

Closing/Opening Doors
Effective Change is a Process



Presenter Life Path: Diane Vendiola



- ★ Swinomish Mental Health Coordinator
- ★ Mom and Grand-mother
- ★ Educator
- ★ Mediator
- ★ Promotes Healthy Lifestyle



Presenter Life Path: Rudy Vendiola, M.Ed.



- Ferndale Indian Education Director
- Early College Coordinator
- Coach Boy's & Girls Tennis Player
- Mediator
- Life Long Learner
- Cultural Singer



Training Keys

- ⇨ Inter-active workshop.
- ⇨ Experiential learning.
- ⇨ Group learning.
- ⇨ Provide new insights to healthy change.
- ⇨ Enjoy the learning process.

Training Learning Points



- ☺ Fruits of your Success
- ☺ Brutal Honesty
- ☺ Four Faces of Frank
- ☺ Secret Sounds of the Forest

Fruits of Your Success



- ⌘ Personal self-analysis.
- ⌘ Pair up with someone you don't know.
- ⌘ "What is the worlds longest living thing?"

Brutal Honesty: Motivation & Personal Achievements



- ★ Prioritize five important motivators
- ★ List personal achievement aligned with motivator.

Example:

#1 **Money**: Provide for family

#2 **Feeling of Accomplishment**: Student graduation ceremony

#3 **Pleasure**: Enjoy what I do.

Four Faces of Frank: Personality Types



Please divide into 4 groups.

- 👤 ANALYST
- 👤 GOOD BUDDY
- 👤 ARTIST
- 👤 TASK MASTER



Tell Me A Story
Becoming Sensitive to Personal Feelings



Tell Me A Story: Reflection Questions



✦ Think of your work assignments in the last 2 weeks.

✦ Did or could any of your unheard feelings/ ideas had an effect on your work assignments?

Example:

Unspoken thanks, Sadness, Pleasure, Discomfort, etc.

“Hysqhe” for Listening & Participating.



Any questions?


