

THRIVING THROUGH INTERCHANGE

With Jen Lara
Professor and Coach
Anne Arundel Community College
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BACK-TO-BACK, FRONT-TO-FRONT

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Hello, I'm Jen Lara

- Professor of education and coaching
- Anne Arundel Community College (serve the Annapolis, Maryland area)
- Maker/dabbler
- Social media project: @thecoachingprofessor
- On brand for me....

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DESIGN OUR RELATIONSHIP

(aka:
Collaborative
Agreements)



All in with grace

Make this your own



Stretch yourself:
Comfort zone +1

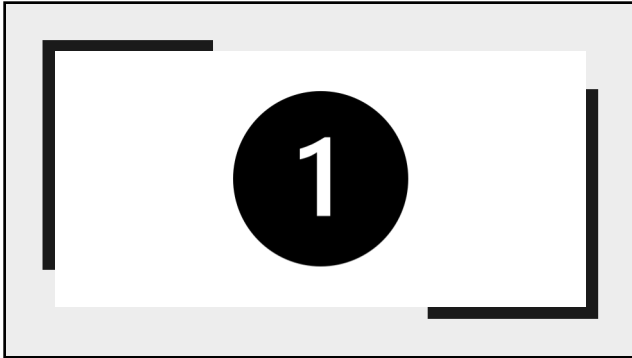
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6 COUNT ACTIVITY

6



7

EMBRACE AGILITY

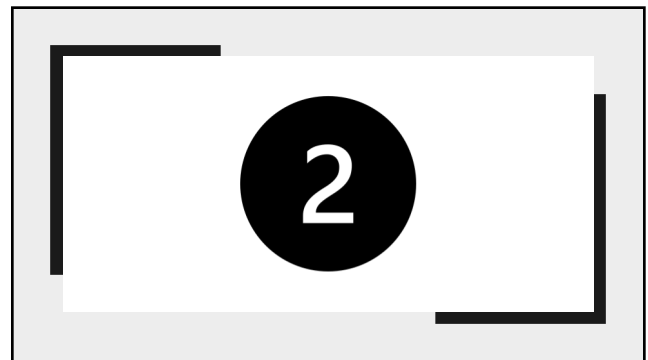
- Agility: The ability to adapt and change
- In mindset, attitude, and energy
- Research findings: Increased....
 - Job satisfaction
 - Productivity
 - Employee engagement and morale
 - Work-life balance
- Without agility...
 - Less likely to enjoy work
 - More likely to quiet quit or loud quit
 - More likely to be disengaged

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THREE THEMES TO THRIVE THROUGH INTERCHANGE

- 1 Embrace agility
- 2
- 3

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Captain, crew, cargo

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Your sustainability

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Captain, crew, cargo



It's like Goldilocks....

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Awesome meter

Is this fulfilling?
Is this sustainable?
Fueling + refueling
yourself?



Way too high;
Unsustainable;
Be more like
cargo

Way too low;
you're probably
not attending
this conference

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If we don't prioritize
self-care + ourselves,
we won't sustain.

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Be thinking right now...
What do you want to say
YES to at this conference
to fuel yourself ?

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PRIORITIZE SELF-CARE

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THREE
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THRIVE
THROUGH
INTERCHANGE

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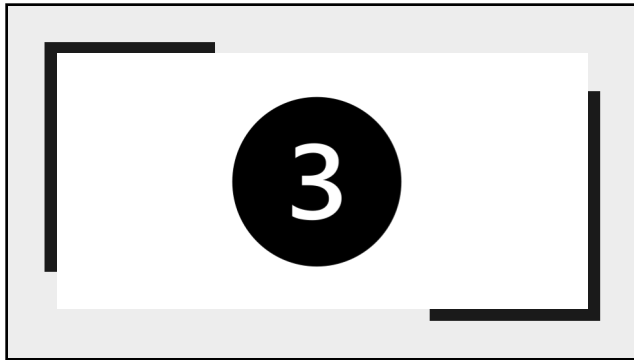
Embrace agility

2

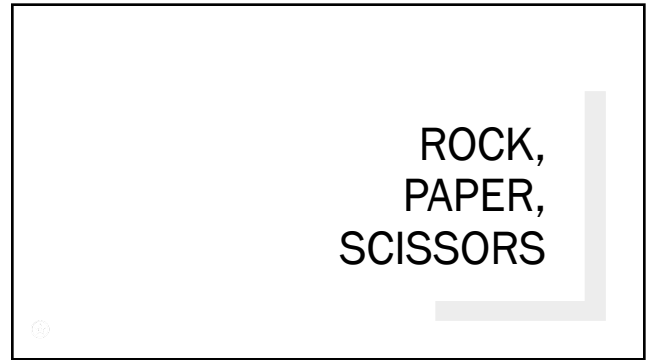
Prioritize self-care

3

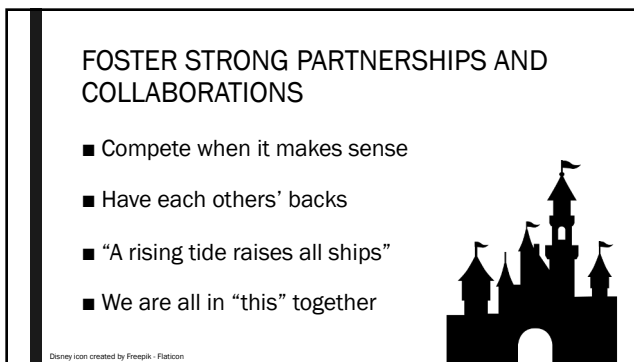
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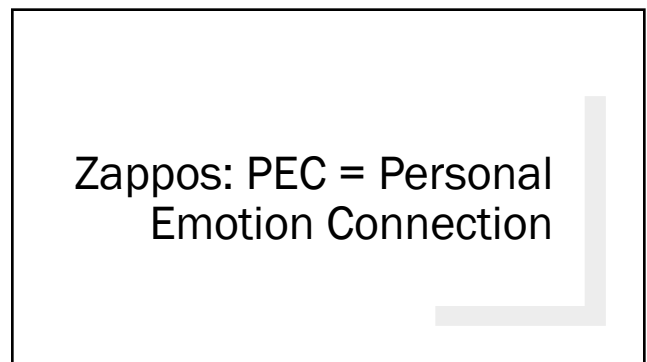
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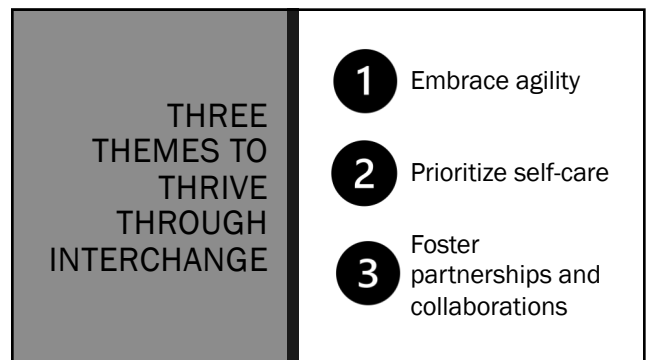
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What are you taking away
from our time together?
What do you want to
remember?



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Thank you & let's connect!
Invite me to your organization.
I love meeting new people, traveling, & sharing.

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Join me on
Saturday at the 2pm workshop,
FOUNDATIONS OF COACHING

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Thank you!

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