

Who Moved My Peace?

Core Values of Leadership

Class Description:

This session will focus on personal/individual strengths and weaknesses related to their function in leadership roles. Participants will participate self-examination/exploration exercises designed to identify their own personal beliefs related of perception, communication and negative relationships. Interactive participation will also explore "impostor syndrome" and concepts of change.

Class Objectives:

Upon Completion participants will be able to:

- Understand their own role in creating and maintaining their own 'Peace.'
- Identify the motives which effect their own perspectives and choices.
- Identify some of the strengths/weaknesses in their own communication styles.

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Class Quiz: True/False

1. Using a daily gratitude list can change your mind set for the rest of your day.
2. Your 'Best Self' reflects your outstanding qualities.
3. Your 'Anti-self' can keep you from being your best.
4. Worrying is the most productive activity you can spend time doing.
5. The five elements of change are: Curiosity, Honesty, Openness, Willingness and Focus.
6. The most difficult stage of change is stage 5 – maintenance (sustaining new behaviors).

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Class Evaluation

Student Information:

Name: _____ Date: _____

I am a (check all that apply):

- RN LPN NHA HR DON ADON
 MDS Nurse Corp. Nurse Nursing Assistant Other: _____

Number of years in the profession:

- 2 or less 3 - 4 5 - 8 9 - 12 13 - 16 17 or more

Type of facility:

- Nursing Facility Home Health/Hospice CCRD Home for MRDD
 Assisted Living Supplier Other: _____

Session Evaluation:

	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree
Program fulfilled by expectations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Topics were of interest to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Audio-visual was effective.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Objectives were clearly stated and met.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would recommend this seminar to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Speaker Evaluation:

	No Opinion	Poor	Fair	Good	Excellent
Peg Tobin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mary Taylor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments:
