

# Emotional Anorexia

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- Connecticut Association of Schools
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Topics

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Gratitude

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Helgesen

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Goldsmith

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WHY

- Grandfather's Story
- Story of the
- Wolf with Two Heads






# Gratitude

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- Gratitude Journeys
- Activity
- Random Acts of Kindness
- Secret Santa
- Beat the Odds

# Words Matter






*Sometimes you forget that just beyond the clouds  
the sun is shining.*

Desmond Tutu,  
Anglican archbishop, theologian, human rights activist,  
Nobel Peace Prize winner





**STOP BEATING  
YOURSELF UP.  
YOU ARE A WORK  
IN PROGRESS;  
WHICH MEANS  
YOU GET THERE A  
LITTLE AT A TIME,  
NOT ALL AT ONCE.**

# The Twelve Steps To Self-Care

1. If it feels wrong, don't do it
2. Say exactly what you mean
3. Don't be a people pleaser
4. Trust your instincts
5. Never speak bad about yourself
6. Never give up on your dreams
7. Don't be afraid to say no
8. Don't be afraid to say yes
9. Be kind to yourself
10. Let go of what you can't control
11. Stay away from drama and negativity
12. LOVE

LifeLearnedFeelngs



# 14 Ways to Motivate Yourself One Cube Coaching

- Breathe with Nature
- Set a Routine
- Journal
- Gratitude
- Multitasking to Singletasking
- Congratulate Yourself
- Become a Helper
- Sleep
- Seek Support
- Read Positive Quotes
- Practice Self-Care
- Reward Yourself
- Get Control Back
- Exercise



What We Think, Divides Us

What We Feel, Unites Us

William Sommers

# How Women Rise

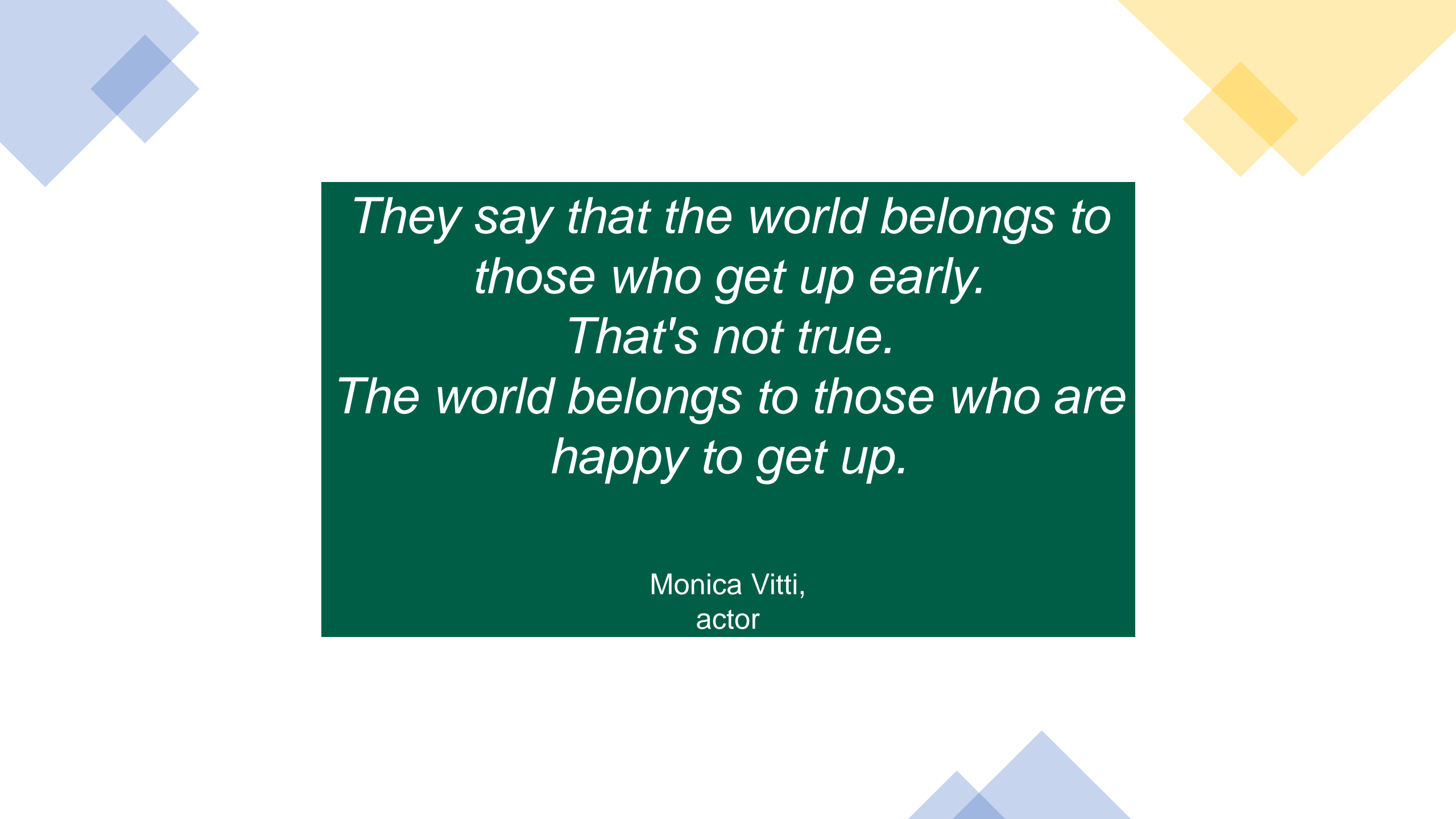
## Sally Helgesen & Marshall Goldsmith

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- Reluctance to claim your achievements
- Expecting others to spontaneously notice and reward your contributions
- Overvaluing expertise
- Just building rather than building and leveraging relationships
- Failing to enlist allies from day one
- Putting your job before your career
- The perfection trap.
- The disease to please
- Minimizing
- Too much
- Ruminating
- Letting your radar distract you

Don't  
Judge  
Too  
Quickly





*They say that the world belongs to  
those who get up early.  
That's not true.  
The world belongs to those who are  
happy to get up.*

Monica Vitti,  
actor

# 5 Things You Can't Change

David Richo

Everything changes  
and ends

Things don't always  
work as planned

Life is not always  
fair

Pain is part of life

People are not loyal  
and loving all of the  
time

# Mojo Killers Marshall Goldsmith

*Over-Committing*

*Waiting for the Facts to Change*

*Looking for Logic in All the Wrong Places*

*Bashing the Boss*

*Refusing to Change Because of “Sunk Costs”*

# FeedForward 11 Reasons

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We can change the future. We can't change the past

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More productive to help people be "right"

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Suited for successful people

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Can come from anybody. Ask people with experience

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Feedback can be understood as personal

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Can reinforce Stereotypes

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We all hate negative feedback

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Can cover the same issues as feedback

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Faster and more Efficient

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Can be used with anybody at any level

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People tend to listen about the future




# Lifestorming Weiss & Goldsmith

- I'll be happy when.....
- You create your legacy every day, not at the end of your life.
- Logic makes us think, but emotions make us act.
- What behaviors do you want to change?
- Reciprocity. Who will check progress?
- Read widely
- Create short-term deadlines
- Be willing to talk to close friends





# Eight Steps to Improvement

1. Ask
  2. Listen
  3. Think
  4. Thank
  5. Respond
  6. Involve
  7. Change
  8. Follow-Up
- 

Start with  
WHY  
Simon Sinek

WHY

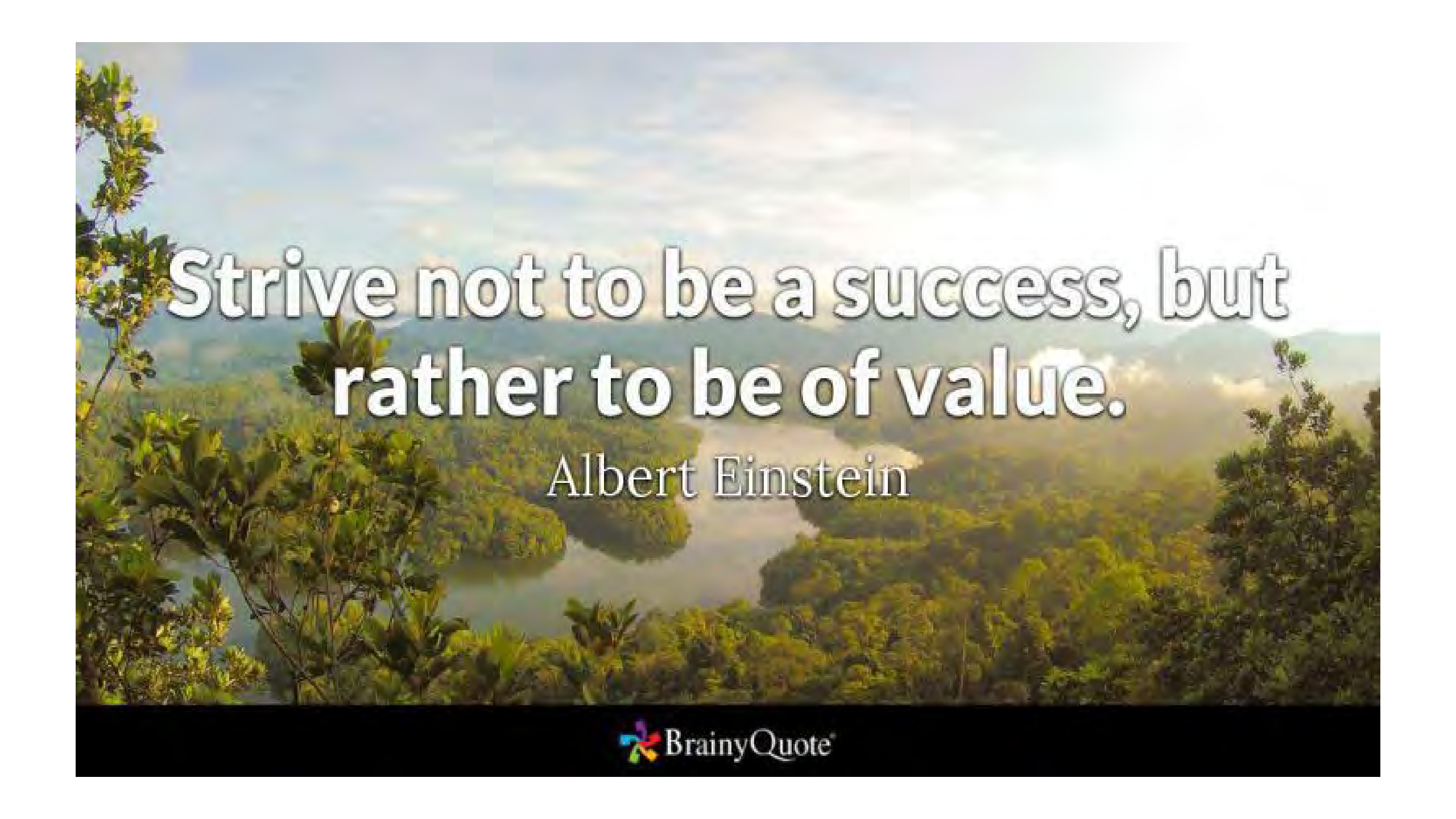
HOW

WHAT

# The 9 WHYs:

1. **Contribute:** To contribute to a greater cause, make a difference, add value or have an impact
2. **Trust:** To create relationships based on trust
3. **Make sense:** To make sense out of things, especially if complex or complicated
4. **Better way:** To find a better way and share it
5. **Right way:** To do things the right way
6. **Challenge:** To think differently and challenge the status quo
7. **Master:** To seek mastery and understanding
8. **Clarify:** To clarify or create clarity
9. **Simplify:** To simplify

WHY



**Strive not to be a success, but  
rather to be of value.**

Albert Einstein

Burnout is not caused by too much to do

Burnout is caused  
when we do not see results  
from your efforts

Andy Hargreaves  
Paraphrase

# What Can YOU Do?

3 : 1 Positivity  
Ratio

Partnership,  
Intimacy, Human  
Connections

Who do you  
hang with?

Get a Coach

Exercise

Journal

Meditation

Prayer

Avocation

Read

# There is a Hole in the Sidewalk

Portia Nelson

## Chapter 1

I walk down the street

There's a deep hole in the sidewalk

I fall in... I am lost... I am helpless

It's not my fault

It takes forever to find a way out

## Chapter 2

I walk down the same street

There's a deep hole in the sidewalk

I pretend I don't see it

I fall in again. I can't believe I'm in the same place. But, it isn't my fault

It still takes a long time to get out



# Hole in the Sidewalk

Continued

## Chapter 3

I walk down the same street.  
There is a deep hole in the  
sidewalk.  
I see it is there.  
I still fall in ... it's a habit.  
My eyes are open  
I know where I am.  
It is my fault.  
I get out immediately

## Chapter 4

I walk down the same street.  
There is a deep hole in the  
sidewalk.  
I walk around it.

## Chapter 5

I walk down another street


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- *Copyright (c) 1993, by Portia Nelson from the book There's A Hole in My Sidewalk. Reproduced with kind permission from Beyond Words Publishing, Hillsboro, Oregon.*
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- WHY Institute

SHAWN GINWRIGHT

# 5 PARTS - OF - HEALING CENTERED ENGAGEMENT

**CULTURE**  
Have restorative conversations about identity  


**RELATIONSHIPS**  
create spaces to be vulnerable and empathetic  


**MEANING**  
Remember your purpose  


**AGENCY**  
develop youth voice and encourage agency  


**ASPIRATIONS**  
Set goals  




Nimah  
Gabir  
Mind/shift

By Nimah Gabir for @MindshiftKAPD