Challenges?
Don't limit your challenges; challenge your limits. Each day we must strive for constant and never ending improvement.

Tony Robbins
Communicate
Believability of Our Communication

- Verbal/Words = 7%
- Vocalics = 38%
- Nonverbal = 55%
Choose a 3 Digit Number

No Zeros - like 302
No Repeats - like 212
Math is Fun!

\[
\begin{align*}
981 & - 989 \\
\hline
792 \\
+ 292 & \quad \quad \quad 0 \ XX \\
\hline
1089 \\
\end{align*}
\]  

Emotional Intelligence
Emotional intelligence

- Increased Team Performance
- Increased Leadership Ability
- Increased Personal Well-being
- Decreased occupational Stress
- Reduced Staff Turnover

Improve Decision Making
People with a solid sense of self-awareness generally have more **self-confidence**, and they have a more realistic assessment of themselves.

Daniel Goleman, psychologist specializing in self-awareness and emotional intelligence
FUN
Seek opportunities to:

• Communicate better
• Strengthen Emotional Intelligence
• Have some fun

Challenge yourself as a leader
The challenge of Leadership
Is to be strong, but not rude;
Be kind, but not weak;
Be bold, but not bully;
Be thoughtful, but not lazy;
Be humble, but not timid;
Be proud, but not arrogant;
Have humor, but without folly.  

- Jim Rohn
Thank You!

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