



Elite Access Virtual Classroom

# BECOMING YOUR BEST

Presented by Laurie Maddalena

*Connect and Learn*



# LAURIE MADDALENA

Laurie Maddalena is CEO of Envision Excellence, a leadership consulting firm that provides leadership development programs for managers and executives.

Laurie is a Certified Speaking Professional—a designation earned by less than 15% of speakers worldwide. She is a contributing writing to the international bestselling book, *Women Who Empower*.

Prior to establishing her own coaching and consulting business, Laurie served as Vice President of Human Resources & Organizational Development at Montgomery County Teachers Federal Credit Union. Under Laurie's leadership, the credit union was awarded the "Excellent Place to Work" designation by the Maryland Work~Life Alliance for seven years in a row.

Laurie is a certified Success Principles trainer, and mentored directly with Jack Canfield, the author of *The Chicken Soup for the Soul* series and *The Success Principles*. She also worked directly with Brené Brown and is a certified Dare to Lead facilitator.



# Becoming Your Best:

## Three Exercises to Find Your Focus



Facilitated by: Laurie Maddalena MBA, CSP, CPCC  
[www.envisionexcellence.net](http://www.envisionexcellence.net)



# Tom Brady's Scouting Report

- Poor build, skinny, lacks mobility, lacks a strong arm, poor build, can get pushed down more easily than you'd like, lacks mobility and ability to avoid the rush, lacks a strong arm, can't drive the ball down the field, does not throw a tight spiral.
- "A system type player who's not what you're looking for in terms of physical stature, strengths, arm strength, and mobility. Could make it in the right system, but will not be for everyone.

199<sup>th</sup> draft pick

**“YOU DON’T JUST ACCIDENTALLY SHOW UP IN  
THE WORLD SERIES.”**

**DEREK JETER**

© Lifehack Quotes



Your disadvantages can  
become your advantages

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# Locus of Control

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- **Internal Locus of Control:** my efforts and abilities determine my success (you can make things happen)
- **External Locus of Control:** I have no control over my success, external forces are to blame (things happen *to* you)



# Outside of My Control

What other people say

What other's post online

The weather!

[mymindyourmind.com](http://mymindyourmind.com)

What other people think

# In my control

What I say  
What I do  
What I wear  
What I eat  
What I Think  
What I read

My Thoughts  
My Opinions  
My Actions  
My Self-care  
My words  
My behaviour

Bills

Traffic

Other people's feelings

How other people act

Time....and Ageing!

What other people believe



# Clarifying Question

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What DO I want?

# Three Exercises



# Release Exercise

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- Virtual school was really hard. I had no breaks to myself and felt overwhelmed and exhausted the first three months of COVID.
- I stopped exercising at the beginning of COVID and lacked energy.
- I was disappointed that I couldn't find time to write my leadership book.
- Several conferences were canceled.

# Positive Focus Exercise

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- My family is healthy and safe
- I started a daily walking habit of at least two miles
- I successfully pivoted all of my workshops to virtual and have facilitated over 125 workshops virtually
- I worked with a parenting coach and have improved my relationship with my daughter
- I wrote a chapter for a book of stories that was published
- We planted a vegetable garden
- I'm about to hire a full-time employee



What has to happen—  
personally and  
professionally—for  
2021 to be a great  
year?

# 2021

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- I will walk at least 5 days a week for 45 minutes
- I will write in each of my children's journals at least every six weeks
- I will focus on pausing and responding as a parent (instead of reacting) every day
- I will complete  $\frac{3}{4}$  of my book manuscript by December 31<sup>st</sup>.
- I will hire a phenomenal strategic project manager by October 31<sup>st</sup>
- I will take a 10-day family vacation (no email!) to Nashville

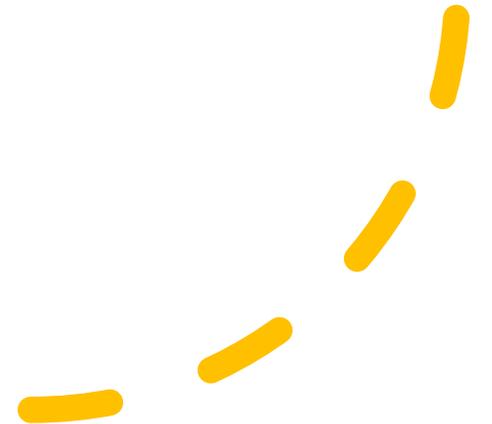


Spending vs. Investing



# Investing Time

- Health
- Enjoying life
- Quality time with kids
- Sleep
- Exercise
- Writing my book
- Developing myself



Life is a Series of  
Choices

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How Would My Best Self Show Up?

What is the wise  
thing to do?

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Take action!  
An inch of movement will  
bring you closer to your goals  
than a mile of intention.

- Dr. Steve Maraboli