

Be an EPIC Leader



How to Navigate Change & Challenge with Confidence



**OUTWARD
BOUND**



@marliwilliams

MY ROLE IN THIS GROUP AND IN LIFE IS

BEING ENTHUSIASTIC AND MOTIVATING PEOPLE

TO DO NEW AND EXCITING THINGS AND HELPING

THEM BECOME BETTER PEOPLE. I LOVE TO SHARE

WHAT I LOVE TO DO WITH OTHERS AND TRUST

Outward Bound Journal

GOALS FOR THE REST OF THE COURSE + FOR LIFE

MAINTAIN A HIGH LEVEL OF ENTHUSIASM

ENJOY EVERY MOMENT

BE PATIENT + UNDERSTANDING

ACCEPT PEOPLE FOR WHO THEY ARE

ACCEPT CHALLENGES + OVERCOME FEAR

BE A POSITIVE ROLE MODEL

MOTIVATE OTHERS IN POSITIVE WAYS

ASK FOR FEEDBACK + GIVE FEEDBACK

DON'T EVER LIMIT MYSELF

STRIVE TO DO MY BEST ALWAYS

ACCEPT WHO I AM

DON'T COMPARE TO OTHERS

My Mission Ever Since...

To empower leaders to have the confidence and the skills to make a positive impact in the lives of those they serve.

An EPIC Leader is...

Someone who sees an opportunity to make something better and chooses to do something about it.

Mission



To empower YOU with tools
to help you navigate all the
changes & challenges
you are facing with
CONFIDENCE

4 Keys to Be an EPIC Leader



ENERGY is Everything



A photograph of two hands holding lit sparklers. The sparklers are bright and glowing, with many small sparks flying out. The background is dark with some bokeh lights, suggesting an outdoor night setting. The text "Energy is Congtagious" is overlaid in white, bold, sans-serif font.

Energy is
Congtagious

**Leadership is about being
willing to take 100%
responsibility for your energy**

100%

Your Energy Impacts...

- Your confidence
- Your mindset
- Your tone
- Your productivity
- Those around you
- Everything you do

Who you are **BEING**

VS.

What you are **DOING**

What shows
up when
YOU show
up?



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frustration

stress

overwhelm

criticism

negativity

judgement

complaining

gratitude

love

passion

curiosity

kindness

joy

compassion

enthusiasm

playfulness

wisdom

A bright blue sky with a sunburst at the top center and scattered white clouds. The sun is positioned at the top center, creating a strong lens flare effect. Several white, fluffy clouds are scattered across the sky, with a larger, more prominent cloud in the lower-left quadrant and several smaller ones in the lower-right and bottom-center areas.

Bring the Weather



***"People won't remember
what you did or what you
said, but they will never
forget the way you made
them feel."***

-Maya Angelou



Ways to Elevate Your Energy!

- Get OUTSIDE!
- Move your body
- Drink more water
- Spend time with people you love
- Do things you love
- Have an E.D.P.

Let's Practice!

E.D.P.

=

**Emergency Dance
Party**





PLAY with Purpose



WHAT WE ARE TOLD...

"YOU CAN PLAY WHEN..."



WHAT WE ARE TOLD...

"YOU CAN PLAY WHEN...
ALL THE WORK IS
DONE."





HERE IS THE THING...

**ALL OF THE WORK WILL
NEVER BE DONE...
WHICH MEANS WE STOP
PLAYING**

A person with long hair, wearing a bright green jacket, is sitting on a wooden pier or boat deck. They are looking out over a vast, blue ocean under a hazy, overcast sky. The scene is captured from a slightly elevated angle, showing the wooden planks of the pier in the foreground.

**"THE OPPOSITE OF PLAY
IS NOT WORK.
THE OPPOSITE OF PLAY
IS DEPRESSION."**

-Dr. Stuart Brown

**Brings joy to
our lives**

**Boosts mental
health**

**Can prevent
burnout**

**Reduces &
relieves stress**

**Creates
optimism &
hope**

**Enhances physical
well-being**

HOW TO PLAY MORE

- Try something new
- Spend time in nature
- Play a game
- Take up a new hobby
- Move your body
- Join a group activity, sport, or community

CREATE YOUR OWN PERSONAL 'PLAYLIST'

WHAT DOES PLAY LOOK LIKE
FOR YOU?

WRITE DOWN 5-10 THINGS YOU
LOVE TO DO FOR FUN



PERMISSION TO PLAY SLIP

I _____ give myself permission to play, by making time to do things I enjoy, allowing myself to have more fun, and filling up my own cup so that I can serve others, live my purpose, and lead with love.



PERMISSION GRANTED

SIGNATURE

Impact Your Mindset



What is Mindset?



MINDSET

A set of beliefs or way of thinking that determine's one's behavior, outlook, and attitude

GROWTH MINDSET

Is Freedom

Persevere in the face of failures
Effort is required to build new skills
Find inspiration in others success
Embrace challenges
Accept criticism
Desire to learn
Build abilities

FIXED MINDSET

Is Limiting

Avoid challenges Give up easily
Threatened by others success
Desire to look smart
Effort is fruitless
Ignore feedback
Fixed abilities

“Have to...”

VS.

“Get to...”

EPIC Leaders focus on what
they **can** control rather than
on what they can't

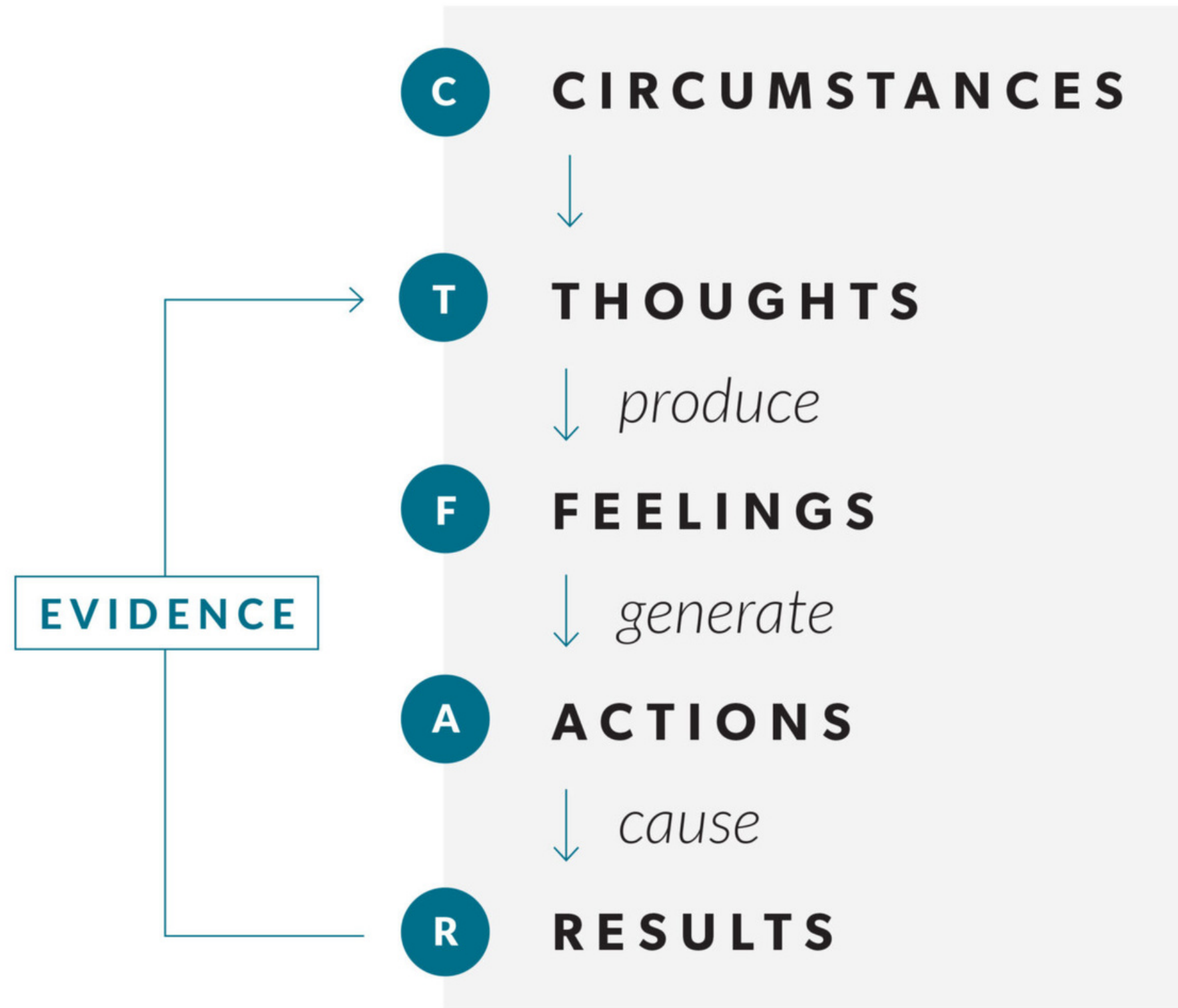


"Everything can be taken from a person but one thing: the last of the human freedoms -- to choose one's attitude in any given set of circumstances, to choose one's own way."

-Viktor Frankl

Cycle of Empowerment





Your Sphere of Influence

- Colleagues
- Employees
- Students
- Staff
- Community
- Family

Ways to Impact Your Mindset

- Be aware of your thought loops
- Pay attention to your language
- Use the cycle of empowerment tool
- Meditation and mindfulness practices
- Keep things in perspective

Celebrate Your Wins!



Celebrate

To do something special or enjoyable for an important event, occasion, holiday, etc.



Celebrate Everyday

Often we wait for the BIG moments instead of taking the time to celebrate & acknowledge everyday moments



An open notebook with a pen resting on it, set against a dark wood background. The notebook is open to a page with horizontal lines. A dark pen lies diagonally across the pages. The background is a dark, textured wood surface.

In a 2007 Harvard study, scientists analyzed more than 12,000 journal entries from 238 people across several companies.

The survey revealed that celebrating small victories resulted in more motivated people.

Examples of Small Wins

- Learned something new.
- Completed something on a to-do list.
- Stepped outside your comfort zone.
- Found an opportunity to be creative.
- Trusted your gut.
- Encouraged a friend.
- Made a meeting on time.
- Helped someone.
- Had a great idea.
- Hit inbox zero.
- Performed a random act of kindness.
- Completed an act of self-care.
- Practiced boundaries and said “no.”
- Decluttered your workspace.
- Collaborated with a colleague.
- Made your bed.
- Practiced mindfulness throughout the day.
- Asked for help when you needed it.

How to Celebrate Your Wins

- Keep a journal of small wins
- Create a Celebrate Your Wins section on your weekly meeting agenda
- Tell a partner, friend, or colleague
- Treat yourself
- Acknowledge that you are doing your best

Let's Practice!

Find a partner and
share one thing
you want to
celebrate
RIGHT NOW!



How to Be an EPIC Leader



1. Elevate Your Energy
2. Play with Purpose
3. Impact Your Mindset
4. Celebrate Your Wins

A group of diverse people are celebrating in a modern living room. They are jumping and dancing, with their arms raised in the air. The room is filled with a thick shower of gold and silver confetti that is falling from the ceiling and covering the floor. In the background, there is a large window, a brown sofa, a bicycle, and a white electric fan. The overall atmosphere is joyful and festive.

FUNCOMFORTABLE

A group of diverse people are celebrating in a modern living room. They are jumping and dancing, with their arms raised in the air. The room is filled with a thick shower of gold and silver confetti. In the background, there is a large window, a brown sofa, a bicycle, and a white fan. The overall atmosphere is joyful and energetic.

VULNERAGEOUS

A group of people are celebrating in a modern living room. They are surrounded by a shower of gold and silver confetti. The people are dressed in casual, contemporary clothing. In the background, there is a large window, a brick wall, a bicycle, and a fan. The overall atmosphere is joyful and festive.

**OWN YOUR
AWESOME**

A group of diverse people are celebrating in a modern living room. They are jumping and throwing their hands in the air, surrounded by a shower of gold and silver confetti. The room features a brick wall, large windows, a blue sofa, and a bicycle. The overall atmosphere is joyful and energetic.

**I AM AN EPIC LEADER
BECAUSE...**

YEAH YOU ARE 🙌🙌

STOKES

To your
LIFE

BEST
CAN

WHAT IS THE
WORK YOU
CAN'T NOT
DO?

ALREADY
KNOWS THE WAY
TRUST THAT

WANT:

TRUST
YOURSELF

Your
LET GO OF
HAVING TO HAVE
IT ALL FIGURED
OUT

OWN IT
FOR IT

BE MORE
YOU'

BECOME
SOMETHING
GREAT

I SEE
YOU

LEARN TO
BE YOUR OWN
BEST FRIEND

QUOTES
#STOKEQUOTES
TO KEEP YOU
STOKED

EVERYTHING
IS ENERGY
AND
ENERGY IS
EVERYTHING

YOU HAVE
PERMISSION
TO BE
YOURSELF

ENERGY IS
CONTAGIOUS

CHOOSE
OWN
ADVENTURE

YOU DESERVE
ACTION
CURES
FEAR

SHINE
A LITTLE
BRIGHTER

NOT THIS
GUY
NOT YOU!

MAKE THAT
WHISPER A
ROAD

MORE THAN
ENOUGH

MAY YOU BLOW
THEIR MINDS
WITH YOUR
PRESENCE

BELIEVE
YOUR
CRAZY DREAMS

JOURNEY

WHAT IS
YOUR FIRST
NEXT STEP?

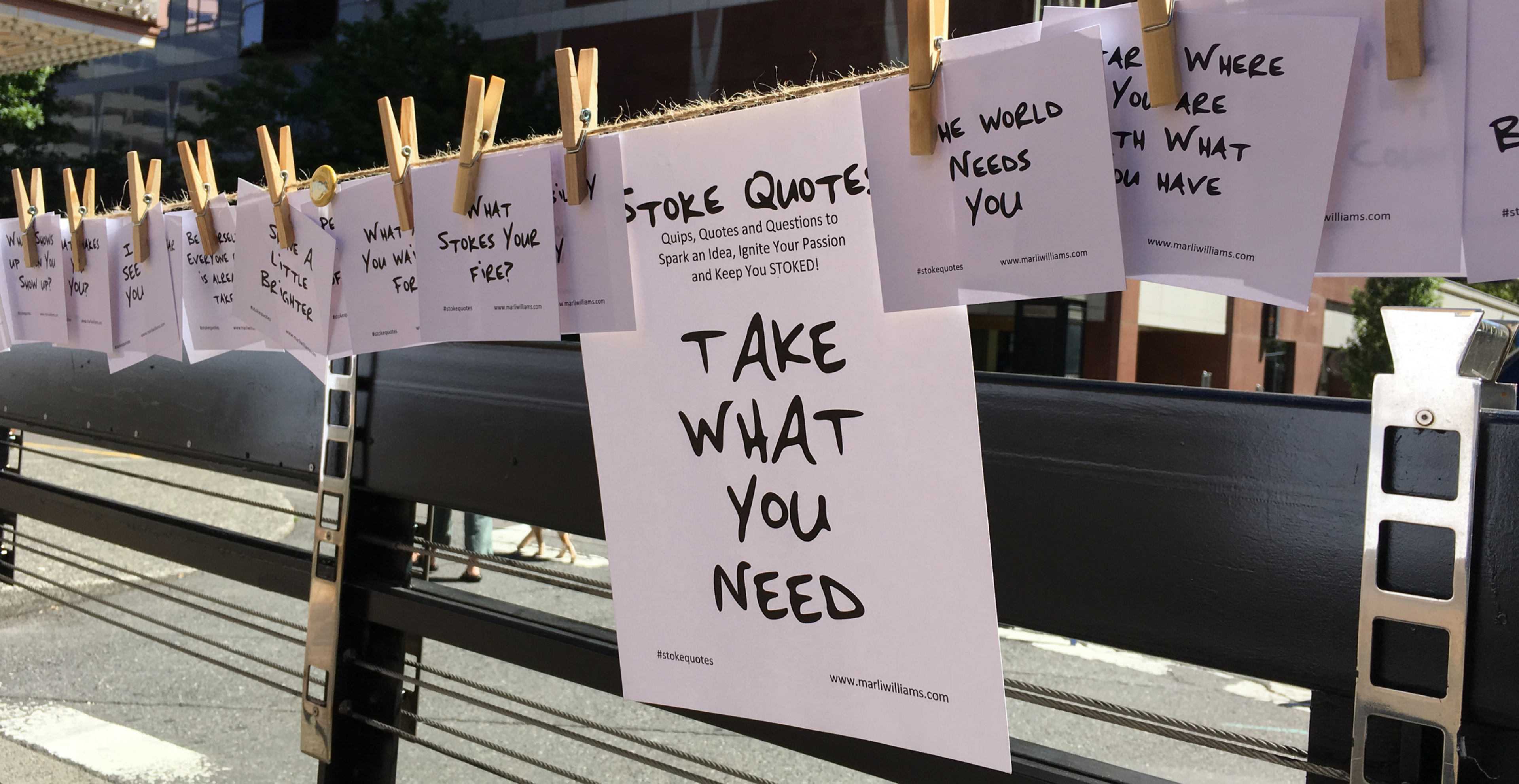
FIND
WHAT SHOWS
UP WHEN
YOU SHOW UP?

FEEL THE
AND D
ANY

TRUST THAT
THE DOTS
CONNECT

WHATEVER YOU

START
WHERE YOU



WHY SHOWS UP? SHOW UP?

WHAT MAKES YOU?

I SEE YOU

BE YOURSELF EVERYONE IS ALREADY TAKING

SHINE A LITTLE BRIGHTER

WHAT YOU WAIT FOR

WHAT STOKES YOUR FIRE?

STOKE QUOTES

Quips, Quotes and Questions to Spark an Idea, Ignite Your Passion and Keep You STOKED!

TAKE WHAT YOU NEED

THE WORLD NEEDS YOU

WHERE YOU ARE WITH WHAT YOU HAVE

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BOUNDARY BAY BREWERY

SUN UP FOR YOUR LIFE
FIND YOUR SWEET SPOT
WHAT ARE YOU TRYING TO BE PERFECT
LEAVE GO OF TRYING TO BE PERFECT
ACTIVATE YOUR PURPOSE
ENERGY IS CONTAGIOUS
TRUST THAT THE BEST WILL CONNECT
CHOOSE YOUR OWN ADVENTURE
YOU ARE WAY MORE THAN ENOUGH
CHOOSE TO THRIVE
SAY YES TO YOURSELF
YOU DON'T HAVE TO BE PERFECT TO BE AWESOME
ACTIVATE YOUR PURPOSE
TRUST YOURSELF
WHAT DO YOU REALLY WANT?
HOLD YOUR VISION BUT START SMALL
STOKE QUOTES
Quips, Quotes and Questions to Spark an Idea, Ignite Your Passion and Keep You STOKED!
TAKE WHAT YOU NEED
YOU ARE MORE THAN ENOUGH
ACCEPT ALL OF YOU (EVEN THE THINGS YOU DON'T LIKE)
PAY ATTENTION TO WHAT CAPTURES YOUR ATTENTION
GIVE IT ALL YOU GOT
FIND YOUR SWEET SPOT

TAKE
WHAT
YOU
NEED

MAY YOU BLOW
THEIR MINDS
WITH YOUR
PRESENCE

YOU ARE STRONGER
THAN YOU THINK

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STOKE QUOTES

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Speak on top, Ignite Your Passion
and Keep You STOKED!

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SAY

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DE

BY

YOU ARE
STRONGER
THAN
YOU
THINK

GIVE IT ALL
YOU GOT

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YOUR ONE DEGREE SHIFT





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Thank you so much!

LET'S STAY CONNECTED!

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MY NEW
PODCAST!

