



Growth Strategies Workshop



Valdese West, Assistant Policy Scientist
University of Delaware

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.



01

Being Kind to Yourself

You are the Only You the World Has

The background features abstract, overlapping green geometric shapes in various shades of green, creating a modern and dynamic feel. The shapes are primarily located on the right side and bottom of the frame, with some extending towards the center.

Care
SELF
IS NOT SELFISH

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

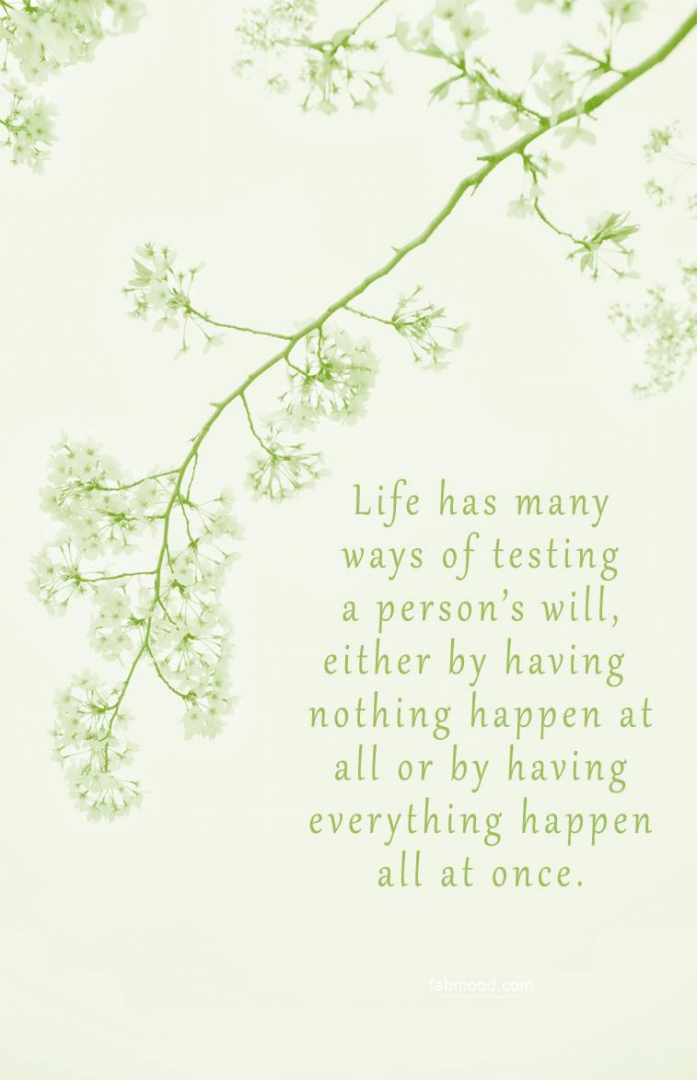
You are the Lead Character in your story



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.

fabmood.com



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



PLAN

Identify places you could use support based on your experiences

- Budgeting
- Time management
- Tutoring



ACT

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

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

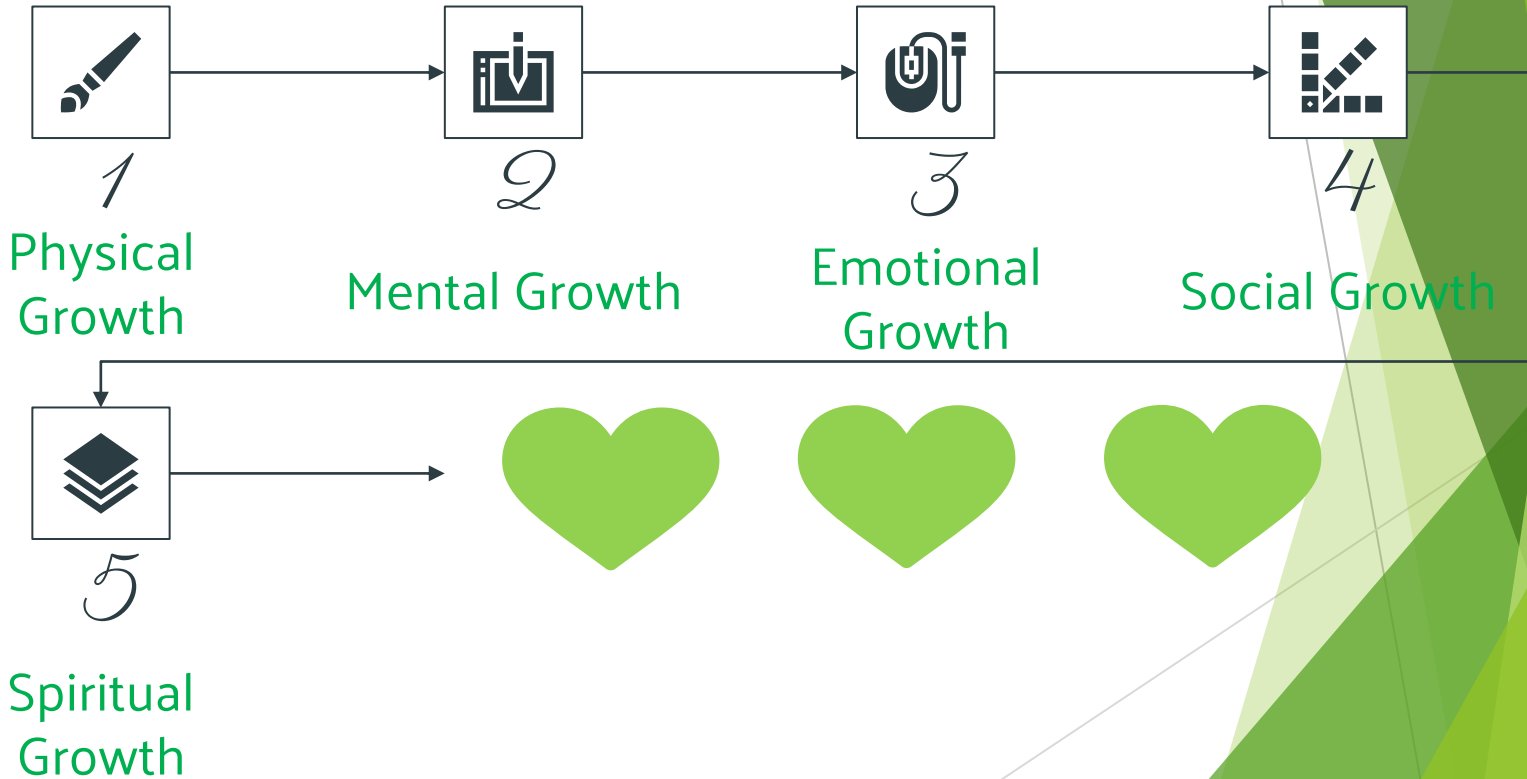
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ISTJ THE LOGISTICIAN PRACTICAL FACT-MINDED RELIABLE	ISFJ THE DEFENDER PROTECTIVE WARM CARING	ESTJ THE EXECUTIVE ORGANIZED PUNCTUAL LEADER	ESFJ THE CONSUL CARING SOCIAL POPULAR
ISTP THE VIRTUOSO BOLD PRACTICAL EXPERIMENTAL	ISFP THE ADVENTURER ARTISTIC 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



Exercising

Take care of your body



Relating

Connect with those in the community



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



Emotions

Stay focused on the good



Resilience

Find ways to keep moving
forward



Meaning

Remain part of something bigger



Acceptance

Be comfortable with who you are

The background features abstract, overlapping green geometric shapes in various shades of green, creating a dynamic, layered effect. A central horizontal green banner with a slight 3D effect and rounded corners contains the title text.

Evaluating Values

List of Values

Accountability
Achievement
Activism
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Being a good sport
Belonging
Career
Caring
Co-creation
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity
Diversity

Efficiency
Environment
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Heritage
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity

Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk-taking

Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Wellbeing
Wholeheartedness
Wisdom



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? ✧

vwest@udel.edu

✧ 302-831-6812