

Effective Role Modeling

In a gentle way, you can shake the world.

Mahatma Gandhi

This workbook is for you to use while watching the videos. You can take notes and write down thoughts that the videos stimulate.

It is a great way to gain a deeper understanding of the content and how it can benefit you.



Creating Perspective



Assessing the perspective

- We know what we know.
- What we know becomes our perspective.
- What is your perspective of the impact a role model can have?
- What is your perspective of who a role model must be? (societal status)
- What is your perspective of seeing yourself as a role model? (who might you be a role model to?)



Role

- The function assumed or part played by a person or thing in a particular situation.

What do you feel is your role in the workplace?

(list as many of the aspects of the role as you play it today, not what was initially thought, but your actual day to day tasks and responsibilities.)



We have and will have many roles in our lifetime.

Child	Student	Spouse
Youth	Sibling	Professional
Young adult	Friend	Leader
Adult	Athlete/Artist/	Parent
		Grandparent

Put a checkmark next to the ones you enjoyed, or feel good about.

Put an, X next to the ones that you feel you need to improve your skillset in.

It is important that you identify where you can play the role more effectively.



Role Model

- a person whose behaviour, example, or success is or can be emulated by others, especially by younger people.

We are all role models. Our behaviours are seen and felt by all we come into contact with.

The question I have for you is, how are others seeing you?



**What we see/experience
develops our core belief
system.**



Critical Thinking Exercise

Be careful the environment you choose for it will shape you; be careful the friends you choose for you will become like them.

- W. Clement
Stone

Take some time before you begin the next video and think of the environments you have been a part of and the role models that may have inspired and those who may have caused other issues you may not like about yourself.



Our struggles and successes can stem from our Role Models.

Anxiety

Confidence

Social Anxiety

Compassion

Self-Doubt

Patience

Avoidance

Integrity

Fear of Conflict

Accountability

Unhealthy Stress

Respect



The Power of Reflection

Use your memory and spend some time in reflection, (have a pen and paper handy) and write down what you can remember about some of modelling that you observed as you played the roles throughout your life. (Positive and Negative)

List the characteristics they possessed, what you would consider “good” and “poor” using your perspective.

Lastly, make a list of the characteristics you feel you possess and see if there are any matches.



Behaviour is Learned

We have learned and become what we have learned.

School Coaches Teachers
Friends Social Environments
Parents/Family Workplace
Social Media

Who has influenced you positively and how?

Who has influenced you negatively and how?



What stops us from playing our role well Ego - def.

Egotism, conceit, or self-importance.

Eg. Her ego becomes more unbearable each day.



Unhealthy EGO

Creates a feeling like others are out to ruin you.

You can feel undervalued.

You can become jealous of others and their success.

Judgement becomes a part of a lot of conversations.

Can become very loud in your thinking.

How does your unhealthy ego affect your role modeling?



Healthy EGO

Keep things in proper perspective

See opportunities

Aware of our own behavior and why

Are present to see how others are affected by our
behaviour

Emotional fulfillment

How does your healthy ego help you see things?



Expanded your perspective?

Hopefully you have seen something that you have not.

Critical thinking is critical to expand your awareness.

This process will help you see how your are role modeling who you are to the world.

We are all role modelling something.

Any ideas that would be helpful to explore or discuss in our sessions?



Respect - Pillar #1

Definition - esteem for or a sense of worth of a person.



Respect is a two way street

Respect yourself first, then you can respect others.

Respect is required from both parties.

Setting boundaries of how we wish to be treated teaches others how to respect us as we need.

Do you respect yourself? How?

Do you disrespect yourself? How?



Respectful Communication

If someone is doing something that causes you to lose respect for them, TELL THEM!

This valuable skill helps them understand healthy boundaries and how to communicate things that typically go unsaid.

It allows them to make more informed decisions.

What could you do to enhance your ability to have respectful communication with the topic or issue is challenging?



Focus points

In order to receive respect, you must possess it.

Is the key starting point of being an effective role model.

Role Model

Definition - a person whose behaviour, example, or success is or can be emulated by others, especially by younger people.



Trust - Pillar #2

Definition - reliance on the integrity, strength, ability of a person.

What situations do you find you struggle to trust yourself?

What situations do you find that you do trust yourself to handle?



Trust

Definition - reliance on the integrity, strength, ability of a person.

Why is it so hard to gain?

Why is it so easy to lose?

Do you see any benefit in being able to communicate with others when they model behaviours that make you trust/ or not trust them?



Your reputation precedes you

They do their homework.

This determines how much they trust you at the beginning.

If you are respectful, they will trust you.

Every word can build or erode how they trust you.

Trust allows them to be vulnerable and reduces the Power Differential.



Trust Building

In order for trust to be built and sustainable, it takes constant monitoring.

We can do things daily that our athletes will begin to lose trust in us.

In order to get them to do the hard stuff, they must trust us that this is the way.

Lose the trust, lose the way.



Focus Points

Trust is built from respect.

How they trust you will be determined by how you trust them.

Their self-esteem is in your hands.

Role Model trust by showing it.

Your efforts teach them how to have a relationship.



Patience -Pillar #3

Definition - quiet, steady perseverance, even tempered; bearing of annoyance, misfortune or pain, without complaint.

What happens to others when we lose our patience with them?



Patience is a characteristic

Do you have this characteristic?

What is it that causes you to lose it?

What effect does it have on them when you lose it?

Creates fear.

Shows instability.

Causes loss of respect and trust.



Focus Points

When you become impatient you give permission for others to do the same.

Be prepared for the day and what could cause your impatience.



Integrity - Pillar #4

Definition - soundness of moral character, honesty.

Your integrity shows your values.

Your values, show your value.

If you expect honesty, you must be honest.

When delivering honesty, do it respectfully.



Leading the way

Be an Effective Role Model for yourself.

This will show others a new way.

It can inspire greater things for you and for them.

The World needs more Effective Role Models.

What ideas were presented to you in this course that you feel will enhance how you role model to others?

What skills need to be developed to achieve the desired results you identified?



Focus points

Respect yourself and show others how you want them to respect you.

Trust is always a work in progress.

Patience is a core concept and invaluable in the process of achieving success.

Integrity is what makes all of these happen because it shows the values you possess.

