Alumni Webinar Series

Alumni Association
Benedictine University
Housekeeping

*It looks like you’re alone, but you are not!*

- Your mics will be muted
- We are recording this session
- This will be an interactive session
- You can write in questions at any time from your screen
Three Keys to Living a Full Life

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YOLO

Full Life, not balance

Choose what matters to YOU and live with intention
TODAY

Foundation, Focus, Fortitude

- Be Present
- 1-2 Minute Drills
- Q&A: phone & chat
What do you want your life to be full of?

relationships  pride  commitments
partners  excellence  community
affection  interdependence  family
growth  happiness  trust
innovation  satisfaction  health/wellness
risk-taking  plan  independence
fulfillment  appreciation  growth
generosity  accomplishment  pleasure
love  friends  accountability
appreciation  learning/knowledge
growth  fun
friends  recognition  responsibility
prosperity  satisfaction  flexibility
forgiveness
Practice Bucket Management

- Personal
- Professional
- Spirit
- Physical
FOCUS

What do you bring to the table?

• Skills, knowledge expertise, perspective
• Network, relationships

Who knows?
Who needs to know?
What’s your biggest fear?
Effort = ROI

$ Be clear on what’s important: for you and the business

$ Control what you can: who you are; results you deliver; your choices; your relationships

GOOD QUESTIONS:

✓ Where do you need to invest effort & energy to gain satisfaction and deliver results?
✓ Where do you need to stop investing effort & energy?
FORTITUDE

✓ Pay attention to your words.
✓ Everybody puts their pants on the same way, one leg at a time.
My “Ask”

1. Leverage this workshop:
   - What made you think?
   - What will you DO?

2. Join the *Good Things* movement:
   - www.hornellpartners.com
   - www.facebook.com/DebHornell
   - @deborahnell; #GoodThingsTip
   - LinkedIn Group: Good Things for a Full Life
Thank You

Please join us for our next webinar:

“The Benefits of Giving Back”
Friday, December 13
12:00 to 1:00 p.m.
featuring alumna Laura Smetters, M.B.A.’05, C01

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Cultivating Environments for growth