



The P-Code of the
Resilient Leader

My R A

LEADERS' ACTIVITIES HANDBOOK

Ramon L. Rodriguez, M. Ed.
State University of New York
Financial Aid Professionals
2014 Conference

*"A successful man (LEADER) is one
who can lay a firm foundation
with the bricks that others throw at him."
Sidney Greenberg*

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Monroe Community College
STATE UNIVERSITY OF NEW YORK

Respect

Respect for self and others in words and deeds.

Responsibility

Responsibility for one’s own success through personal accountability

Reality

Reality of the expectations and standards in a college environment

My expectations of you in My^{RA} presentation are high, and I hope you appreciate greatly this opportunity to be attending this presentation!

View My^{RA} as a stepping stone in your leadership development where you will gain foundation skills to furthering your leadership vocation. I hope you realize as the presentation proceeds that you will be learning important skills that will help you in many areas of your personal life.

During this presentation you will have the opportunity to learn and practice strategies that work best for you in your leadership experience. You will learn to share your ideas with others, discovering along the way how much you know and what others' perspectives are.

If you keep an open mind and a willingness to participate, you will be pleased at how you will improve on each area of your leadership life. This presentation does require a commitment from you: your undivided attention. I have altered the presenter's role "to that of setting the stage, not being on it" (TBL). Therefore, you are the one to shine on the stage; so, get ready and in shape for your finest performance!

Let's have fun and a rewarding time together!²

Best!

Leadership Action Statement

*"Leadership is a matter of actions.
You have a vision; you think; you plan; you take action;
you create; you ask for help; you help others;
you ask for, seek, and knock at a myriad of opportunities;
you inspire and move others;
in that case, you are a leader."*

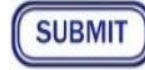
Ramon L. Rodriguez

Rules for Working in Groups

- Please form five groups-Groups 1, 2, 3, 4 and 5
 - Each participant is assigned to a group.
 - See your **MyR^A Shield** for your group number.
- Assign the following group roles: Facilitator, Recorder, Timekeeper and Reporter.
- Each group will be discussing a minimum of two topics.
 - As a group, complete the discussion questions.
 - You must agree on how to report your answers as a group.
- You have 20 minutes to answer the questions, complete the activities and finish your topics discussion.


Directions

- Each group will be reporting on the first topic.
- All groups will be reporting on the second topic **"The P Code of MyR^A - How to develop a resilient attitude"**.




Notes:

- Since you will be discussing two topics per group, the facilitator may assign some group members to discuss the first topic and other group members to discuss the second topic.
- Make this group interaction a positive one by making productive contributions to the group discussion and dynamic.

 Step One			Assign the following positions/roles within your group and their responsibilities:
Role / Position	Name	Responsibilities ²	
Facilitator		Reads the questions aloud to the group, moderates discussion.	
Recorder		Takes notes summarizing the discussion and write on the large post-it note.	
Timekeeper		Keeps the group aware of time constraints and deadlines.	
Reporter		Serves as the group spokesperson	

 Step Two			Answer the questions, complete the activities and finish your topic discussion.
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Group Number	First Topic to be discussed	Page(s)	Second Topic to be discussed	Page(s)	Third Topic(s) of your choice
1	Challenges	18-19	The P Code of MyR^A How do you develop a resilient attitude?  <u>Each group will be reporting on this topic.</u>	26-28	
2	Resolutions	20-22			
3	Foundation	25			
4	Resources	29-31			
5	Results	33-35			

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LEARNING OUTCOMES*




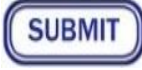










By being actively engage in “ The P Codes of MyRA ” presentation and by intentionally owning the knowledge and skills shared on the presentation, leaders will:	Leader’s Assessment of Learning Outcomes
1. Cement their leadership passion.	
2. Define their values, goals, interests, and potential leadership directions.	
3. Gain depth in the leadership field	
4. Identify leadership connections	
5. Participate in an ongoing conversation about their resilience, resolutions, resilient attitude, resources, results, resolve, challenges, and experiences.	
6. Develop problem solving skills	
7. Make connections	
8. Gain a broader perspective on the leaders’ role	
9. Develop insight into themselves, their abilities, strengths, and weaknesses.	
10. Find their internal voice	
11. Inspire their peers	
12. Set the path to succeed now and beyond!	

*Adapted from URSICA initiative at Monroe Community College

“Visual cues”

To facilitate the understanding of “The Resilient Leaders’ Activities Handbook”, I have included a multitude of eye-catching visual cues through symbols, images and icons that will clarify and alert you to significant information and instructions.

Look for the following symbols, images and icons as you ardently read through the handbook.

Symbol, Image or Icon	Meaning/Explanation	Symbol, Image or Icon	Meaning/Explanation
	Agree or disagree?		Reading to gain knowledge.
	Be proactive! You have work to do!		Submit your activity results on time!
	Actively engage in the leadership process.		THE PROCRASTINATOR
	For discussion It is time to talk.		Tool to succeed!
	On the positive side! Encouraging words!		Use of technology
	Presentations Guest speaker		Working smart to own knowledge.
	Activity to be completed.		Visual aid

“Strategies to Embrace”

Embracing each other is one of the warmest experiences in human relations. You were embraced when you were a baby. You were embraced by your first boyfriend, girlfriend, or spouse. If you are a parent, you certainly appreciate when your child embraces you. You were embraced in good times and no-so-good times. Embracing helps you to establish stronger connections with that person or entity that you embrace, and as a consequence, you make an alliance that may assist you when you most need it. In a moment, embracing makes you and the other person one person. Embracing is a symbol of support. Being supported helps you to increase your self-esteem and go with less trouble through difficult periods. Support is the base for stronger personal foundations.

Through this Leaders Activities Manual, I provided you with many “Strategies to Embrace”, to make an alliance with them, to be one with them.

Would you incorporate and apply the “Strategies to Embrace” in your leadership experience, so they can be your support to be better prepared to successfully achieve your leadership mission?

“On top of the Mountains”

Ramon L. Rodriguez
Biography

In my hometown Salinas, Puerto Rico, you can appreciate the majesty of the main mountain range “La Cordillera Central”. The range crosses the island from west to east with an average elevation of about 3000 ft and divides the territory's northern and southern coastal plains.¹⁰ I grew up contemplating every day the beauty of the panoramic view of those strong and solid mountains. I was attracted, fascinated by the impressive mountains. They were mysterious in a way, but for me, they were a source of inspiration, aspiration, and a source of hope for a brighter future.



Life can be seen as a mountain. In my case, it has not been an easy one to climb due to the numerous instances of opposition I have faced, but it has been an exciting one because I have been intelligently using what I found on my way to bravely encourage myself to climb the mountains. And, I did it!

- What is/has been driving me to move forward, to ascend the mountains?
- What are/were the reasons that are/have been propelling me to accomplish more?

I was raised by a single hard-working mother who taught me to “never lose my faith”. Life was not easy for us. For instance, we wore new clothes usually only on Christmas and for the new school year. Although we were very poor, we were very happy! **The resilient mountains were silent witnesses of our financial struggles and scarcity of resources.** At a very young age I learned to enjoy much each of the little things we had, to be very creative with the resources at hand, to do more with less and to appreciate what we had.

We were our best resource and source of content! And, I am proud to say that it was my background the “elevator platform” that propelled me to escalate the mountains in life.

I am a first generation student to attend college, and the first to go to graduate school. I earned my bachelor’s degree at Cayey University College of the University of Puerto Rico. After I earned my bachelor’s degree, I faced another mountain, the mountain of lack of job opportunities. The difficult financial situation brought me to the States to work very hard. For seven years, I worked in menial jobs that brought me nowhere. So, I decided to go back to college to improve my communication skills and to acquire new job skills.

Eventually, I began my higher education career in a phenomenal field, College Financial Aid. I have the unprecedented opportunity to work in world-class organizations: the Connecticut Community College and Connecticut State University Systems, and since 2004, Monroe Community College (MCC), State University of New York, in Rochester, New York. I also teach in the Transitional Studies Department at MCC since 2006. In addition, I had the phenomenal opportunity to work as a Caseworker from 2003-2004 for the Ibero-American League and Catholic Family Center in Rochester, New York. My exciting teaching career began in Puerto Rico, and I have taught in Massachusetts, Connecticut and New York. I taught at the High school, Middle school, Institute, and at College level.

I look at mountains as a symbol of **resilience**, a better life, challenge, success, status, power, majesty, conquest.

It seems to me that life is still a mountain, because I am going from the bottom of the mountain to the top of the mountain.

- What does it take to get to the top of the mountain?
- What can you see once you are at the top of the mountain?

The mountains better elucidate my future plans. I decided to go for the graduate degree, because I clearly visualized myself expanding my horizons, vision, goals and mission on top of the mountains. On May 2010, I earned a Master of Education degree in Educational Administration at the State University of New York at Brockport with a 3.90 G.P.A, all “A’s” grades! It took hard work, much sweat, focused effort, and enthusiasm to escalate that hard-to-climb mountain, but it was a challenge that boosted me to be a more competent and productive individual with a broader perspective. It is on my plan to earn a doctoral degree.

I have a very interesting hobby: I love houses. Since I was a child, I got impressed by the Christmas cards that show houses covered with sparkling beautiful snow. When I left Puerto Rico, I told my mother, “I’ll buy a house in the States”. To make this story short, this dream and hobby translated into my small real estate business “Strong Will Development, LLC”.

“I see no obstacles.” RLR

- Who are/were the catalysts that get me to the top of the mountain?
- What is/has been helping me to stay on top of the mountain?

I am not intimidated by challenges. On the contrary, challenges helped me to better focus on the important aspects of life.

While I am escalating the mountains, I have been producing tangible results, because I give **heart** to

what I do; the **courage** to face the storm of challenges; the **enthusiasm** to spark the flames of action; the **determination** to overcome obstacles; the **plan** to figure out how to get things done; the **discipline** to succeed in what I do; and the **dedication** to make things happen.

Most important, I thank God for all the blessings and opportunities He gives me. I give Him the glory and honor for my achievements.

I thank my mother who molded my persona with her unconditional love, hard work, and courage and for laying the foundation that made me the man I am today.

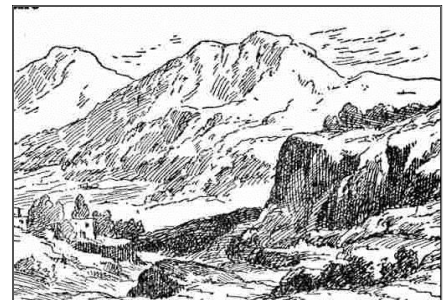
Although she is gone, I thank my beloved wife that shaped me with her love, kindness, support, advice and prayers. Countless people were touched and significantly transformed by her precious life and our nearly twenty years of fruitful pastoral ministry.

I thank all the many, many significant ones that helped me to climb the mountains and encouraged me to be still standing, raising my hands up on top of the mountains.

Thanks again!

There is a new mountain that I am climbing ...

What’s it behind the mountains?





RESILIENCE



1

1. What is that ineffable quality that allows extraordinary LEADERS to be knocked down by life and come back stronger than ever?⁶

2. How inspirational LEADERS DO NOT let failure overcome them and drain their resolve?

3. What are the **factors that make** outstanding LEADERS, even after a misfortune, **able to change course and soldier on?**

Resilient

I like this word.

I actually looked up the definition.

re·sil·ient⁵

To become strong or successful again after something bad happens

To recover from or adjust easily to misfortune or change

An example of resilient is a sick person rapidly getting healthy.

I really like this word.

I feel like this word describes me.

It is the story of my life.

I have gone through unfortunate events: sickness, overwhelming debt, bullying, workplace injustice, disappointments, lost of my love ones. I've done a lot of bad to myself. I've abused my body, I've abused my mind. My insides hurt, my outsides hurt, my brain hurts, and my soul hurts.

But I have become resilient.²

The Resilience Shield

A **shield** is a type of personal armor, meant to intercept attacks, either by stopping projectiles such as arrows or redirecting a hit from a sword, mace, battle axe or similar weapon to the side of the shield-bearer. Shields vary greatly in size, ranging from large panels that protect the user's entire body to small models (such as the buckler) that were intended for hand-to-hand-combat use. Shields also vary a great deal in thickness; whereas some shields were made of relatively deep, absorbent, wooden planking to protect soldiers from the impact of spears and crossbow bolts, others were thinner and lighter and designed mainly for deflecting blade strikes.¹⁰

As a leader you will be using your Resilient Attitude as a shield to be protected and to be prepared to face the many challenges of your leadership like failure, rejection and unexpected crisis.



How resilient are you when it comes to dealing with the pressures, tensions and stresses of your leadership?

Use this Personal Resilience Assessment Test to discover more about why you may respond the way you do. Please note this test has not been validated as a psychometric tool and that differences are normal from one person to the next, as well as differences over time and situation for any given individual. Nevertheless, you may find the rating scale insightful, suggesting areas for future focus and development.

Scoring

4 = The statement is very true for me.

3 = The statement is, for the most part, true.

2 = The statement is only partly true.

1 = The statement is only occasionally true.

0 = The statement is not true for me at all.

#	Statement	Score
1.	Good at bouncing back from difficulties.	
2.	See difficulties as temporary and expect to overcome them.	
3.	In a crisis I calm myself and focus on taking useful actions.	
4.	Good at solving problems logically.	
5.	Can think up creative solutions to challenges.	
6.	Playful, find the humor, laugh at self.	
7.	Optimistic. See things turning out well.	
8.	Constantly learn from experience and from the experiences of others.	
9.	Able to recover emotionally from losses and setbacks.	
10.	Anticipate problems to avoid them and expect the unexpected.	
11.	Able to tolerate ambiguity and uncertainty about situations.	
12.	Feel self-confident and enjoy healthy self-esteem.	
13.	Good empathy skills.	
14.	Let go of anger, overcome discouragement, and ask for help.	
15.	Keep on going during tough times. Independent spirit.	
16.	Have been made stronger and better by difficult experiences.	
17.	Convert misfortune into good fortune. Discover the unexpected benefit.	
18.	"Read" people well. Can adapt to various personality styles.	
19.	Trust intuition.	
20.	Adapt quickly.	

Evaluating your answers: Self-assessment statements were phrased positively. Individual answers of 3 or 4 would indicate a high degree of resilience in that area. Lower scores signify that attention and skill building are required.



RESOLUTIONS



2



Step
One

Identify the challenges you may be facing as a leader

Your task as a leader is a great challenge. You have no other option, but *to take up challenges. The challenge of your leadership is to powering up challenges.*

All leaders encounter challenges, issues and difficulties everyday including lack of resources and support. These challenges force leaders to turn inward and look at themselves and their effectiveness. It is a time to assess where the leader stands¹¹.



What are the main five challenges you may be facing as a leader?

Do you know that challenges are a matter of perspective? What for someone a particular challenge could be as small as a drop of water for others the same challenge could be as big as the Pacific Ocean. Challenges are also a matter of perception. Is the glass of water half empty or half full? Your view of challenges is affected by or based on your emotional, mental, spiritual and physical status. As a result, challenges will come to you in different shapes, colors, intensity, textures, sizes, and ...



What five strategies will better prepare leaders to effectively face challenges?

However, you will need to identify, analyze, and synthesize the challenge to assess clearly its parts to rise to the challenge, to react rationally to the challenge. Once you know what really the challenge is about, you will make good use of the challenge. You will take full advantage of challenges. Will you?



To fight wisely, purposely know your opponent. RLR



In the following activity, you will be creating, with your group members, a list of the challenges leaders may be facing as well as the solutions for the challenges. As an example, I added some of the challenges leaders may be facing.

Feel free to add as many challenges you may think you will be dealing with.

We will name this list **“The Resilient Leader’s ABC List of Possible Solutions to Challenges”**.

Most important, ***do not focus much on the challenge or problem, but on the solution to it.*** Have fun!

“The Resilient Leader’s ABC List of Possible Solutions to Challenges:

⇒	Challenges	<u>Focus</u> on the Possible Solutions
A:		
B:	Bullying	
C:		
D:	Discrimination	
E:	Envy	
F:	Frustration	
G:	Gossip	
H:	Haters	
I:	Incompetent bosses	
J:		
K:		
L:		
M:		
N:		
O:	Obnoxious coworkers	
P:	PUT DOWNS	
Q:		
R:	REJECTION	
S:		
T:		
U:	Unfairness	
V:		
W:		
X:		
Y:		
Z:		



Step
Two

Determine and write your **Resolutions** to face challenges.



Would you embrace adversity?



What is your resolution about facing adversity?

A preventive and effective strategy to be prepared to face challenges is to write a set of **resolutions**.

A resolution is a declaration, a decision and a statement that solves a problem or explains how to solve the problem⁹.

By writing your resolutions beforehand, you will create your course of action, your strategic plan to properly deal with challenges.



"If you are going to fight, make sure to win". The Karate Kid - original movie



In the next activity, you will find the resolutions from a well-known-local- leader.

Pay great attention to the **powerful** language, **persuasive** message, **positive** thoughts and **productive** statements she used to convey with candor a well-defined set of resolutions.



Instructions:

1. On her resolutions, you will fill-in the blanks with a challenge(s) you have faced, are facing or will be facing. For example, you may use hardship to fill-in the blanks.
2. Then, on the right side of the document, you will create your own set of resolutions when facing challenges as a leader.

My 7 Major Resolutions when facing “_____”

I, _____, have decided that when I am facing _____:
Leader's name

1. I will **never waste my time, energy, efforts or focus on life's** _____, but on what I need to do to overcome _____.
2. I will **benefit from** _____ if I make the right choices.
3. I will **use** _____ **to my advantage**, to add to the dimension of my life, never to be destroyed by it.
4. I will **be a better person** for having gone through a _____ because they will shape and mold me as a person.
5. I will **learn from** _____ and the opportunity to deal with the circumstance before me.
6. I will **have an exciting life and will enjoy the journey** even during _____.
7. I may not be able to control the cards (_____) I am dealing with, but I will **play those cards to the best of my ability**.

I believe that **all things work together for the good for those who love God** and are called according to His purpose. I know that **God always caused me to triumph and that no weapon formed against me will prosper**.

I am my own best friend!

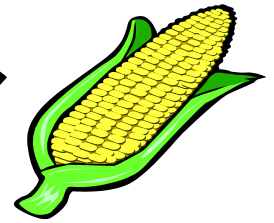
My life has a purpose!⁸











Adapted from

Cynthia Elliott
Board Vice President
Rochester City School District

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

My Sweet Corn List of DON'Ts and DOs:



	Do not	Do
1	Do not pay attention to negative people.	 Pay attention to what is important!
2	Do not listen to unconstructive criticism.	 Construct a path to succeed!
3	Do not feel wounded by frustration and/or discouragement.	 Persevere. Create and set up strategies to provoke what you desire!
4	Do not misuse your sight looking at obstacles and/or opposition.	 Be productive. Generate opportunities to make you unstoppable!
5	Do not taste the sour essence of rejection.	 Be involved in projects that will propel you to an exciting life!
6	Do not smell the stale actions of your adversaries.	 Concentrate in better yourself every day!
7	Do not make alliance with toxic individuals.	 Keep yourself far away from them!
8	Do not waste your time dealing with difficult people.	 Take care of the people that love you!
9	Do not focus in the hardship.	 Enjoy your blessings!
10	Do not burn your brain out thinking in unsolvable situations.	 Maintain an industrious mind. Acquire edifying knowledge and develop attractive skills.



Please have some sweet corn!

By Ramon L. Rodriguez

Revised 2.17.14





RESILIENT



3

"The P Codes of MyR ^A "	What are the components of MyR ^A foundation?
------------------------------------	---

PAY ATTENTION	PROTECT	POSSIBILITIES	POTENTIAL
PLAN	PREPARATION		PERSISTENCE
PASSION	PREVENT	PROGRESS	PRIORITIZE
PUSH		PEOPLE	PERCEIVE
PERFORM	POSITIVE	POWER	PROVOKE
PUT		PURPOSE	PATH
PATIENCE	PRACTICE	PERCEPTION	PERSEVERE
PRAY		POSITION	PROACTIVE
PARTNERSHIP	PERSONALITY	PICTURE	PRAISE

A **foundation** is the lowest and supporting layer of a structure.¹⁰ There are many foundations categories, but all of them are designed to bear the weight of the structure and hold it in position so as to keep from falling, sinking, or slipping⁹. A strong foundation keeps the structure from weakening.

Our personal foundation shapes our attitude, performance, outlook of life, success, self-esteem, and determines our levels of resilience. Could you describe your personal foundation? Is it strong, weak, or vague?

- ⇒ What five strategies would you use to strengthening your foundation as a leader?
- ⇒ What are ten elements that may weaken a leader's foundation?


How do you develop a resilient attitude?


In order to develop a resilient attitude you will need to identify the components of your resilient attitude. I call these components the **codes** of my resilient attitude. A code is a systematic collection of regulations and **rules of procedure, conduct or performance**.⁹

I realized that we learn and or develop our own set of codes to manage life's multitude circumstances. Our personal codes provide a blueprint, a structure and a foundation to navigate through the stages of life.

The genesis - In October 2013, I developed "The P-codes of My Resilient Attitude" for the course I teach at Monroe Community College - COS 133 Introduction to College Studies.

"The P-codes of My Resilient Attitude" is a collection of the bricks that describe the foundation of my resilient attitude philosophy. My resilient attitude has helped me to overcome the opposition, to reach the impossible dreams, and gave me "eyes to see not obstacles". The **MyR^A** is the result of my many "learning experiences", acquired wisdom, unwanted pain, hard work, discovery of new information, my vigorous will to excel and my profound desire to expand my boundaries. **MyR^A** is an ongoing project. I update **MyR^A** frequently. It is my hope to inspire you through **MyR^A**, so you can develop the components of your own resilient attitude.

	<p>Now, take a closer look to The P-Codes of My Resilient Attitude" list.</p> <ul style="list-style-type: none">• Study each of its codes (components).• Look over carefully in order to find something that may shape and define your own resilient attitude as a leader.• As you can see, all codes began with the letter P. You also can make up your own codes, but for this activity please use the letter P to develop your new code. <p><i>Would you create the Codes of your Resilient Attitude with a different letter?</i> (Do not create your own codes with a different letter today. ☺)</p>
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	<p>Instructions</p> <ol style="list-style-type: none">1. From the list of "The P codes of My Resilient Attitude" list select the three most important codes.2. With the members in your group, select the five most important codes of a Resilient Attitude.3. Discuss a ranking for these codes from most important (1) to least important (5).4. List your rankings.5. Be prepared to explain the criteria your group used to rank the codes and the reasons for your ranking.³
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The “P Codes” of My Resilient Attitude

by Ramon L. Rodriguez

- | | | |
|--|---|---|
| <ol style="list-style-type: none"> 1. Palpate the opportunities to succeed in every situation and grab it! (RLR) 2. Participate – Do not be a mere expecter. Take action! 3. Partnership – depend on yourself, your significant ones and most important on God. 4. Party – Celebrate your accomplishments and set time for enlightening entertainment. 5. Passion – Know and follow the fire in your heart for what you love and or want to do. 6. Past- It does not exist. Do not dwell in previous experiences. Move on! Renew yourself. 7. Path- Construct, create the way that will lead you to your desirable destination. 8. Patience – appreciate the value of waiting for what you want. 9. Pay attention to what it is important in your life 10. People -understand the win-win dynamic of relationships. 11. Perceive primarily the pluses of the people and the events you are dealing with. 12. Perform excellently by improving everything you do. 13. Persevere - Keep fighting for what you want. 14. Persistence – Be determined to generate the expected results! | <ol style="list-style-type: none"> 15. Personality – develop a likeable personality; be a magnet to bring the best out of people. 16. Picture - Visualize yourself succeeding in whatever you do. 17. Physical activity routine to keep yourself healthy. 18. Plan to balance the activities that compete for your time. Time=Life. 19. Play – Have fun and enjoy what you aim to do. 20. Pleasantly try to adapt or adjust to circumstances. 21. Position yourself for success! 22. Positive thinking – Saturate, fertilize, cultivate and reenergize your brain with optimistic thoughts and a full-of-faith vision. 23. Possession – strive to own with fervor the qualities that make you a competent individual. 24. Possibilities – Soar high! Explore the realization of amazing opportunities. 25. Power to self-control the actions of your soul, body, spirit, heart and mind. 26. Power up the opposition and the openings to overcome it. 27. Practice to get it right and learn from your mistakes. 28. Praise the hurt away! Always have a new song to sing! 29. Pray to rise above by strengthening yourself spiritually | <ol style="list-style-type: none"> 30. Predict the best happening to you! 31. Preparation - Gain the skills and the knowledge that will help you to reach your goal. 32. Prevent failures by making educated decisions. 33. Prioritize-Do and focus on what it is most important and avoid wasting your energy on irrelevant matters. 34. Proactive – Think / be ahead, act in advance, think to anticipate how to be in control of a situation. 35. Problems-solving initiator. 36. Program yourself to “see no obstacles”, but unlimited opportunities. 37. Progress – move forward steadily toward a better or higher phase in life 38. Prospect – Expect the best for and from yourself. Have high expectations! 39. Protect yourself, your love ones and your blessings. 40. Provoke intentionally your destiny. 41. Purpose – Be driven by a clear understanding of what you want to achieve. 42. Push yourself constantly “to do what you have to do to get what you want to get”. (RLR) 43. Put away any unfertile sentiments like hate and rancor. |
|--|---|---|

He aprendido a Vencer

Por Ramon L. Rodriguez

1- He aprendido a vencer
en todo momento de la vida
encontrando en Dios salida
yo he aprendido a vencer.

2- He aprendido a vencer
a pesar de la amargura
que trae la prueba dura
pero la tengo que vencer.

3- He aprendido a vencer
cuando nadie esta a mi lado,
en el dia oscuro y malo
tambien he de vencer.

4- He aprendido a vencer
cuando llega la tentacion
usando la Palabra como proteccion
la he aprendido a vencer.

5- He aprendido a vencer
al acercarse el fracaso
mirando a Cristo lo paso
para asi yo vencer.

6- He aprendido a vencer
frente a la murmuracion
buscando de Dios la uncion
la he aprendido a vencer.

7- He aprendido a vencer
esforzandome y siendo valiente
enfrentando la Montana presente,
la he podido a vencer.

8- He aprendido a vencer
cuando me faltan las fuerzas,
esperando en Dios fortaleza,
El me sostiene para vencer.

9- He aprendido a vencer
si llega la enfermedad,
esperando de Dios sanidad
y estar en salud para vencer.

10- He aprendido a vencer
delante de la oposicion
perseverando con oracion
y asi poderla vencer.

11- He aprendido a vencer
al desanimo y la incertidumbre
porque el Espiritu me da lumbre
los he aprendido a vencer.

12- He aprendido a vencer
cuando llega la escasez
y para no perecer
proveye Dios para vencer.

13- He aprendido a vencer
al odio y la enemistad
practicando el amor de verdad
tengo la Victoria para vencer.

14- He aprendido a vencer
cuando me enfrento al pecado,
con Dios que esta a mi lado
seguro que lo voy a vencer.

15- He aprendido a vencer
porque quiero lo que permanece
rechazo lo que se desvanece
asi triunfante he de vencer.

16- He aprendido a vencer
Porque el Señor es mi refugio
y es tambien mi pronto auxilio
para toda dificultad vencer.

17- He aprendido a vencer
porque Cristo me da la Victoria
para reinar con El en Gloria
para eso tengo que vencer.

18- He aprendido a vencer
por una fe inmovible
en un Dios real e invisible
que me ayuda a vencer.

19- He aprendido a vencer
porque mi ejemplo es Jesus
para asi llevar mi cruz
y de esa forma yo vencer.

20- Asi he aprendido a vencer
porque Dios me ha dado el poder,
y ha puesto en mi el querer
para con SU ayuda siempre vencer.



RESOURCES



4

Have you asked yourself?

- What do you have that can be used for your support or help?
- What supplies you have that can be drawn on when needed?
- What means you have that can be used to cope with a difficult situation?
- What ways you have available to meet expenses?⁹

If you are asking yourself the questions above, then you are thinking about the R word: Resources.

Simply put, you need resources to have a resilient leadership.

As a leader, you need to develop wisdom in order to look for resources, the ways to get them and without any doubt, to create them. Wisdom is the ability to think and act utilizing knowledge, experience, understanding, common sense, and insight.⁹

1. ➡ What are the five main resources you need as a leader?
2. ➡ What strategies would you use to get your resources?



There are many alternatives to get resources, but I suggest you to consider the wisdom from the Sacred Book to get resources explained on Mathew Chapter 7 verse 7⁷ (M 7:7).

M 7:7 describe a combination of three ways you will use to receive, find and open the door of opportunities to get resources by asking, seeking, and knocking.



The instructions for the following activity are very straightforward.

1. You will fill in the blanks for the statement with the resource you will need to get. For instance, to raise money for the new building project.
2. Then, you follow the recommendation to get the resource. For instance:
 - a. To receive money for the new building project, I will ask _____.
 - b. To find money for the new building project, I will seek in _____.
 - c. To open the doors to raise money, I will knock at _____.
3. **Discuss alternative ways to get resources. Your own creative way(s)?**



The M 7:7 Resources Wisdom

by Ramon L. Rodriguez
based on Matthew 7:7

The **A-S-K** formula to _____

The **Step by Step** walk to _____

The **K's** (K=keys) to _____

$U_r = \frac{\sigma_y^2}{2E}$	A	S	K	to receive.
	S	e	e	K to find.
	K	n	o	c K to open.

Believe it or not, there is a scientific formula for resilience.

¹⁰The formula is $U_r = \frac{\sigma_y^2}{2E}$ It is better translated as Resilience = $\frac{\text{Strength}}{\text{Resistance}}$

The measure of your resilience is based on your strength and resistance.

	Are women better than men in getting resources?
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In conclusion, to receive, find, open, establish and or create your source(s) of resources, you will need to ask, seek and knock to become a no-limit-see-no-obstacles-full-of-wisdom leader.

Revised 1.15.2013

Routing, Shaping and Transforming your Leadership Preferences



RESULTS



5

“What you value motivates you; what motivates you moves you; what moves you is the perception of your world through your thoughts and or feelings; your thoughts and or feelings influence your decisions; your decisions determine your actions; your actions produce your outcomes; your outcomes indicate what you are able to create and a distinctive measure of your limitless potential.” (RLR)

What you do as a leader is better explain through an analogy (comparison) like a falling domino causing a whole row of upended dominos to fall (domino effect) or whereby a small change at one place in a complex system can have large effects elsewhere (butterfly effect) or like a drop of water, it will make ripples throughout the entire pond.

What you do as a leader will have its immediate repercussion. It will have an important impact on many people thinking; it will leave a mark on their path of life. Therefore, your aim as a leader should be ***to achieve paramount results, to avoid any disastrous results, to try new methods to get excellent results and eventually produce the best results.*** *From a child we learn that if a child sees that crying gets results, he will take advantage of that!*⁹

A story is an account of an event, an anecdote. Telling us your story of resilience could add a new solid layer of effectiveness to our leadership foundation.

1. ⇒ Your performance determines your caliber as a leader. People will remember you by the things you do, the goals you reach, the mistakes you make, and or the results you achieve. In what way will you like to be remembered as a leader?
2. ⇒ Now, tell us the account of your leadership results and the solid materialization of your efforts. Use powerful words, movement, music and or visual aids to tell us your story of resilience.

“A storyteller is like a ship’s captain. He takes the passengers places where they might laugh or cry, but they always feel safe.”

Michael Parent

New York Times, May 19, 1986

Stories of Resilience

Bouncing back Stronger

Conveying a clear, concise, and concrete message will help you to be effective leaders.

How much time you have to share your Story of Resilience?


You have 90 seconds to tell your inspirational story of resilience.

Not much time?

How long can someone pay attention to what you are saying without letting their mind wander off?

The mind can accept only so much information in one steady flow because the attention span of the average individual is 30 seconds. Do you know that 30 seconds is long enough to say what you want to say?

The idea is to get your point across in the less time possible.

	Are 30 seconds long enough to grab and hold your listeners' interest and attention, to convince or persuade them, to make any point you want to make – to make it effectively, and or change the direction of someone's career or life? ⁴
---	--

How are you going to share your Story of Resilience?



Use music as a way to tell your story of resilience: <http://www.youtube.com/watch?v=Jmd8chAUNmU>



Use a visual representation(s) to share your story of resilience.



Use movements to tell your story of resilience.



Engage your audience through an effective speech to tell your story of resilience.



Frank, Milo O. How to Get Your Point Across in 30 Seconds or Less.

New York: Simon and Schuster 1986

Quotes of Resilience

Standing Tall



How do the following quotes encourage and inspire you to stay resilient?

"Confront all things."

Gladys Rodriguez

"Never lose faith."

Aida E. Ramos

"Always drive defensively."

Juan Rodriguez

"Today I will accomplish more than tomorrow."

Sol M. Robles

"Their judgment of me isn't who I am, and I'm not going to let these things define me.

I didn't sink down to their level.

Instead, I got my revenge through my accomplishments and determination.

In this battle, I think I won."

Lizzie Velasquez

"Instead of trying to retaliate against people who have made you feel bad, set goals for yourself and push yourself to succeed in spite of the haters."

Lylah M. Alphonse

"If people are trying to bring you down it only means that you are above them."

"There will always be people in life who treat you wrong. Be sure you thank them for making you

STRONG!"

"If you are not criticized, you may not be doing much."

"When you feel like you're drowning in life, don't worry, your lifeguard walks on water."

"I'm still standing!"

"Face your fears head on!"

Shirley Whitney

"You must begin to think of yourself as becoming the person you want to be."

"It's not how you start, it's how you finish."

Gabe Sonnier

Knowledge gives you the power to make informed choices.

Barbara Christoff

"When you feel like you're drowning in life, don't worry, your lifeguard walks on water."

"Never allow your present situation to be the sole determinant of your future position."

"When you believe, you achieve."

"Out of your vulnerabilities will come **STRENGTH.**"

Sigmund Freud

"You are **THE MAKER** of your tomorrow!"

Ramon L. Rodriguez

Rock Bottom Line Question:

"What is it your favorite quote? Why?"





Leader's Contract with himself / herself

1. I will develop myself to the maximum of my potential in all ways.
2. I will forget the mistakes of the past and press on to greater achievements.
3. I will continually work at developing love, happiness and loyalty in my family.
4. I will look for the good in all people and make them feel worthwhile.
5. If I have nothing good to say about a person, I will say nothing.
6. I will always be as enthusiastic about the success of others as I am about my own.
7. I will maintain an attitude of open-mindedness.
8. I will maintain respect for those in authority and demonstrate this respect at all times.
9. I will always remain loyal to my God, my country, family and my friends.
10. I will remain highly goal-oriented throughout my life because that positive attitude helps my family, my country and myself.

Leader's signature

Date

The statements above are from
Chuck Norris's
personal code of honor
and rules to live by.

RESOLVE



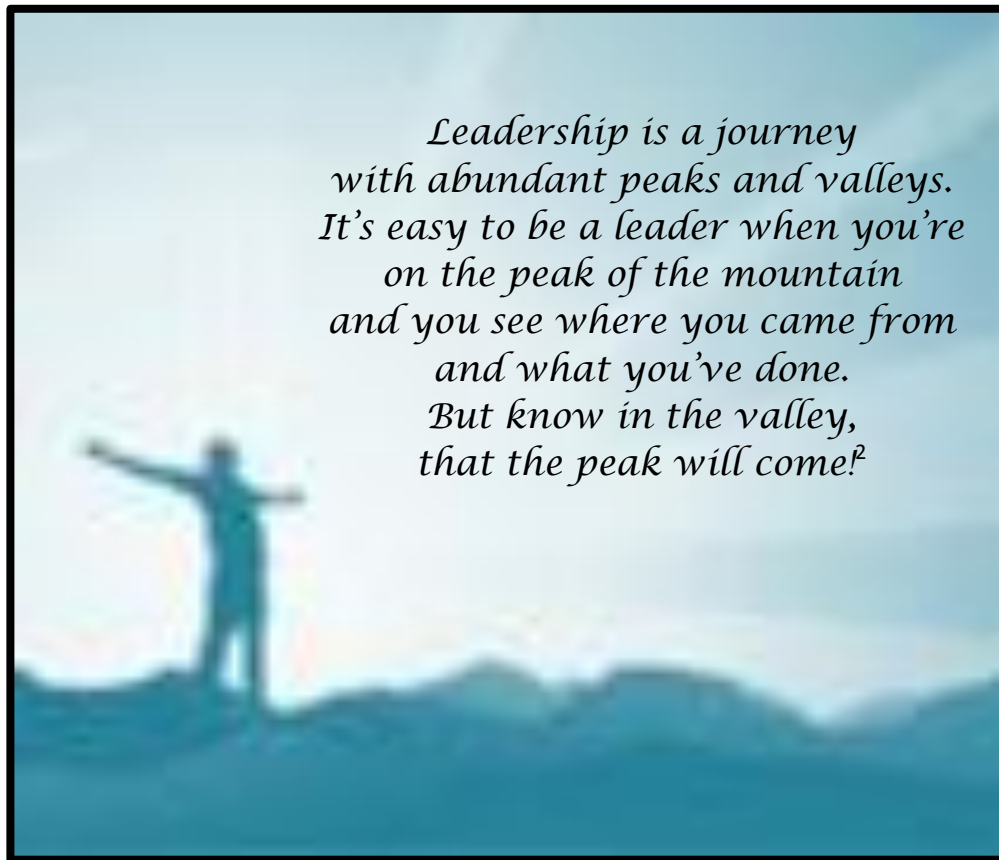
6

Now?

I am **Resilient**.

There is no looking back.

You be resilient too.



*Leadership is a journey
with abundant peaks and valleys.
It's easy to be a leader when you're
on the peak of the mountain
and you see where you came from
and what you've done.
But know in the valley,
that the peak will come!²*

Recommendations and feedback:

Ramon

This is very good. From a personal perspective I believe that these are key components to good leadership, however, if I were to rank anything as the most significant aspect of someone that I would consider following it would be integrity, and demonstration of that integrity through action. I am not sure if this would be appropriate for what you are trying to project but this would be a key ingredient to leadership in my estimation.

Throughout my life experience I have found that true leadership from my perspective is not assigned, as it may be in the world today, but rather earned through the building blocks that you have mentioned, and then acted upon. However good the thought process, or core values are without actively living these values or putting them into action very little is often accomplished.

Good leaders in my viewpoint are not only conceptually good, but are those who can develop a core set of values and skills and be able to actively portray them.

“Knowing what the right thing to do is far less effective than doing the right thing.”

I do not know if these comments are pertinent, but this is just my perspective.

D.F.

Hola,

Yes, I loved your presentation.

Did anyone tell you that you are very thoughtful, creative, inspiring, motivating, and much more?

You have talent!

S.M.R.

Dear Ramon,

I read your presentation, and I think it is great.

I wouldn't change anything.

Thank you for sharing it with me.

S.W.

Date:

Please use this questionnaire as a constructive way to provide feedback about the presentation. Take a moment and think through your comments to be as specific as possible so the presenter can pinpoint the steps to make this presentation more effective. Your valuable feedback may enhance and enrich the ^{My}**R^A** experience for all. Thanks for your help.

3. What could the presenter do to improve and facilitate your learning experience?

[illegible][illegible][illegible]



References



1. Career Diagnostics <http://www.careerdiagnostics.com/surveys/resilience.htm>. Adapted.
2. Author Unknown – Adapted.
3. Fitton, Diane. On Campus – An Interactive Guide to College. New York. Pearson
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6. Psychology Today <http://www.psychologytoday.com/basics/resilience>
7. The Bible James King version
8. The Democrat and Chronicle, October 27, 2005
9. The Free Dictionary
10. Wikipedia
11. <http://leadchangegroup.com/overcome-leadership-challenges/>

There will
always be
people in life
who treat you wrong.
Be sure you
thank them
for making you STRONG!

mediawebapps.com

**“If you are
not
criticized,
you may not
be doing
much.”**

**IF PEOPLE
ARE TRYING
TO BRING YOU
DOWN
IT ONLY MEANS
THAT YOU ARE
ABOVE THEM**

Reality Check Notes:

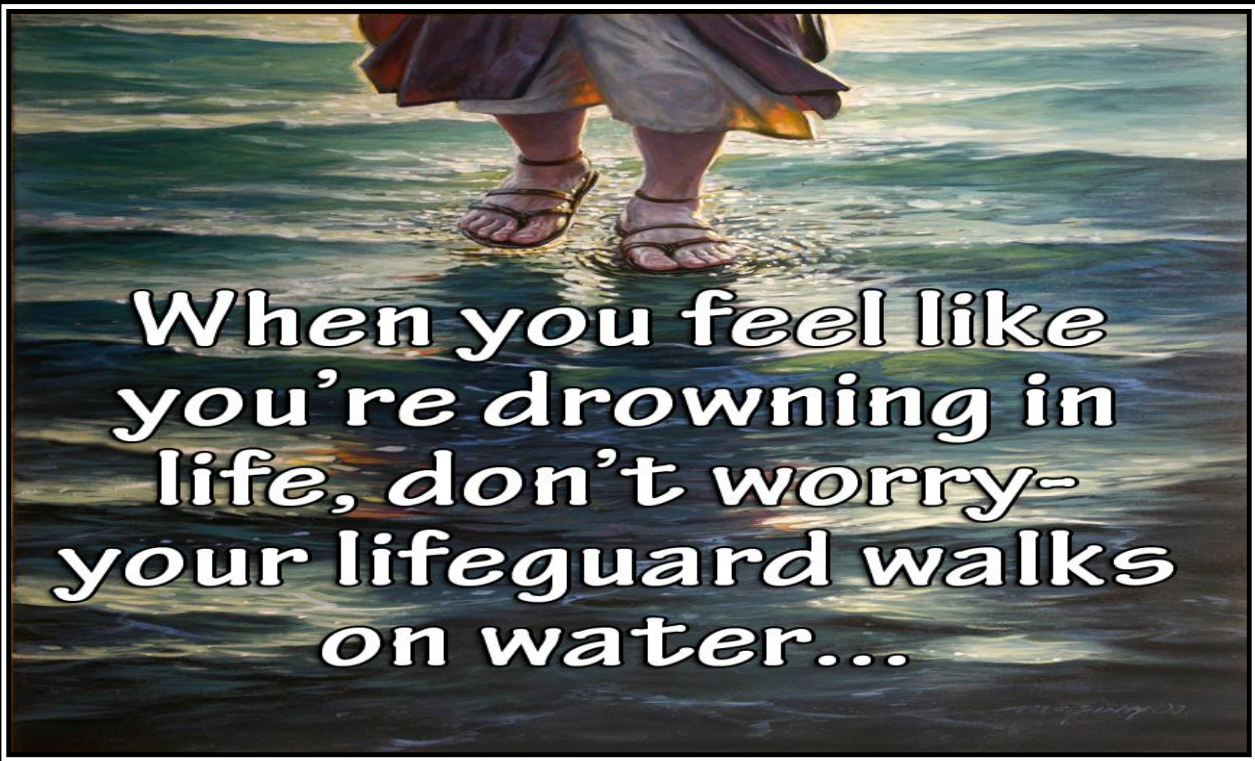
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When you feel like
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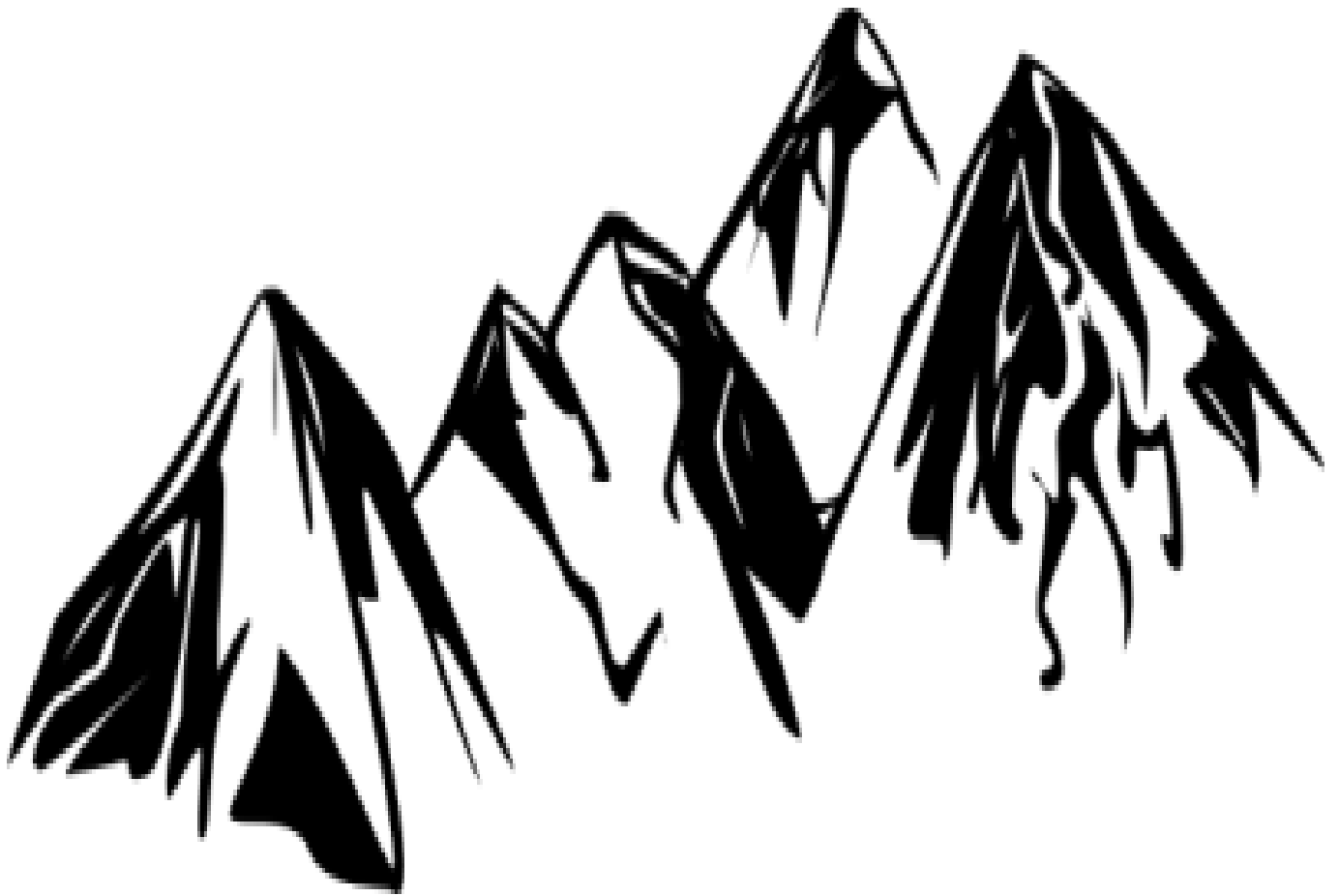
Reality Check Notes:

Rock Bottom Line Question:

“What are you going to do with all the information you learned today?”

Palpate the opportunities to succeed in every situation and grab it!

Ramon L. Rodriguez



“You are the product of your past,
but also the architect of your future.”

Author Unknown