Take Life by the Helm

Optimizing Multi-Use Leadership in the 21st Century

With Doug Nielsen
Peak Leadership Performance
OPPORTUNITY IS NOWHERE
Ever felt overwhelmed as a subcommittee member dealing with change?
81% of people feel out of control.
Scientifically proven
Sometimes I feel that I have the worst job in the world!

Ya...right!
There is no passion to be found playing small in settling for a life that is less than the one you are capable of living.

- Nelson Mandela -
3 Metaphors for Taking Life by the Helm

Live the Critical

Laser Focus

Achieve Results
Go to Helm:

Get your ship together
Asleep at the wheel?
AND YOU THINK YOUR JOB STINKS?
What will sink your
LeaderSHIP?
Your Apathy (67%)
BORÉD?
“What are your personal anchors that keep you connected to yourself and your sense of well-being?”

~Gail McMeekin
Look at the dot on the nose
15 seconds

Now look here
Anchor into your Mojo

- 1 word-Anchor
- Anchor to daily

Fill your reservoir so full in the morning that you don’t have to think about yourself the rest of the day
Success is not found in doing BIG things occasionally, but in doing small things daily.
A wish for the difficult people in your life
Free gift for you:

Doug’s Daily Dose

Ignite & Energize

Culture 3.65

Simple ways to Ignite Performance
365 Days a Year
2) Chart Your Course
Reverse Engineer Your Day

Chart your Course to your Anchor

- Top 3 Emotions/Memories
- Big 3 Activities
CAUTION
DO NOT ENTER
Distracted by Mind Pirates?
1) Point the finger of blame

100% Own Happiness

2) Start your day blindfolded

Identify your BIG 3

3) You feel emotionally sick

Focus Creates Emotions
Keeping focused takes effort

How many legs?
The Process of: Charting Your Course

9 Minutes a day of planning

- Anchor to your Core
- Identify End Emotion/Memories
- Identify Big 3 & Chart a course to your goals
$15.00 for 1  or  $20.00 both

Leaders are learners...Leaders are Readers
3) Take the Helm & Set Sail
“Anyone can read a book or attend a seminar. The trick is turning knowledge acquired into action.”

Stanford University Researchers
You only have two Choices:

Only sign of life is growth
Taking the Helm

119104

Choose Your Attitude
Choose your Action
Take Life by the Helm:
100% ownership for your attitude & actions

- Meaning
- Now (No future/past)
- Serve
- Gratitude
“Did I Make a Difference?”

How do you measure success?
“If you are called to be a street sweeper you be the best...”

Martin Luther King Jr.
Procrastination: The beginning of depression

Action: The antidote to despair
"Ownership for how you’re feelin’
Good or bad, or in-between-in’
You must choose which way to be,
As for me...all is Groovy!!!!!!!!!!"
Follow Doug on:

✓ facebook.com/dougspeaks

✓ @doug_speaks

✓ 30 day follow up

✓ Know a group?
Your Greatest Day?

◆ Your happiness is your own dang fault
◆ Success begins with ownership
◆ Solutions begin and end with the person in the mirror
Taking the Helm
Pause…
Breath…
In the “Now” ask…
How much control do I have?
Take Life by the Helm

What is the most honorable action to take?

Can’t always control what happens ONLY what you do NEXT
Take the Helm...
“It doesn’t matter how much you do...its how much love you put into the doing.”

~Mother Teresa
Take the Helm & Set Sail

- Everything you want is just outside your harbor (do it)
- Course correct: write down progress daily
Go to Helm: Get your ship together

One Plan: Chart your Course

One Action: Take the Helm & Set Sail

Compass of Continuous Improvement

One Word: Anchor to your Core
COURAGE
Do one brave thing today... then run like hell.
“You can not consent to crawl when your spirit wants to soar!”

-Helen Keller
Welcome Home

Our Hero

Daddy
Doug Nielsen, LCSW, CSP

Own YOUR Situation - Own YOUR Solution - Own YOUR SUCCESS

Doug’s New BEST SELLER NOW AVAILABLE

TAKE LIFE BY THE HELM!
Proven Strategies for Gaining Control
How to Live a Courageous, Adventurous and Deliberate Life

Doug Nielsen
The Lake University Specialist

www.dougspokes.com
Call to Greatness

You are not here to live a mediocre life regardless of the tragic events you will face. These events can open you up to opportunity or canker your soul into a living cesspool of cynicism & victim mentality.

You are here to live an amazing life, a miraculous life with an indomitable spirit. If it weren’t for your challenges, there would be no miracles. You must do that which seems impossible, for it is only in the impossible that miracles are had.
Break Free from Excuses
My Promise to YOU:

1) Inner peace
2) Personal growth
3) Better member service
Take Life by the Helm

Motivate Others Through Connection

With Doug Nielsen
Red=Movie
Green=Dessert
Orange=Vacation Destination
Blue=Music Artist/Group
Yellow=Super Hero
Brown=Something no one knows about
“Show me someone who has done something worthwhile, and I'll show you someone who has overcome adversity. “

-- Lou Holtz
Connection is the secret of great member service
The latest research on motivating others through connection
The Process of:
Daily Charting Your Course

- Connect your Anchor Statement
- Identify End Emotion/Memories based on your Anchor Statement
- Identify BIG 3 & Chart a course to your goal(s)
- Take the Helm and “do it”
Connection got you Knots

Communication

Teamwork

Initiative

Problem Solving
“I don’t know all your psycho-babble mumbo jumbo, but I do know how to win the hearts’ of people and once you win their hearts’, they’ll walk through fire for you!”

- Wes Nielsen
Connection...is there a strategy?
A. The Dominant Lion:

- Behavioral Style
- Biggest Needs
- Weakness
- To Be Effective
B. The Social Dolphin:

- Behavioral Style
- Biggest Needs
- Weakness
- To Be Effective
C. The Supportive Retriever:

- Behavioral Style
- Biggest Needs
- Weakness
- To Be Effective
D. The Wise Analytical Owl:

- Behavioral Style
- Biggest Needs
- Weakness
- To Be Effective
Welcome to the Credit Union

“Death Zone”

What will kill a Member- Centric Culture?

The answer may surprise you…
“What will SINK your Credit Union?

Your Apathy (67%)

B O R E D?
Connection the Key to Member-Centric Culture
Take Life by the Helm

Thriving through Change

With Doug Nielsen
What Makes a Great Leader?
Crisis
Stinky Outcomes of Change

- Victim mentality
- Low esteem
- Under or over reacting
- Anxious / low mood
- Blame
- Impatience
- Bored...empty feeling
- Cynical attitude
- Self righteous
FIVE STAGES OF CHANGE:

1. **Alarm**, Shock & Denial
2. **Emotions** (Anger/Numbness) / Resistance
3. **Bargaining**
4. **Breakdown**, Apathy, Exhaustion
5. **Acceptance**, Understanding, Resolution

What stage are you currently in?
Change Reframe?

Think of 3 major changes in your life?

What did you learn?
Want to deal with Change in a healthy way?

Try this...

- Depressed 1:1
- Average 2:1
- High Performers 3:1
What mental illusion is tearing at your thinking?
During change you get what you focus on...what are getting?
Ownership: the antidote for Change

Are You at the Helm? Your attitude (heart) will tell you
Battle for one another during change
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Change &
Tower of Cards

Communication
Teamwork
Initiative
Problem Solving
Star Light, Star Bright…
“You can not consent to crawl when your spirit wants to soar!”

-Helen Keller
Break Free from Excuses
Welcome Home

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NOW AVAILABLE

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Perception

Seeing things differently, yet the same
FRIENDSHIP with oneself is all-important, especially when you have no other friends.
Call to Greatness

You are not here to live a mediocre
to average life, despite your challenges.

You are here to live an amazing life, a miraculous
life with an indomitable spirit. These events can
open you up to opportunity or canker your soul into
a living cesspool of cynicism.

If it weren’t for your challenges, there would be no
miracles. You must do that which seems
impossible, for it is only in the impossible that
opportunities are to be had.

Doug Nielsen
3 Keys for High Performing Leaders:

- Provide a clear vision
- Provide needed information, tools and skills
- Hold themselves and others accountable
Anchor Statement
ACCOUNTABILITY
This is your fault