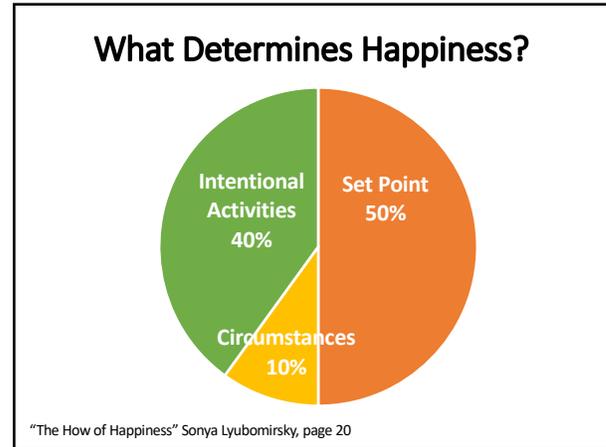




**Inspire
Your Ideal**
A Wholebeing Happiness Workshop

Megan Mitchell
megan.mitchell@me.com

- ### Exercise
- Look at the flip charts around the room, bring paper and pen with you.
 - When did you experience that quality? It might have been one minute ago or 10 years ago. Jot it down.
 - Pick one that feels especially strong.
 - Write down the details, "I experienced XX when..." Be specific.

- ### Exercise (continued)
- Find a partner and share your story.
 - Thank your partner.
 - Group share.



- Western medicine would call SPIRE the biopsychosocialspiritual connection. "Wholebeing" is much easier to say!
- Wholebeing is a systems view of you.
- SPIRE is both **descriptive** and **prescriptive**.
- All elements of SPIRE are important to your positivity and happiness.
- The SPIRE model is easy to remember and apply.





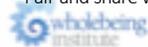
The aims of our time together:

- Experience the power of stories to help us understand and live from our strengths
- Develop and cultivate your "ideal self" direction to enrich your day and simplify choices
- Practice focusing and using attention to strengthen relationships
- Practice the SPIRE approach to expand your capacity for wholebeing.




Me at My Best - Activity

- Think of an experience, a time, or period in your life when you were at your best. When you made a difference, felt enlivened or engaged, or succeeded at something that was important to you.
- What went so well that even recalling it makes you happy and satisfied, and brings a smile to your face?
- It could have happened yesterday, or decades ago.
- It might have been a big event, or a small, meaningful interaction.
- The important thing is that it has a sense of positive energy in it for you.
- Pair and share with someone new



Focus on Your Best

- What did it feel like to think and talk about your Best Self story?
- When you think about the Best Self story, it's elevating; it changes your experience. It also elevates others.
- It's so easy to pay attention to what's wrong. We can choose to pay attention to our best, engaging our whole self in the process.



Why do we tend to miss or skim over the good in life?

NEGATIVITY BIAS

- Bad is stronger than good. —*Dr. Roy Baumeister*
- The brain is like Teflon for the good and Velcro for the bad. —*Dr. Rick Hanson*
- Protection



Why is it important to pay attention to the good?

- Broadens view and builds resources
- There are more positive emotions in a typical day. —*Dr. Barbara Fredrickson*
- When you appreciate the good, the good appreciates. —*Dr. Tal Ben-Shahar*
- When we focus on the positive, we see more possibilities.



Best Self Stories

Digging deeper...



Many Versions of Self

- You have many versions of your self . . . over time and major phases of life & career, as roles shift.
- The version you just spent time exploring is your best self from a point in the past.
- Positive psychology also discusses:
 - authentic self:
 - ideal/aspirational self:
- Simply naming these concepts today.

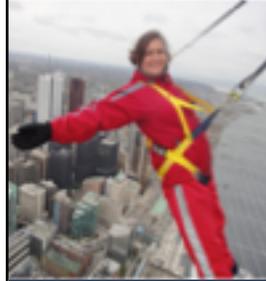


Inspiring Your Ideal Self

- As we live into our best self over time, become aware of how we want to be, or how we are when we are very best self.
- Is aspirational or future-focused.
- Focus on understanding and living your best self.



About Megan Mitchell



Megan is a dynamic speaker, consultant, facilitator, coach and educator with over 25 years experience in innovation, leadership and change management. She is the founding partner of Mitchell Consulting. She serves as the Program Director for the Centre of Excellence in Innovation Leadership at the Schulich School of Business, which in global rankings, is recognized as one of the world's leading business schools.

Megan is also a Partner at Fully Alive @ Work in Canada, which focuses on leadership and engagement as key enablers to personal fulfillment and ultimately performance. She recently completed her Certificate in Positive Psychology with the Wholebeing Institute. She is a former Director of Innovation and Leadership Development with Johnson & Johnson Inc. and Pfizer Consumer Healthcare. In 2018, Megan released a book entitled *Orchestrating Sustainable Innovation* with Marilyn Blocker and Andrea Zintz.

Megan.Mitchell@me.com
 Cell 647-628-5743
 Work 416-699-2802
 Twitter @mitchellmegan
 LinkedIn ca.linkedin.com/in/mitchellmegan/

