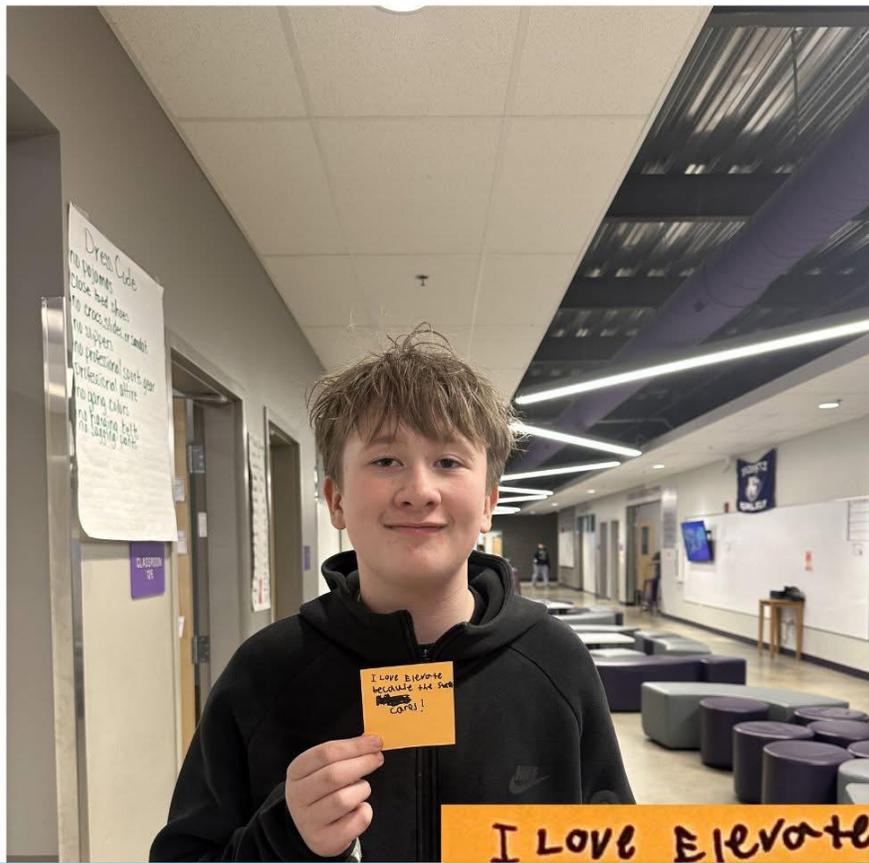


# From Burnout To Brilliance

**BRILLIANCE**

**Building Connection**





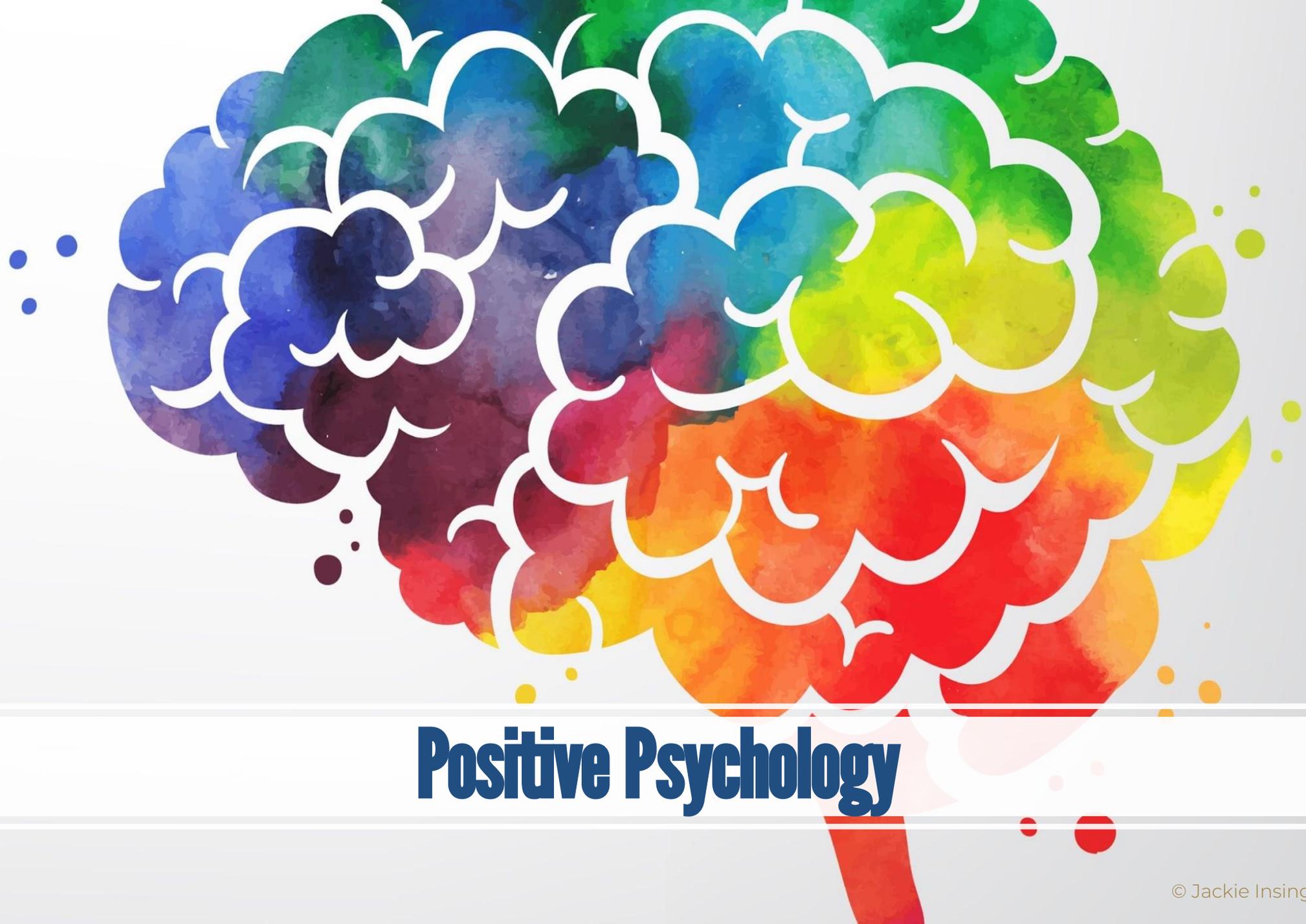
**We are ALL the leaders of our own lives.**

**We can choose our outlook.**

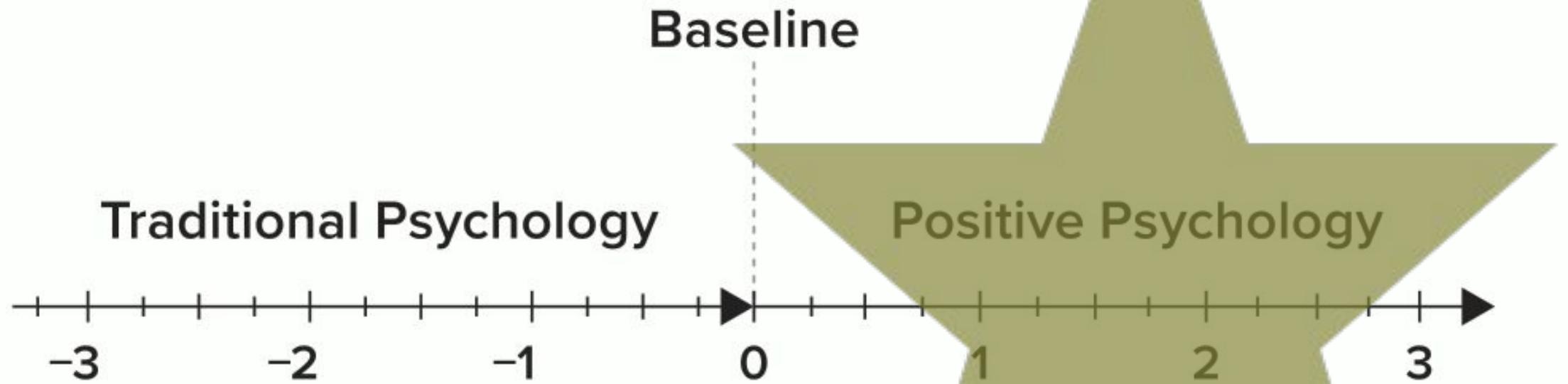
**We can choose our perspective.**

**We can choose happiness.**

**We can Lead staff and students to do the same.**



# Positive Psychology





# what is brilliance?

A hand is shown holding several lit sparklers, which are emitting bright, golden sparks. The background is a soft, out-of-focus bokeh of warm, golden and white lights, creating a festive and celebratory atmosphere. The overall color palette is dominated by warm tones like gold, orange, and soft blue.

The unique **Spark** in you that  
ignites your potential and brings  
others along with you.

A hand is shown holding a lit sparkler, with bright sparks radiating from the tip. The background is a soft, out-of-focus bokeh of warm, golden light circles, creating a festive and celebratory atmosphere. The text is overlaid on the lower half of the image.

Identify the **Spark** of someone in  
your own life. Write it down.



# **CREATE AUTHENTIC CONNECTIONS**

# GOLDEN RULE

Treat others the way **YOU** want to be treated

# PLATINUM RULE

Treat others the way **THEY** want to be treated

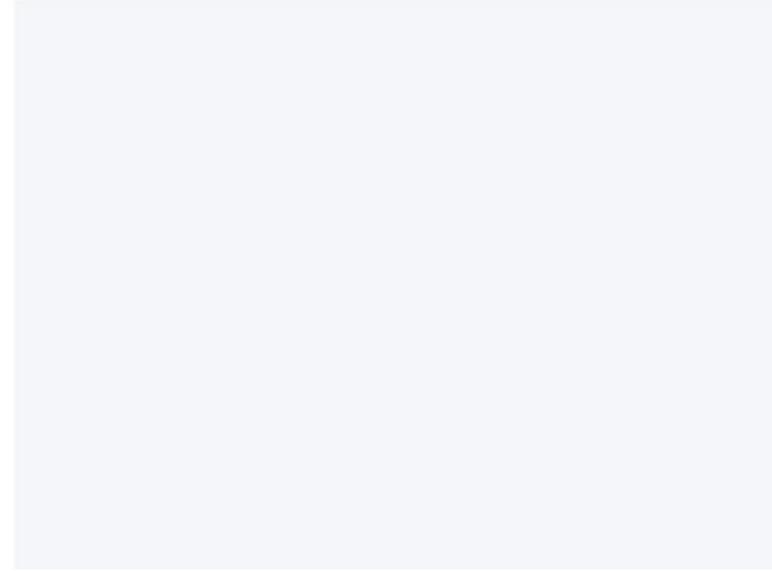
Mrs. Z



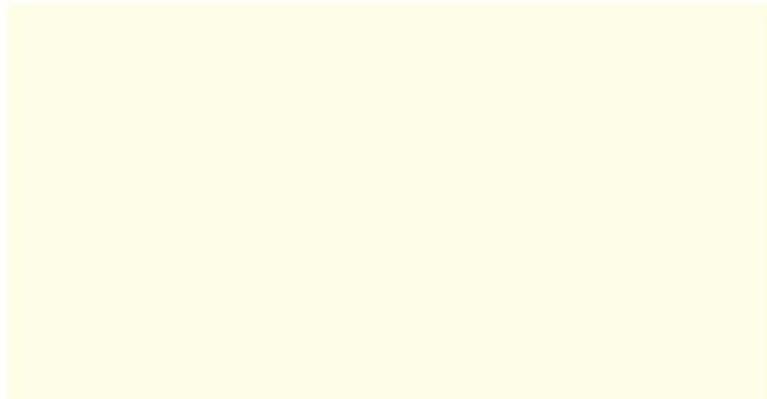
A time I experienced “gold” treatment...  
(someone had good intentions, but the  
action did not work for me).



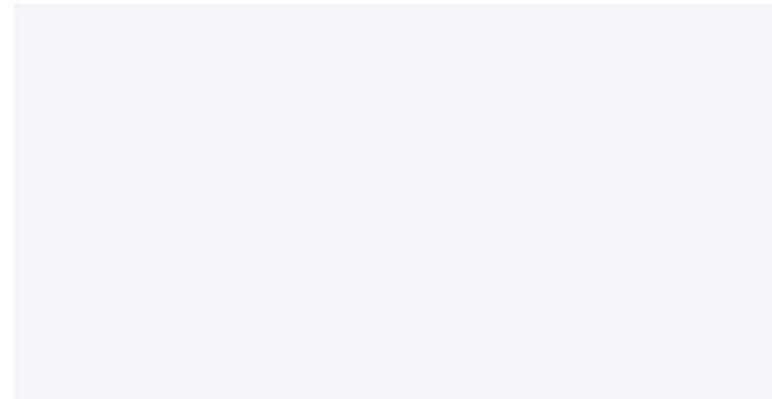
A time I experienced “platinum”  
treatment... (I felt really listened to and  
got the kind of treatment I needed).



A time I offered “gold” treatment... (I had  
good intentions, but the action did not  
work for the other person).



A time I offered “platinum” treatment... (I  
really listened to someone and gave the  
kind of treatment they needed).

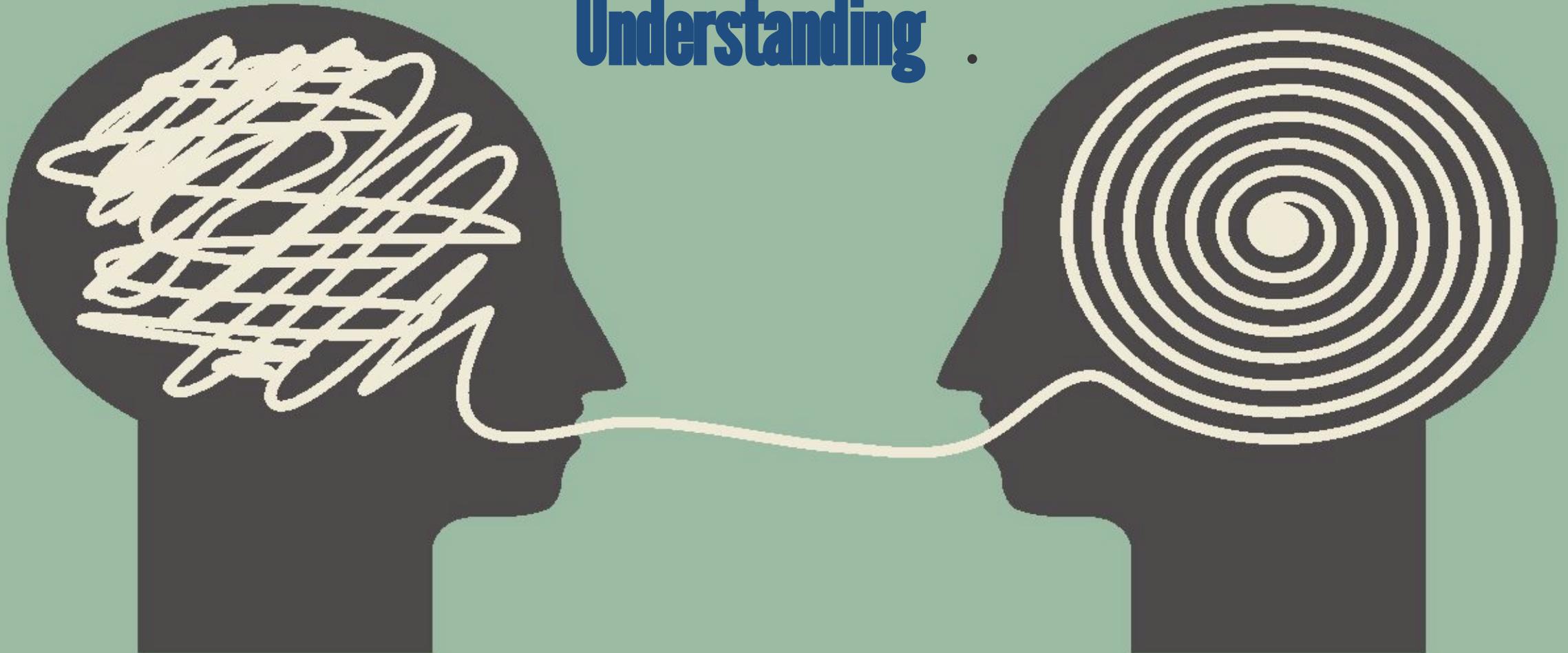




10,000  
views of the moon

# Understanding Somebody Else's

## Understanding .



# **Platinum Questions**

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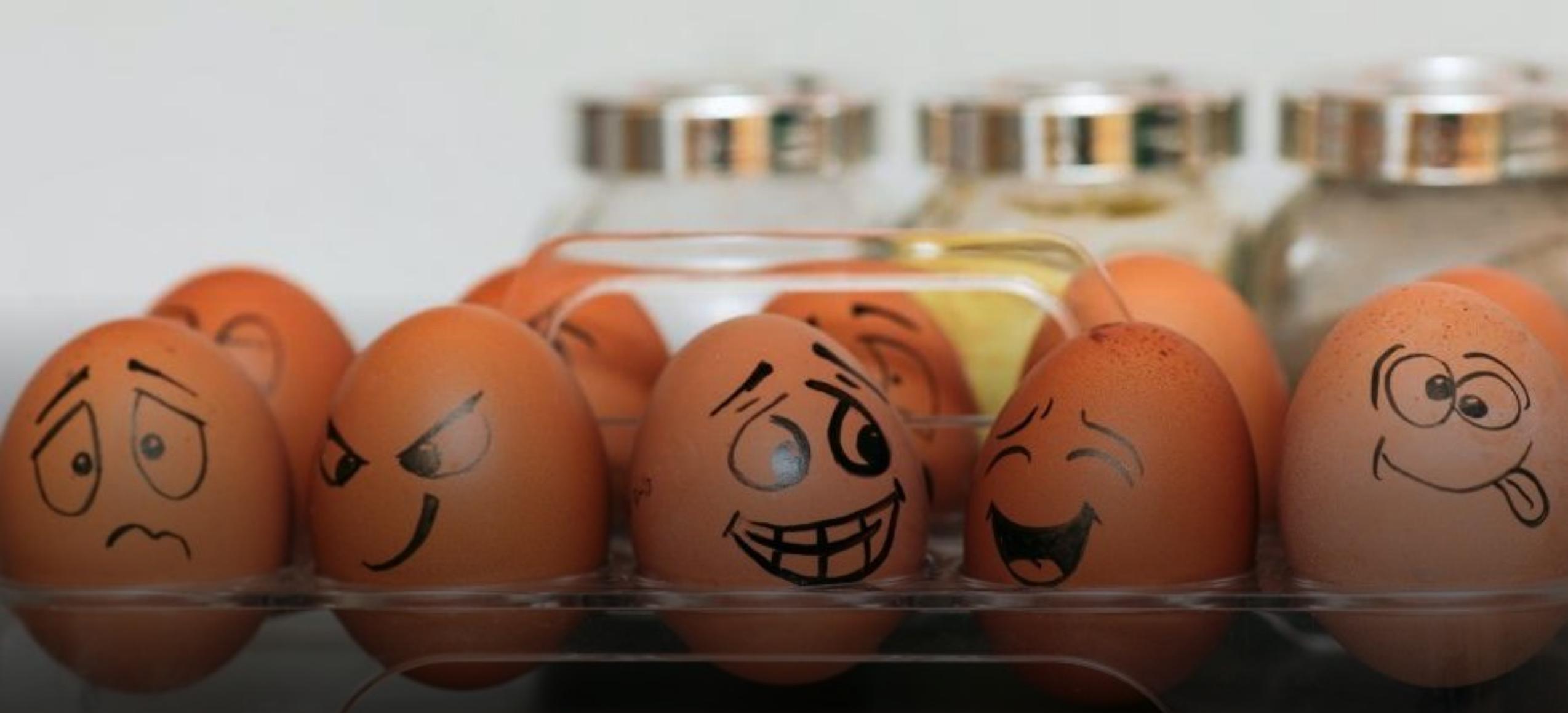
- 1. How do you feel most supported?**
- 2. How do you like to receive feedback?**
- 3. When do you feel most valuable as a team member?**
- 4. What type of recognition feels best to you?**
- 5. What would be most helpful for you right now?**
- 6. What does a win look like and feel like to you?**



# **BE THE SOURCE OF LIGHT**

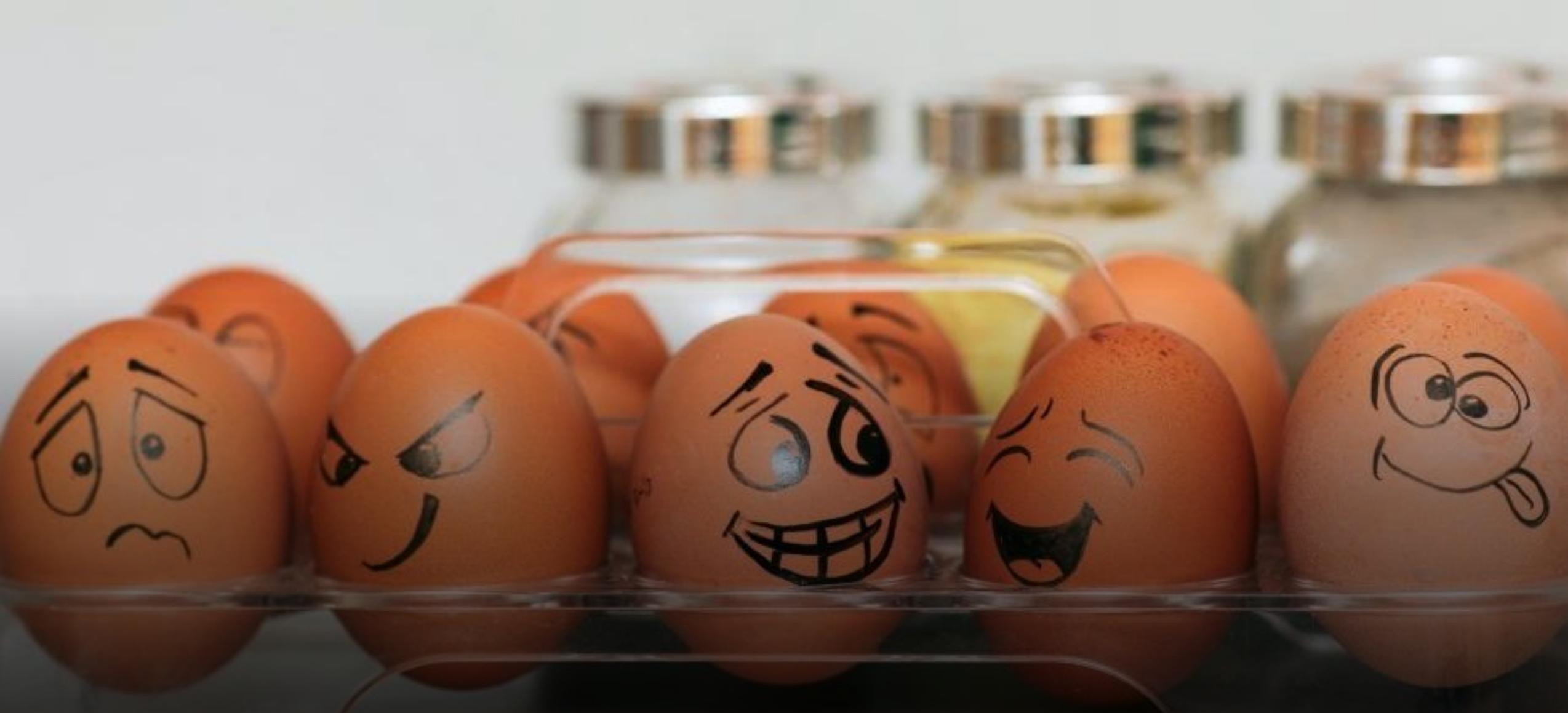
**It's not just your position that gives you your influence, it's  
your disposition .**





# EMOTIONAL CONTAGION

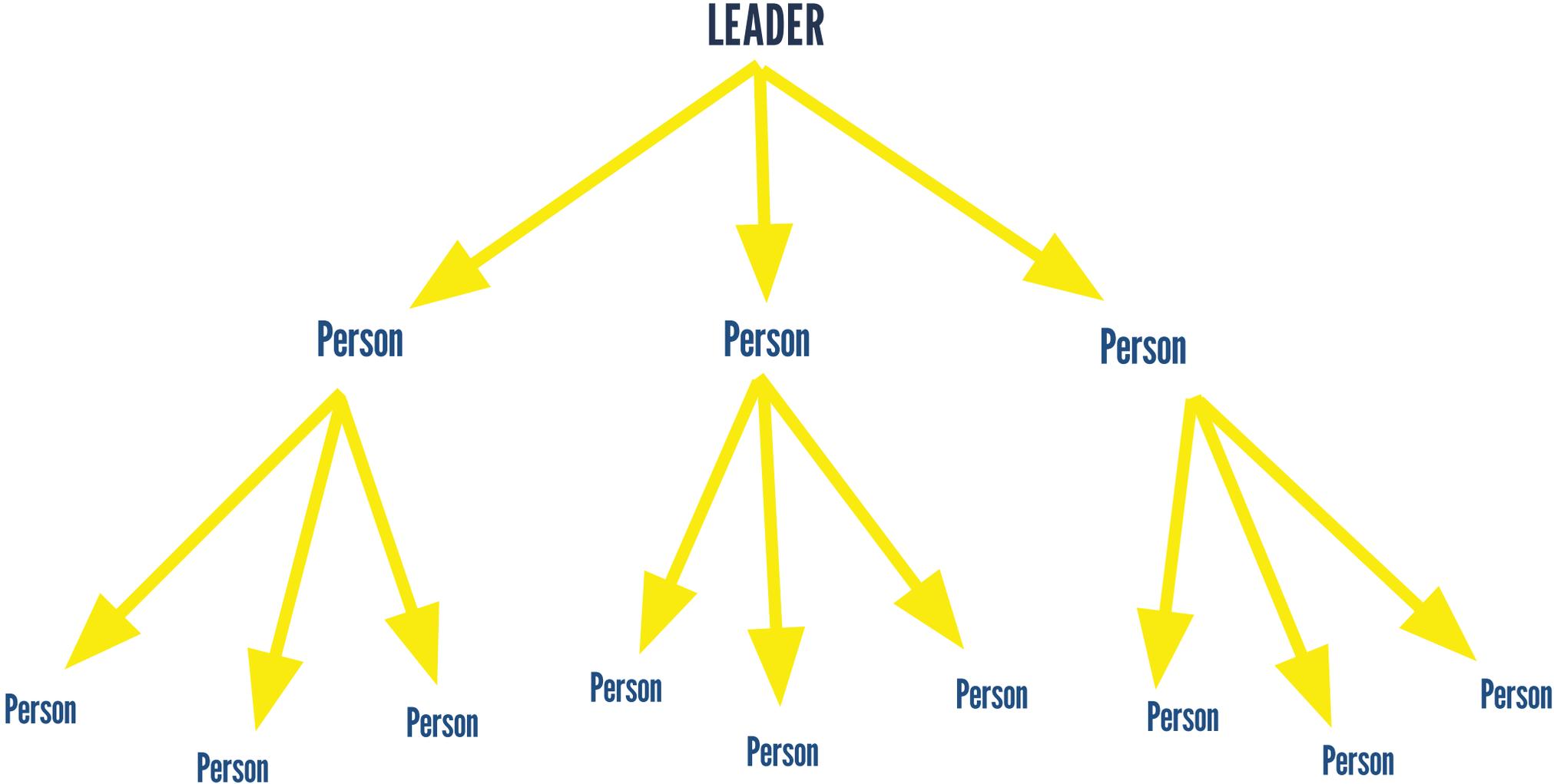




# EMOTIONAL CONTAGION



# LEADER WITH A POSITIVE OUTLOOK



**Ms. I Can't do  
Monday's**





# TED LASSO LESSO N









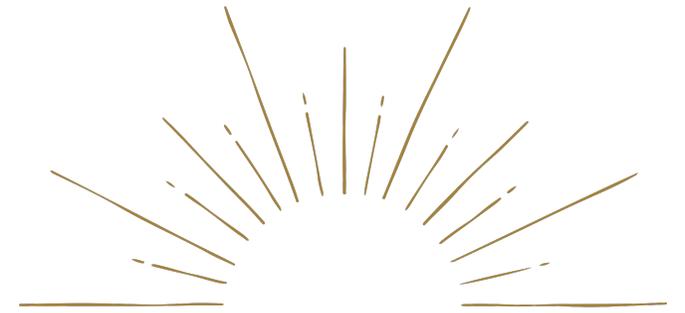
**EVERYTHING**

**IS AWESOME**

# **PRACTICAL OPTIMISM**

A man with a mustache, wearing a blue V-neck sweater over a white collared shirt, stands on a soccer field. The background shows blue stadium seating and bright lights. A large thought bubble is positioned to his right, containing the text "Who is your Ted Lasso?".

**Who is your  
Ted Lasso?**



It begins with you



**WIN small**

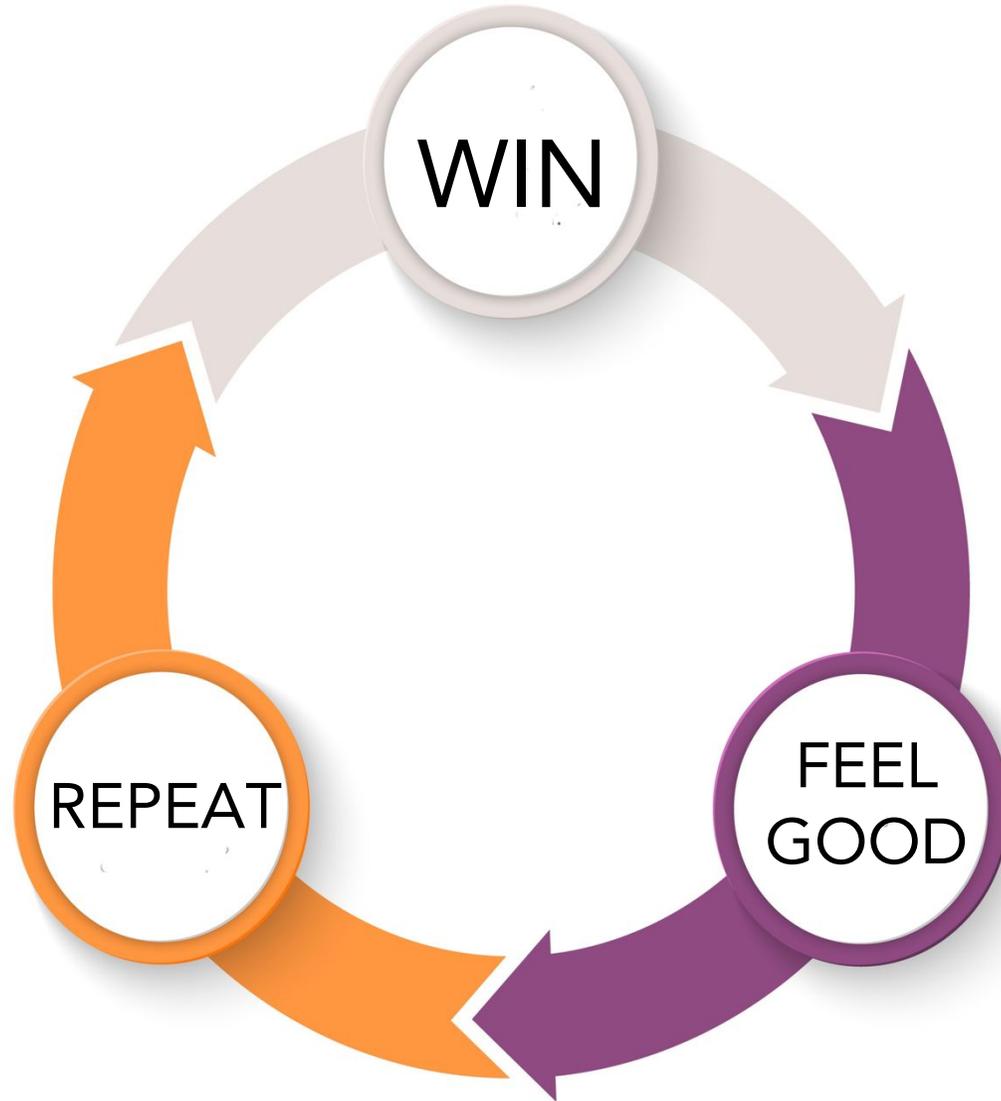
**WIN BIG**

**Progress** is a top indicator of  
happiness and is **key** to motivation

Progress is  
**DOPAMINE**  
working for you

**Wins make you want more WINS**

# Dopamine Progress Loop



TOUCHDOWN



TOUCHDOWN

# Goal Gradient Effect

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*The closer you are to the finish line the faster/harder you **run***

**What we must do is**  
**Create more *first downs.***  
**Create more *finish lines.***

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# Activity

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Think of a **first down**



**Brilliance begins with you .**

# Finding Brilliance

## Challenge

1. **Positive Psychology Gratitude Challenge** - for the next 21 days text someone why you have gratitude for them.
2. **Discover Brilliance on your Team** - Go to [principlesyou.com](https://principlesyou.com) and take the assessment. Add your team members to compare how you work with each other.
3. **Host a Spark Roundtable** - Gather your team or students and tell them what you believe makes them Spark.