

TRAING

Top 20 Leaders Manage Stress from the Inside Out

MAKING A POSITIVE DIFFERENCE THROUGH SOCIAL-EMOTIONAL DEVELOPMENT



Think Learn Communicate

"Top 20" → Effective

"Bottom 80" → Ineffective

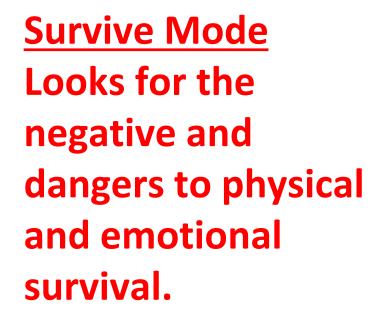




Top 20 Leaders Ellimingte Stress from the Inside Out

Brain Goals: Survive + Thrive







Thrive Mode

Looks for opportunities to grow, discover, explore, create, be in awe and appreciation, and reach its full potential.

L O U R I S H



Where do I live?

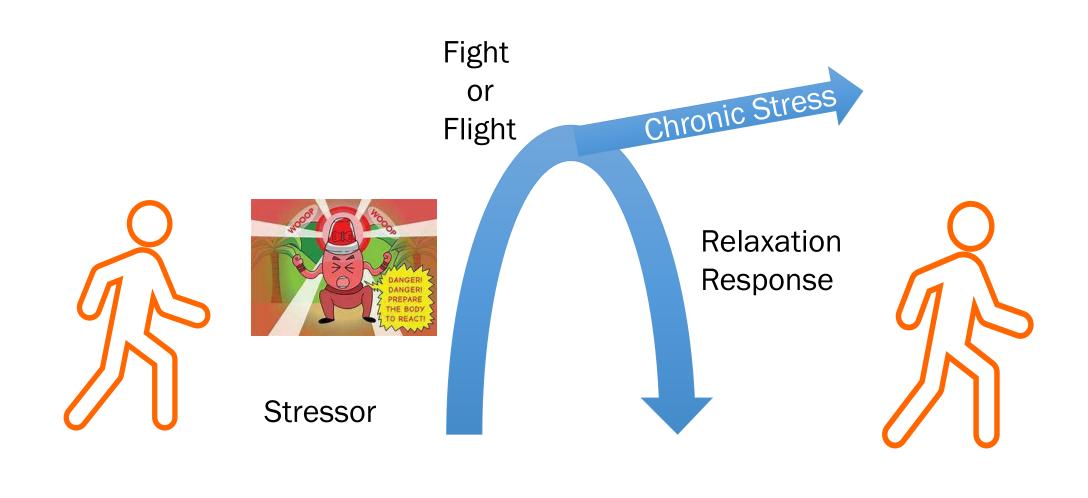
How do I think?

What's up with my amygdala?

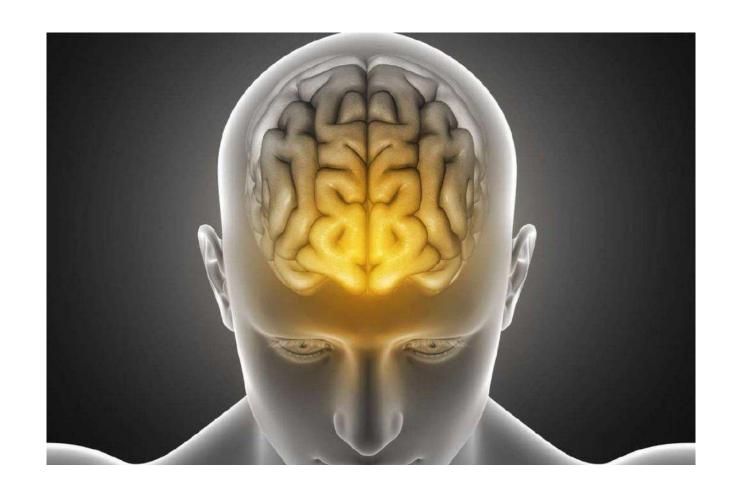
How can I manage my thinking and stop stress provoking Thought Circles in their tracks?

We have



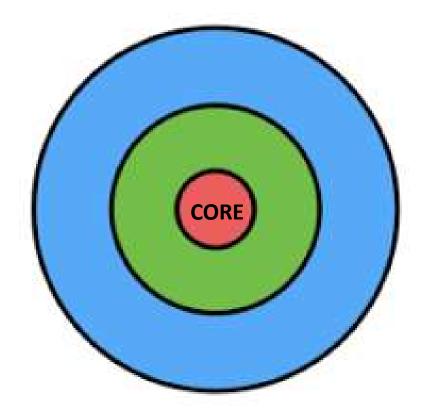


Where do I LIVE?



TOP 20 TRAINING

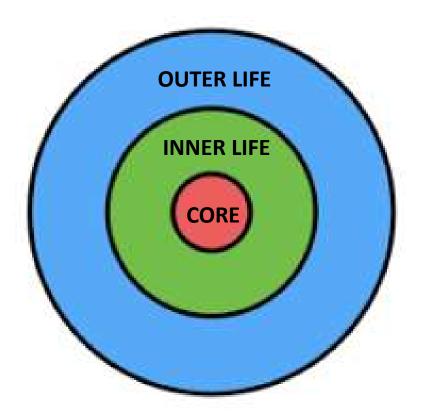
Top 20s Manage Stress and Flourish
Through the Power of Alignment





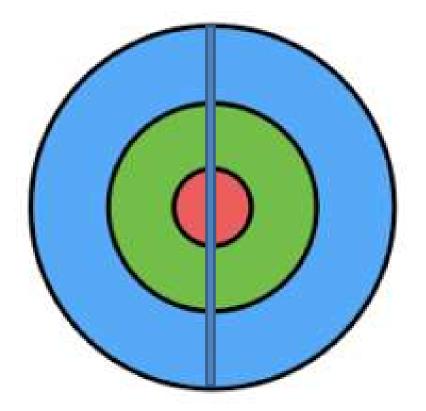
- Identity: Maggie is a unique being.
- Worth: Maggie has worth and value because of who she is, not because of what she does.
- Purpose: Maggie's purpose is to be her True Self.

Behavior...Actions



Thoughts...Beliefs...Feelings...Values

Alignment



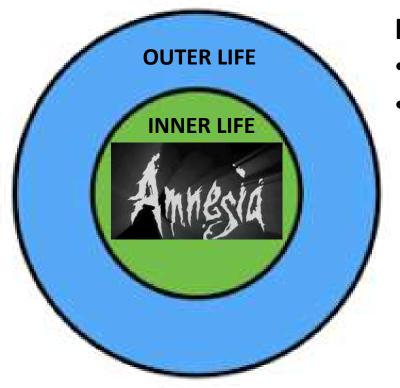
Flourishing happens when Alignment happens.

OUTER LIFE LOOP INNER LIFE **LOOP** CORE **LOOP LOOP**



Please Other People

OUTER LIFE LOOP INNER LIFE LOOP LOOP LOOP

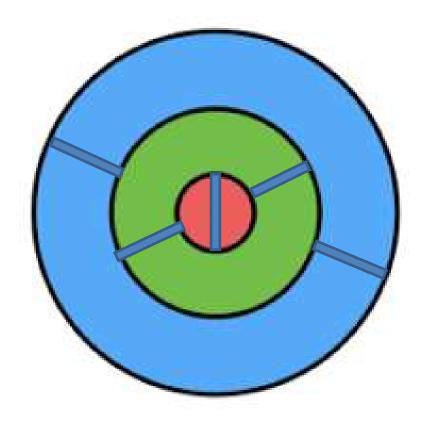


Bottom 80s say:

- NO to what is in their Core
- YES to what is in the LOOP

LOOP

LOOP

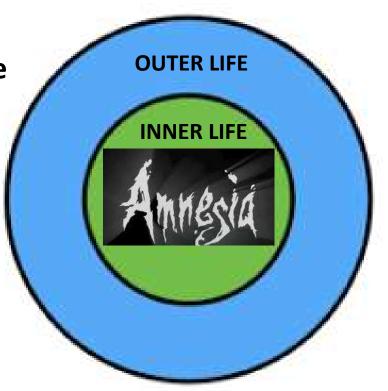


STRESS

Top 20s say:

YES to what is in their Core

NO to what is in the LOOP



Bottom 80s say:

- NO to what is in their Core
- YES to what is in the LOOP

LOOP

Am I living IN Alignment?



TOP 20 TRAINING

Top 20s Manage Stress and Flourish
Through the Power of Alignment

We have





How Do I Think?

TOP 20 TRAINING

Top 20s Manage Stress and Flourish By Thinking Above the Line

Top 20 Thinking Above the Line

Our thinking is effective and is serving us in our best interest.

Bottom 80 Thinking Below the Line

Our thinking is ineffective and is NOT serving us in our best interest.

Where are you today?



Top 20 Thinking

Bottom 80 Thinking

Why is it important for us to know if we are in Top 20 thinking or Bottom 80 thinking?



Mental habits develop based on where we live.

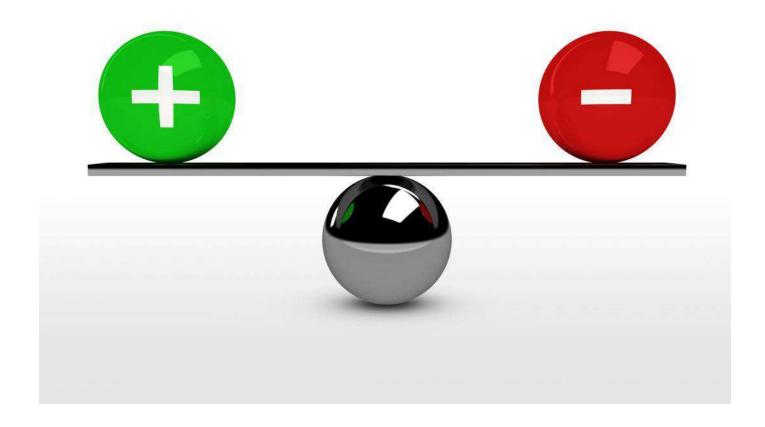


Life looks different whether we are thinking Above the Line or Below the Line.



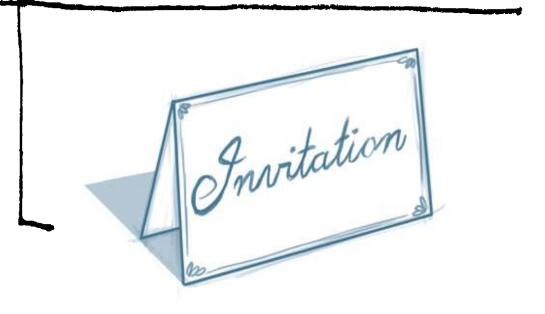
We use our thinking to make decisions.

How can we better manage our thinking?



INVITATIONS

Conditions that come up in our life that invite us to go Below the Line.









What are my Invitations?



Indicators



The feelings we have or behaviors we exhibit when we are in Bottom 80 thinking.





What are Your Indicators?





Trampolines

Ways we can bounce back Above the Line.



Exercise



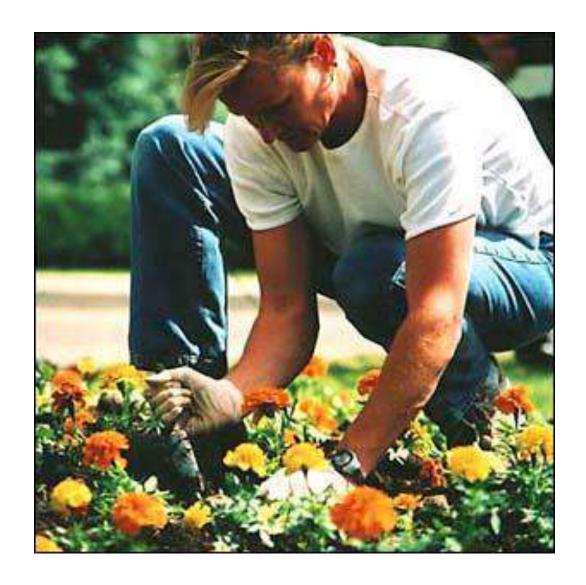










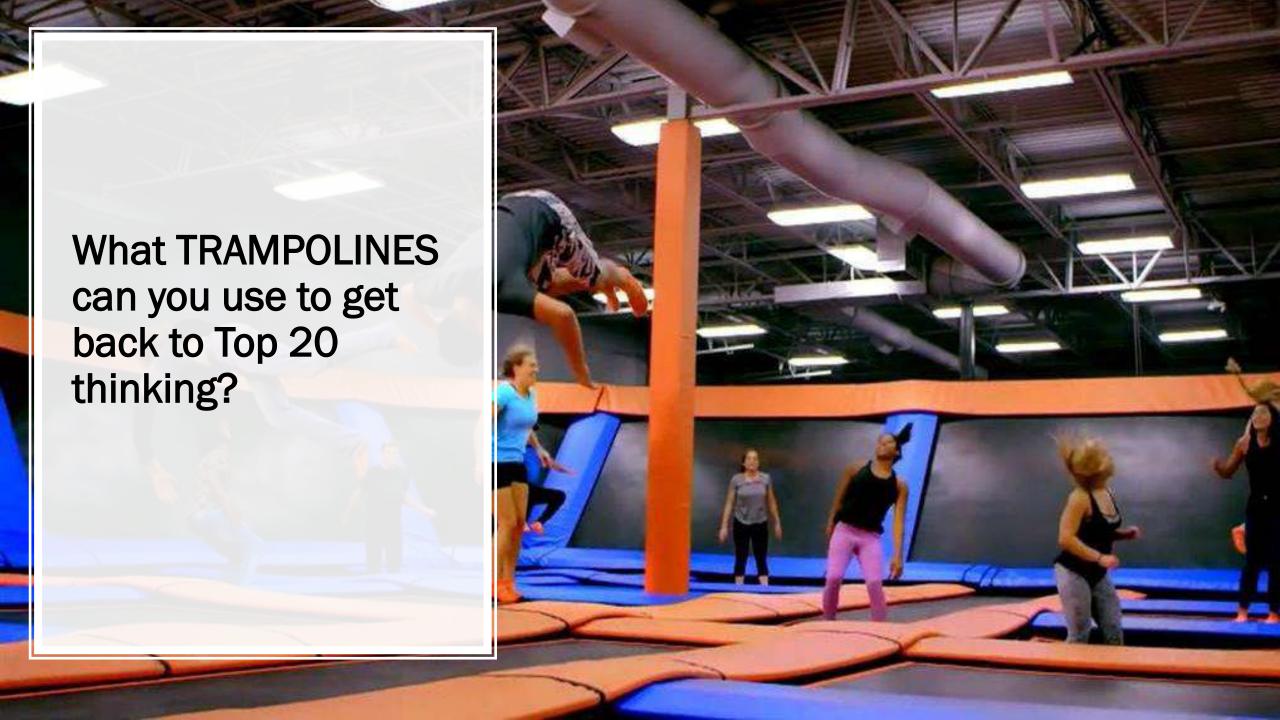


Kindness





Gratitude





Perspective





TOP 20 TRAINING

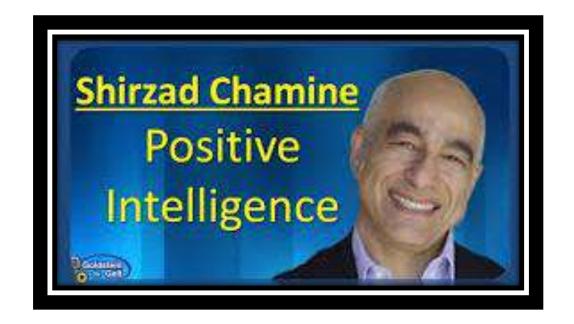
Top 20s Manage Stress and Flourish By Thinking Above the Line

We have



TOP 20 TRAINING

Top 20s Manage Stress and Flourish By Quieting Their Saboteurs



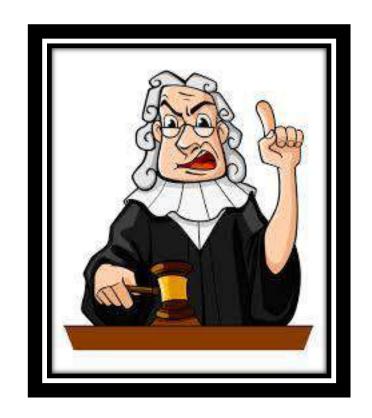
Saboteurs: Internal habits that wreck any attempt at increasing our happiness, effectiveness or performance.





- Internal enemy work against our best interest
- Automatic and habitual mind patterns
- Each with its own voice, beliefs and assumptions
- Convinced us through their lies that they are working for us rather than against us

- Judge: master saboteur; compels you to find fault with yourself, others, and your conditions and circumstances.
- Not ____ enough.
- Blame



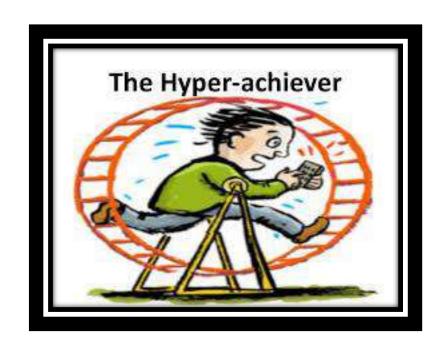


 Stickler: the need for perfection, order and organization taken too far; constant frustration with yourself and others over things not being perfect enough.



• Pleaser: compels you to try to gain acceptance and affection by helping, pleasing, rescuing or flattering others; causes you to lose sight of your own needs; encourages others to become overly dependent on you.

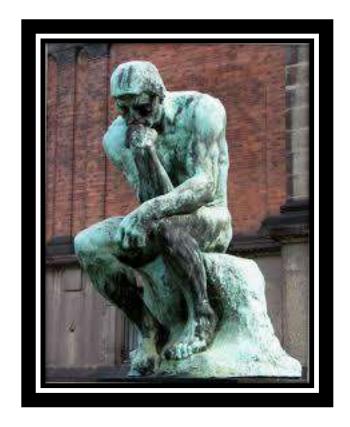
 Hyper-Achiever: makes you dependent on constant performance and achievement for self-respect and self-validation; keeps you focused on external success rather than on internal criteria for happiness.

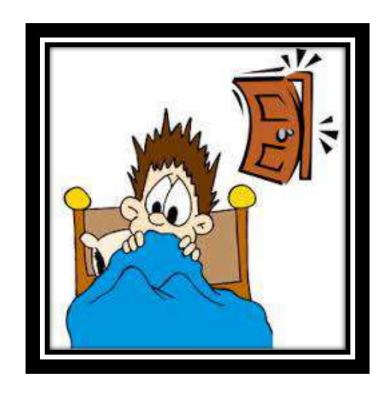


 Victim: wants you to feel emotional and temperamental as a way of gaining attention and affection; results in a martyr streak.



 Hyper-Rational: involves an intense and exclusive focus on the rational processing of everything; impatient with people's emotions.





 Hyper-Vigilant: makes you feel intense and continuous anxiety or worry about all the dangers surrounding you and what could go wrong.

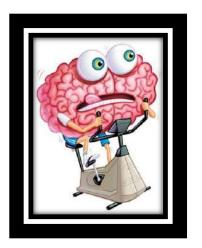


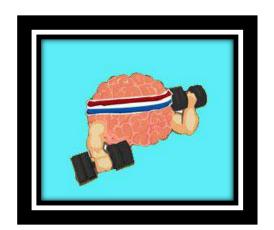
 Restless: constantly in search of greater excitement; its lie is that by being busy you are living life fully. Controller: runs on a need to take charge, control situations and bend people's actions to your own will; its lie is that controlling generates the best results.





Avoider: focuses on the positive and pleasant and avoids difficult and unpleasant tasks and conflict; develops the habit of procrastination and conflict avoidance.

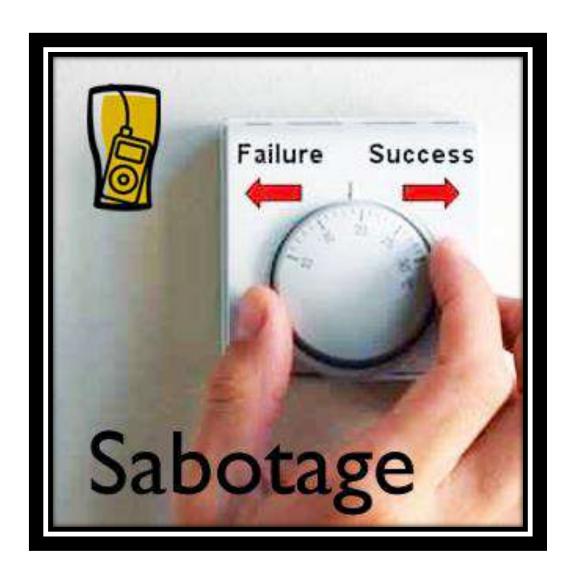




Mental Habits











Saboteurs

Identify 3 Saboteurs that reside in you:

1. Judge

6. Hyper-Rational

2. Stickler

7. Hyper-Vigilant

3. Pleaser

8. Restless

4. Hyper-Achiever

9. Controller

5. Victim

10. Avoider



How does your Saboteur present itself?
What is your Saboteur's script?
What does it say to you?





TOP 20 TRAINING

Top 20s Manage Stress and Flourish By Quieting Their Saboteurs

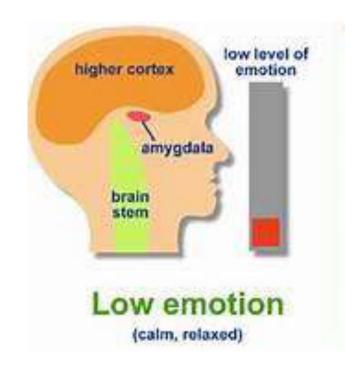
We have

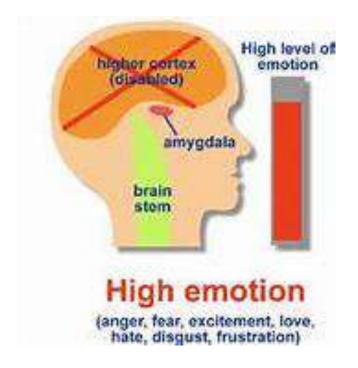




What's up with my amygdala?

Amygdala Hijacking





Feeling Brain is cut off from Thinking Brain

TOP 20 TRAINING

Top 20s Manage Stress and Flourish By Preventing Amygdala Hijacking: Be Aware of Thought Circles

Does my amygdala respond to reality or to my perception of reality?

Is stress caused by reality or my perception of reality?

Reality or Perception?







How We Think

How we perceive or think about situations and events produces the response in our bodies that we call stress.

We cannot experience stress without first having a thought.



Negative Thinking

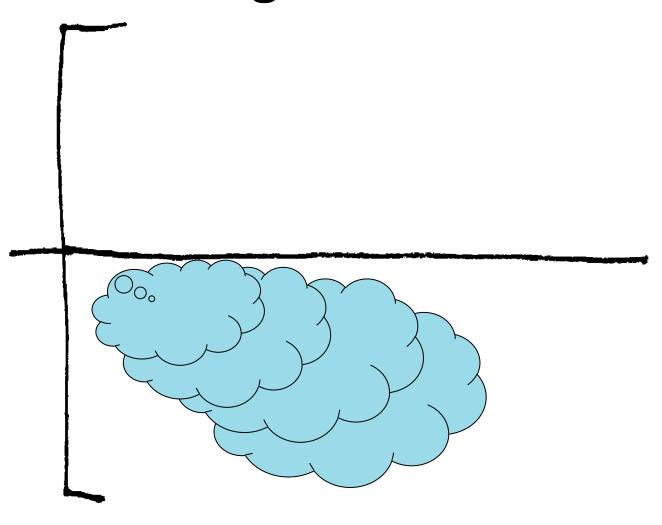
Beware of Thought Circles

Our Thinking is Either....

Top 20 Thinking

Bottom 80 Thinking

Thought Circles



Bottom 80 Thinking



John's Message



Thought Circles

Anatomy of:

- Worry
- Self-doubt
- Judgment
- Pessimism
- Complaining
- Anger
- Grudges

Give Away Power

Have you experienced any of these in the last week or two?

Anatomy of:

- Worry
- Self-doubt
- Judgment
- Pessimism
- Complaining
- Anger
- Grudges

FACT







IT'S A:

DATE:

TIME:

PLACE:

RSVP:





TT'S A: Bottom 80 Party

DATE: Today

TIME: Now

PLACE: In My Head RSVP: I'm Coming



A Party of One

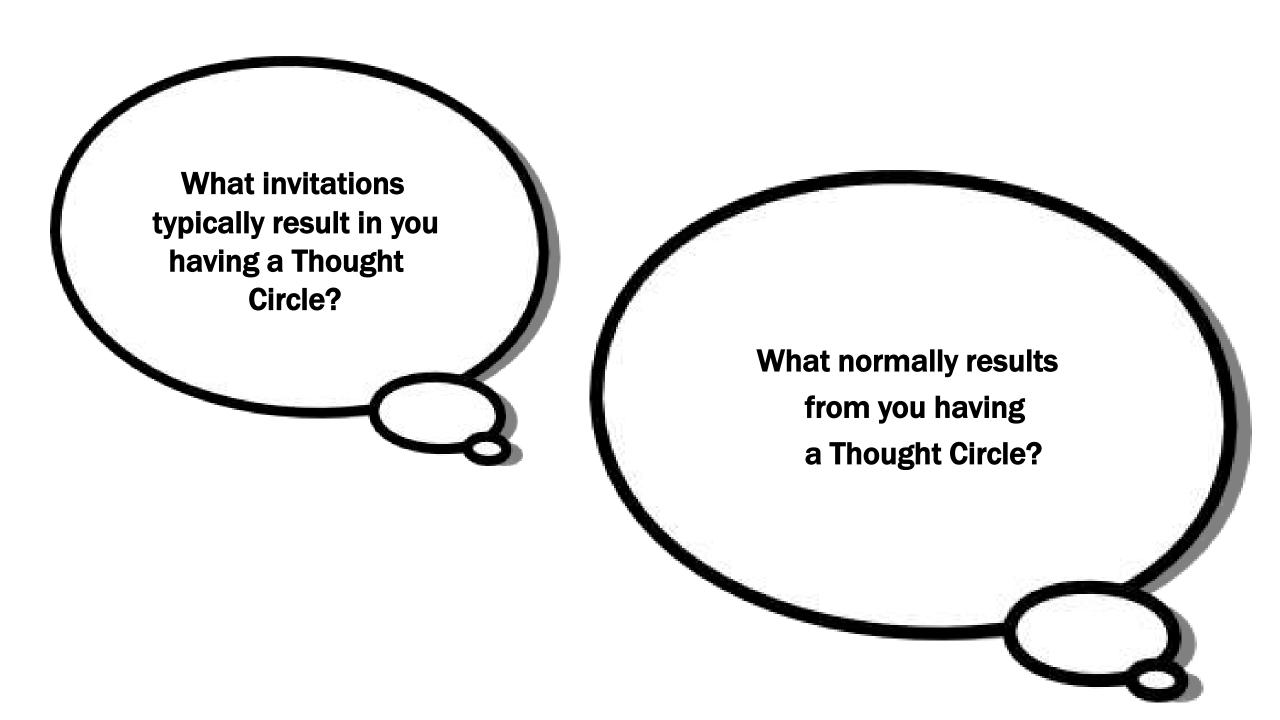
Each day we create a story in our own head.

Are we writing fiction or nonfiction?







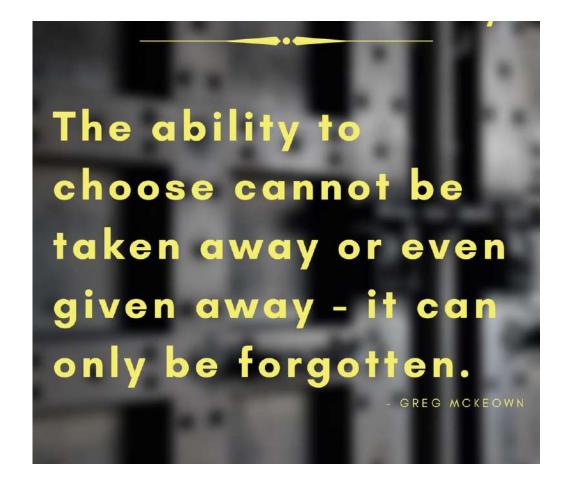


TOP 20 TRAINING

Top 20s Manage Stress and Flourish By Preventing Amygdala Hijacking: Be Aware of Thought Circles

We have







How can I manage my thinking, stop stress provoking Thought Circles in their tracks, and move from stress to wellness?

Managing Our Thinking

- 1. Be aware
- 2. Say "Not now."
- 3. Dispute my thinking
- 4. Change my thinking
- 5. Put it in the Parking Lot
- 6. Let the problem be the problem
- 7. Stay focused on Purpose
- 8. Quiet my Saboteurs
- 9. Ask for help



In the Midst of Any Challenge, Stay Focused on Purpose

"I want to lead with Christ's joy to create and nurture relationships in which I can support staff, students and families to best live their God-given gifts, opportunities and potential."

In the Midst of Any Challenge, Quiet Your Saboteurs



Pleaser → "Make sure everyone is happy."

Avoider → "If that can't happen, avoid the situation."

Restless \rightarrow "Keep busy so everyone including your self thinks you are productive and valuable."



Students, Stress and the Secret about Confusion





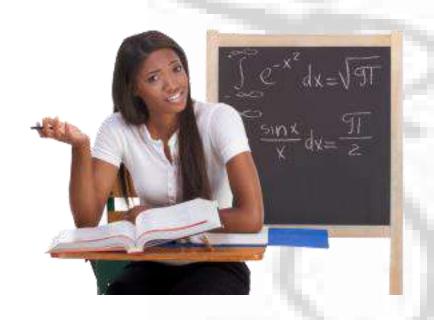
THE QUESTION:

Where do students go internally when they are confused?

What do students believe or feel when
they are confused?

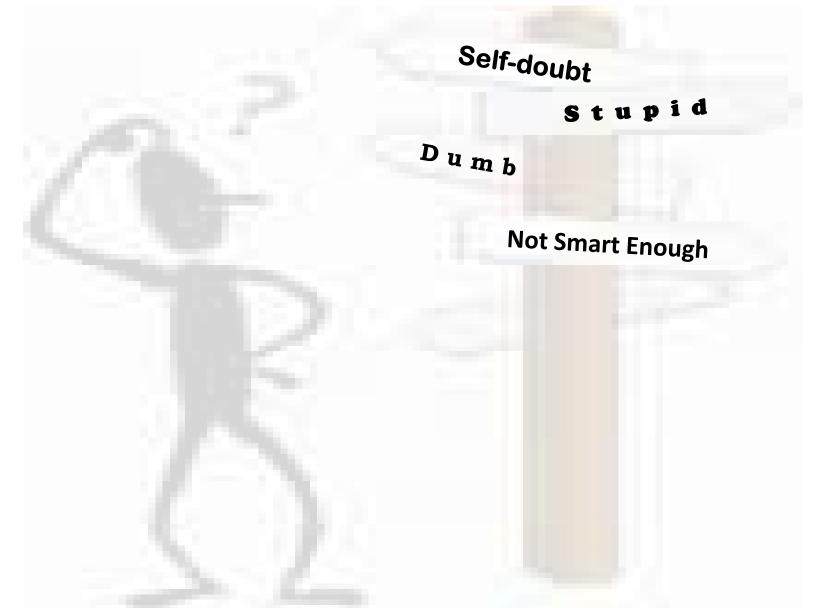






"I'm confused in school when I don't know the answer....I pretend, blush and don't raise my hand as much."

Confusion



THE PRINCIPLE

Everything we know or can do today we were once confused about.







Confusion is a natural and necessary part of ALL learning.



Students will not believe the Secret unless Confusion ROCKS!





Experience a positive emotion connected to confusion.

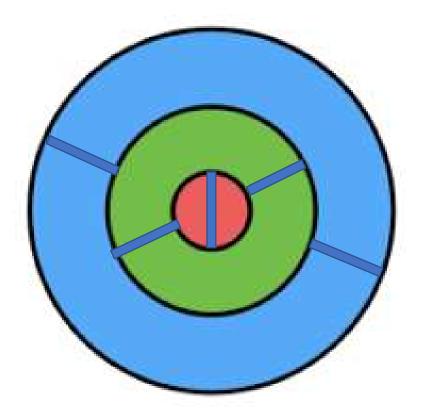




What are meaningful ways you can celebrate confusion with your students in class or in your school?







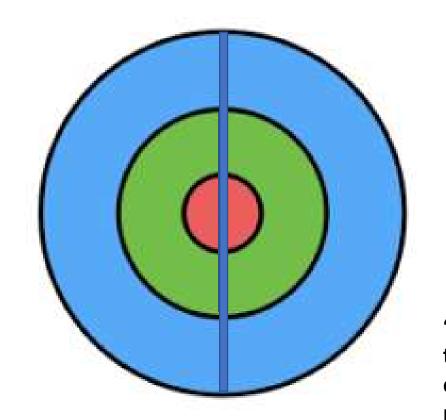


"I don't get this. I'm confused. This is stupid. I'm stupid. I'm done."

Essentials are being taught.

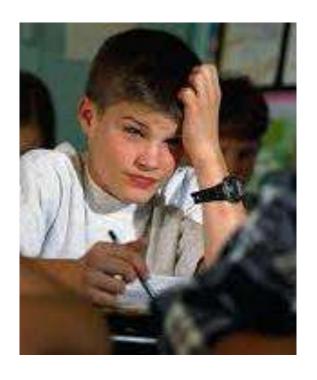


The Power of Alignment





"I'm confused. My teacher told us the secret about confusion. We even celebrate it, because it's a natural and necessary part of all learning."



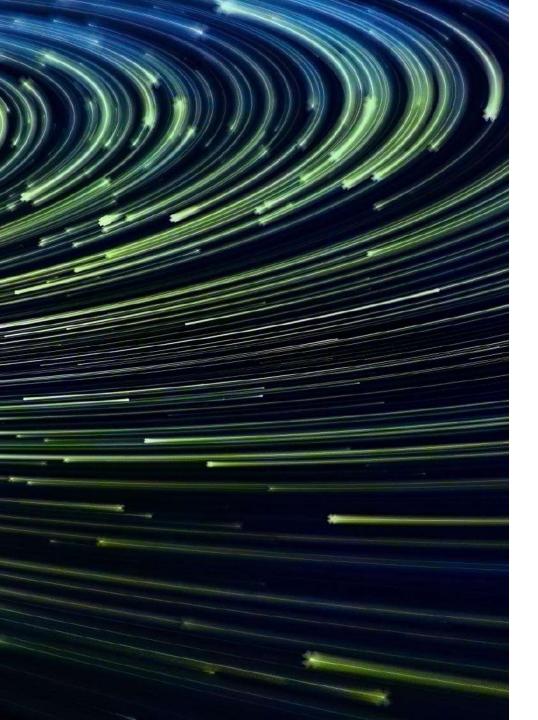
Why is knowing the Secret about Confusion ESSENTIAL?











Reflection

What is an Invitation that resulted in you having a Thought Circle?

Did you say, 'Not now', or did you keep feeding it?

Could you have used your mental Parking Lot? How?

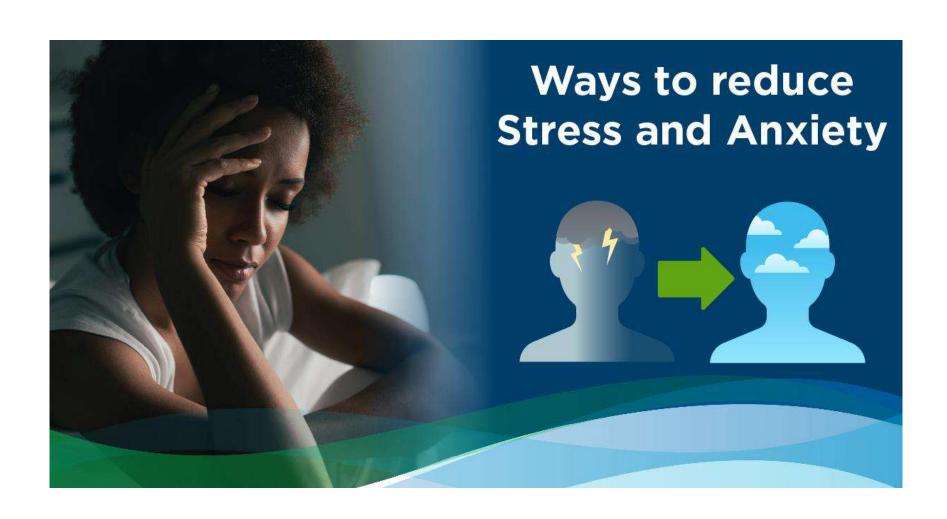
What was the real problem?

Today I am...

Above the Line
My thinking is serving me well.
It is positive and hopeful.
I am focused on what's important.

Below the Line
My thinking is not serving me well.
It is negative and pessimistic.
I am not focused on what's important.

16 Simple Ways to Relieve Stress and Anxiety Kerri-Ann Jennings, MS, RD







Top 20 Training for Parents...Students...Faculty and Staff





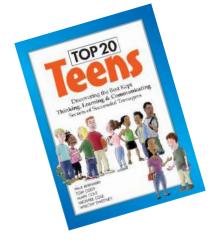




Kaizen Retreat:

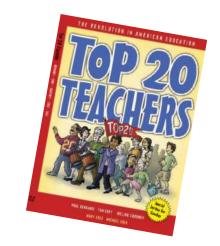
Becoming the Best Version of Ourselves

Live Above the Line
Help Others Succeed
Communicate 'You Matter'
Avoid Negativity
Celebrate Confusion
Learn from Mistakes and Failure



Top 20 Teens: The Best-kept Thinking, Learning and Communicating Secrets of Successful Teenagers (\$20)

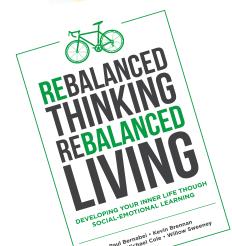
Top 20 Teachers: The Revolution in American Education (\$20)





Top 20 Parents: Raising Happy, Responsible and Emotionally Healthy Children (\$17)

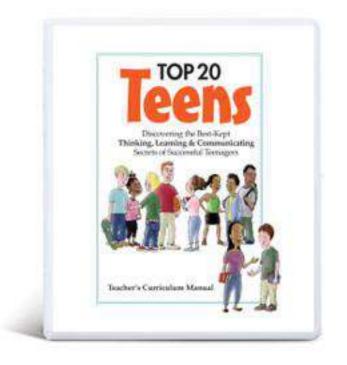
Why Students Disengage in American Schools and What We Can Do about It (\$20)



Rebalanced Thinking, Rebalanced Living
Developing Your Inner Life through
Social-Emotional Learning

Grade K-6 Interactive Curriculum Smartboard or PowerPoint





Grades 3-6 Curriculum

Grades 7-12 Curriculum

TOP20 TRAINING

Paul Bernabei, Director paul@top20training.com 651-470-3827

To order books, curriculum, posters, journals or buttons go to the Top 20 Store on the Top 20 website: www.top20training.com.