THE EXECUTIVE ORGANIZED PUNCTUAL LEADER	ESFJ THE CONSUL CARING SOCIAL POPULAR
ISTP THE VIRTUOSO BOLD PRACTICAL EXPERIMENTAL	ISFP THE ADVENTURER ARTISTIC CHARMING EXPLORERS	ESTP THE ENTREPRENEUR SMART ENERGETIC PERCEPTIVE	ESFP THE ENTERTAINER SPONTANEOUS ENERGETIC ENTHUSIASTIC

02

Glowing and Growing in 2024

We all need it, let's figure out how to do it

5 Aspects of Growth



Physical Growth

Physical Health-Movement , Exercise and Nutrition

- Find times that work for your schedule to exercise
- Try to stay active
- Get an accountability partner if you need to



Mental Growth

Develop the Mind: Self Acceptance, and Compassion, Working through Trauma

- Nourish your mind, work at it daily
- Accept yourself for who you are and commit to personal evolution
- You don't have to be the best but do your best in every situation
- Seek therapy and other mental health services if you need additional support



Emotional Growth

Developing Resilience: Understanding Triggers and increased self-awareness

- Self awareness is key
- Get to know what you like and more importantly what gets to you
- Have emotions and resist the urge to let your emotions control your life
- Have regular “”reality checks” with yourself



Social Growth

Connecting with others: Healthy Boundaries, social health and communication skills

- ❖ Connecting with others is a valuable resource
- ❖ Develop your ability to engage with people unlike yourself
- ❖ Practice speaking about “light topics”
- ❖ Take the time you need when social events become draining and teach others how and when to socialize with you



Spiritual Growth

Find Purpose: Connect beliefs and values, finding inner peace

- ❖ Make Purposeful Decisions
- ❖ Stick to your values, and find ways to leverage them in your daily life
- ❖ Seek peace that is generated from within, allow others to add to it, but remain the main source



03

Happiness & Values

Both are equally important, don't sacrifice one for the other



WE have control of our own Happiness

Keys to Happier Living

(adapted from ActionforHappiness.org)



Giving

Make a difference for
others



Relating

Connect with those in the
community



Exercising

Take care of your body



Trying Out
Stay Curious and Keep learning



Awareness

Live mindfully and with Intention

Keys to Happier Living

(adapted from ActionforHappiness.org)



Direction

Create goals to drive
your life



Resilience

Find ways to keep moving
forward



Emotions

Stay focused on the good



Meaning

Remain part of something bigger



Acceptance

Be comfortable z6 with who you are

Evaluating Values

List of Values

Accountability	Efficiency	Intuition	Security
Achievement	Environment	Job security	Self-discipline
Activism	Equality	Joy	Self-expression
Adaptability	Ethics	Justice	Self-respect
Adventure	Excellence	Kindness	Serenity
Altruism	Fairness	Knowledge	Service
Ambition	Faith	Leadership	Simplicity
Authenticity	Family	Learning	Spirituality
Balance	Financial stability	Legacy	Stewardship
Beauty	Forgiveness	Leisure	Success
Being the best	Freedom	Love	Teamwork
Being a good sport	Friendship	Loyalty	Thrift
Belonging	Fun	Making a difference	Time
Career	Future generations	Nature	Tradition
Caring	Generosity	Openness	Travel
Co-creation	Giving back	Optimism	Trust
Collaboration	Grace	Order	Truth
Commitment	Gratitude	Parenting	Understanding
Community	Growth	Patience	Uniqueness
Compassion	Harmony	Patriotism	Usefulness
Competence	Health	Peace	Vision
Confidence	Heritage	Perseverance	Vulnerability
Connection	Home	Personal fulfillment	Wealth
Contentment	Honesty	Power	Wellbeing
Contribution	Hope	Pride	Wholeheartedness
Cooperation	Humility	Recognition	Wisdom
Courage	Humor	Reliability	
Creativity	Inclusion	Resourcefulness	
Curiosity	Independence	Respect	
Dignity	Initiative	Responsibility	
Diversity	Integrity	Risk-taking	



Write your own:

Unlocking Us

Small Group Discussion



Discussion Questions

Who Supports these Values
in your life?

What behaviors do you have
that support your values?

What Does it feel like to
live in your values?



04

Debrief

Use this as an opportunity to share and empower



Thanks!

Any questions? 

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