

POWER UP ~ Intentionally Making a Difference

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"I am not a product of my circumstances. I am a product of my decisions." —Stephen Covey



Do you know you have the POWER to influence?

POWER UP is designed to inspire, encourage, and share how to intentionally think your way into having a positive- lasting- impact by using **PERSONAL POWER** to create environments **WHERE CHILDREN THRIVE**.



Influence is defined as the capacity to have an effect on the character, development, or behavior of someone or something. Dictionary.com

YOUR INFLUENCE IS POWERFUL. IT MAKES A DIFFERENCE in YOUR CENTER and YOUR LIFE!

PERSONAL POWER QUIZ

Score for each statement of 1-10. **1 point** for "I never feel this way" and **10 points** for "I always feel this way".

1. I am in control of my classroom _____
 2. I know what the children need _____
 3. I hold myself in highest respect _____
 4. I know my strengths as childcare pro _____
 5. I keep my cool even if parents get upset _____
 6. I keep calm despite children acting out _____
 7. I can make decisions with confidence _____
 8. I can share _____
 9. I can lead _____
 10. I am happy at work _____
- Total your points. _____

Awareness

Why is this important?



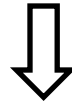
What Drains You?

Emotional Response



Hurt?

Mad- Frustrated?



Dr. Jan Orman's Recommendations Managing Strong Emotions - YouTube



Emotional Regulation Skills




Learning to tolerate emotional discomfort without acting on it or making it worse.

Indicators:	Tips
Emotional Outbursts	S top
Impulsive Behavior	T ake a deep breath
Relationship Issues	O verride thoughts
Violence or Addictions	P ull back
	P ractice - Proceed

Handling Emotions Correctly will Improve the Quality of Your Life!



Control Your Influence Use the H.A.L.T Principle

- H. _____ 
- A. _____ 
- L. _____ 
- T. _____ 