

U-INSPIRE LEADERSHIP & CREATING KINDNESS CULTURE

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PURPOSE

- “To be the change we wish to see in the world” ~Gandhi

LISTENING

EVERY BEAUTIFUL
DISCOVERY WAS BORN
OF LISTENING



My Dad

U-INSPIRE LEADERSHIP

LEADING WITH HEART AND SOUL

Developed in 2018 by Brian Cronin, Christine Cronin and Mike Nilson

- Mission: The mission of U-Inspire leadership is to create a kinder and brighter future through inspiring the potential within and around. We aspire to live life to the fullest and lead in our own unique life-giving ways while staying centered in the practice of genuine kindness.





WHAT DO WE MEAN WHEN WE SAY “LEADERSHIP”

- We believe everyone is a leader, because each person has the power to choose and affect their environment.
- We want to encourage healthy relationships, and see thriving individuals who are people for others that lift up their communities and each other.
- Think of this form of leadership as whole person centered, relationship driven, grounded in gratitude, authenticity and built on kindness
- Process focused versus outcome driven.



U-INSPIRE LEADERSHIP CONTINUED...

- U-Inspire Leadership is a values based, mission driven leadership program centered in Kindness Culture.
- It blends aspects of: Servant Leadership, Transformational Leadership and Coaching to create its unique “Inspirational” style.
- The year-long curriculum takes the U-Inspire student on an adventure into the depths of self-reflection to promote compassion, awareness and the ability to lead with authenticity, in a resilient, passionate and purposeful way.
- Upon completion people report feeling like a new person, improved relationships and the ability to enter into difficult conversations with greater courage and clarity.



KINDNESS CULTURE

Actively engaging in treating all people with dignity and respect including ourselves

5 Elements

1. Safe
2. Heard
3. Valued
4. Encouraged
5. Practice Forgiveness





KIND IS COURAGEOUS ACTIVITY

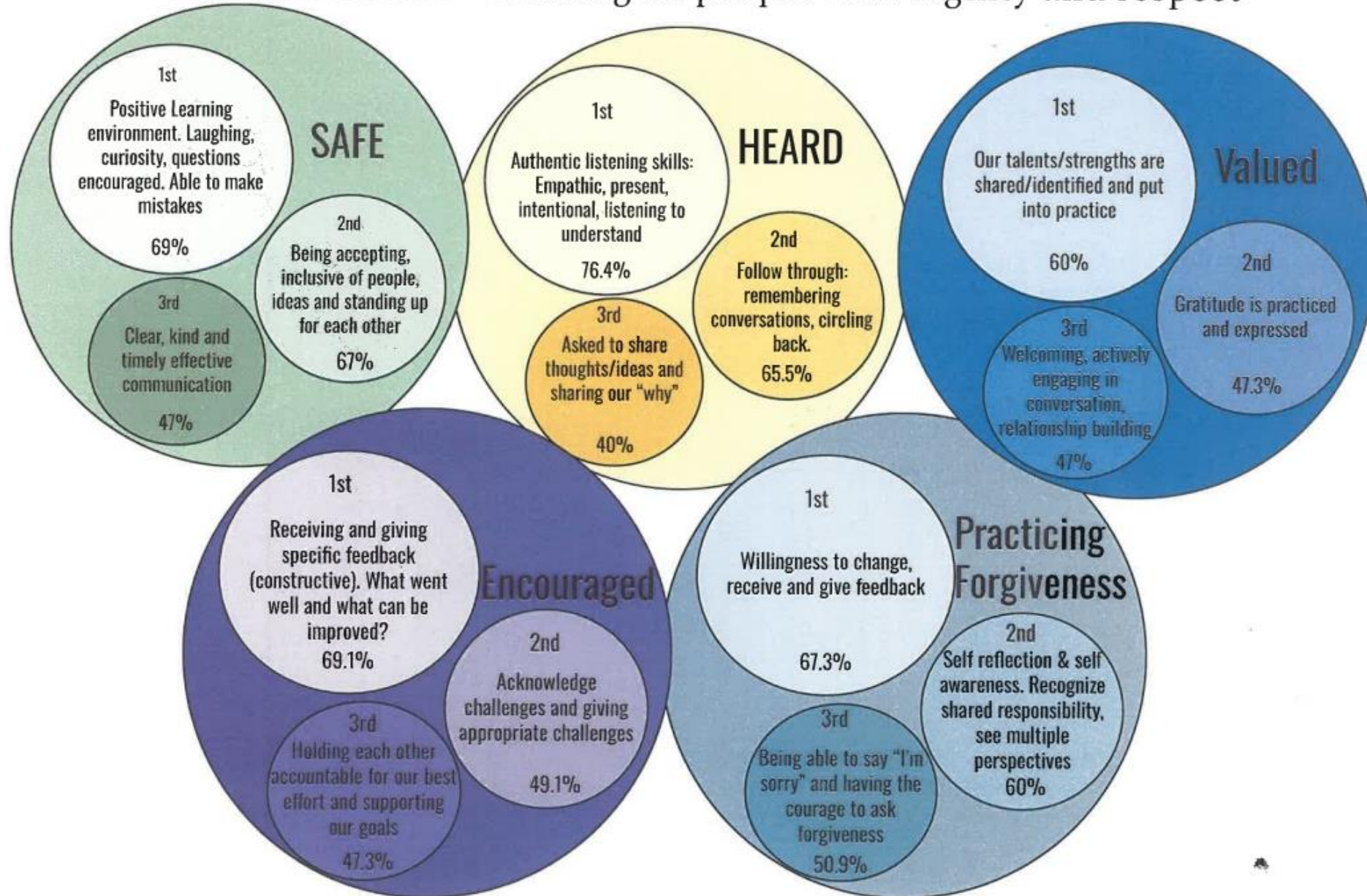
Choose 1 Element of Kindness Culture

- Safe
- Heard
- Valued
- Encouraged
- Practice Forgiveness



What does that look, sound or feel like to you?

Kindness Culture - Treating all people with dignity and respect



U-INSPIRE LEADERSHIP ACTIVITY

Needs: Piece of paper, something to write with

Why: To help create awareness and guide our choices/actions.

What: Do's and Don'ts checklist

DO'S AND DON'TS CHECKLIST

Do	Don't



REFLECTION

- Which items do I have control over?
- Are there things on my don't list that are currently in my life? If so, why?
- Are there items on my "Do" list that I currently don't have? If so, what is stopping me?
- Go back and underline any item that is within your control
- Star your most important "Do" items.

DO'S AND DON'TS

Do's	Don'ts
Love	Violence
Enlightenment	Hatred
Wellness	Fixed Mindset
Courage	Gossip
Meaningful Relationships	Superficiality
Depth	Misuse and Abuse of Power
Authenticity	Complaining
Adversity	
Challenge	
Belief	
Hope	
Meaning	
Connection	
Dreams	

30 DAY CHALLENGE

- Choose one item on your “Do” list that you would like to make a commitment to
- You should be 90% confident you are currently capable of this
- For the next 30 days, take one small step toward your item each day





KEYS TO CHANGE

1. Accountability Partner

- Who will you ask?

2. Forgiveness

- How will you respond to a let down

3. Self-Talk/Mind set

- Can you be objective, mindful and speak to yourself as you would a friend or client?



BECOMING OUR WORD





THANK YOU VERY MUCH FOR YOUR TIME!

QUESTIONS?

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