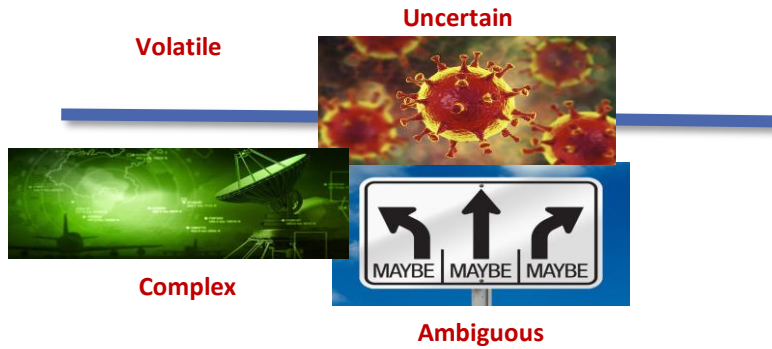
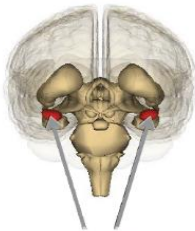


Module 1 learning review



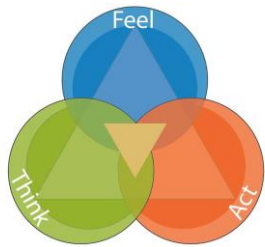
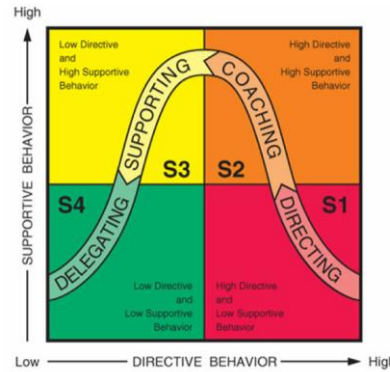
		Urgent	Not urgent
Important	1	Important Deadlines Crisis Emergencies Last minute preparations Missed work	2 Relationship Building Planning / Developing Strategy Lessons Learned Personal & Staff Development Exercise and Health
	Not important	3 Routine reports Routine meetings Many interruptions Other peoples' priorities / failures	4 Trivia Extended phone calls Some 'enjoyable' work Time Wasters

"Failure is an opportunity to grow"
GROWTH MINDSET
"I can learn to do anything I want"
"Challenges help me to grow"
"My effort and attitude determine my abilities"
"Feedback is constructive"
"Success is the result of learning"
"I like to try new things"



This phenomenon is known as **neuroplasticity.**

Amygdala - act like 'radars', attaching emotional significance to experience and subsequently evoking an emotional response



- "Be Strong"
- "Be Perfect"
- "Try Hard"
- "Hurry Up"
- "Please Others"

