

KIND IS COURAGEOUS!

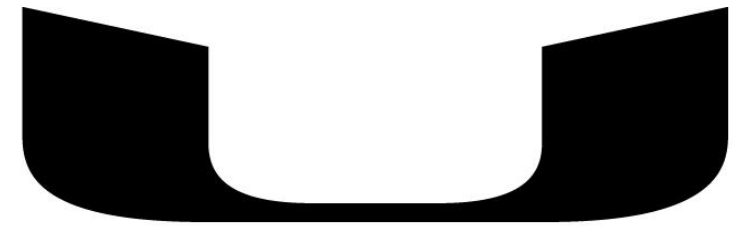
U-INSPIRE LEADERSHIP

COURAGEOUS LIVING AND

KINDNESS CULTURE

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U-INSPIRE LEADERSHIP COACH



U★DISTRICT PT



A photograph of a smiling woman and a smiling man with a mustache, embracing each other. The image is overlaid with a semi-transparent dark layer and a futuristic user interface consisting of various circular gauges, dials, and lines. The gauges have numerical scales, some ranging from 40 to 260. The overall aesthetic is clean and modern.

**“MY RELIGION IS KINDNESS:
PASS IT ON”**

~JIM LEE



PURPOSE

The greatest work of art
is to love someone.

~Vincent Van Gogh

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.





U-INSPIRE LEADERSHIP

- 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?
- Please share at your table group



COURAGE OR DISCOURAGED THINKING?

Courage Thinking – Caring, Calm & Courageous

- Respect for self
- Respect for others
- True to our hearts & Values
- Giving grace
- Hopeful

Discouraged Thinking - Resist reacting, reflect and regroup. Seek help if persistent

- Blame of self or others
- Negative victimized thinking
- Stuck
- Lack of feeling
- Cynical

REFLECTION:

WHAT TYPE OF THINKING ARE YOU
ENGAGING IN MOST OF THE TIME?

WHO DO YOU KNOW THAT
DEMONSTRATES COURAGE THINKING?



KINDNESS CULTURE

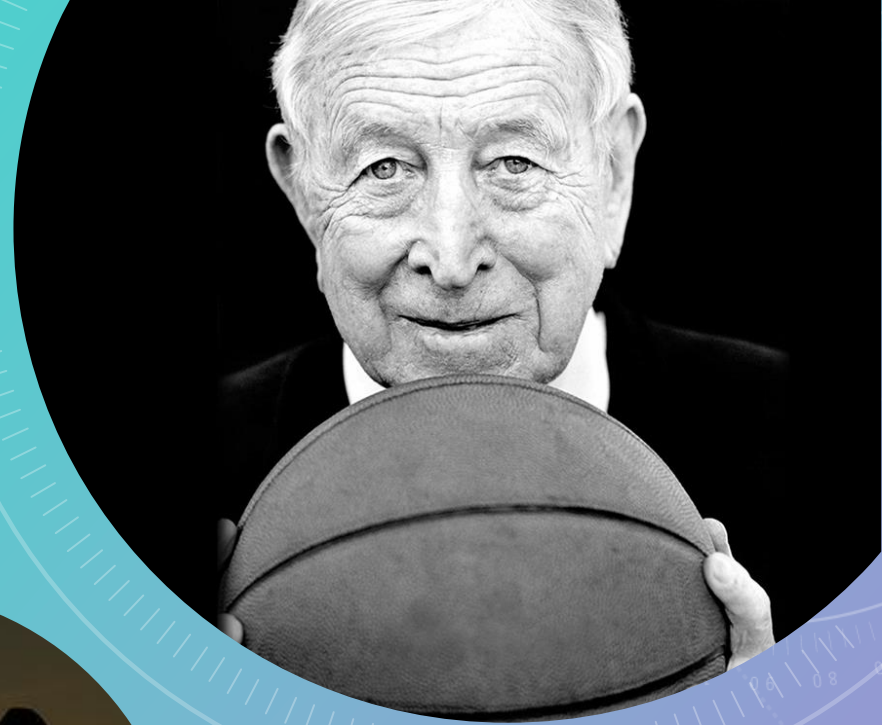


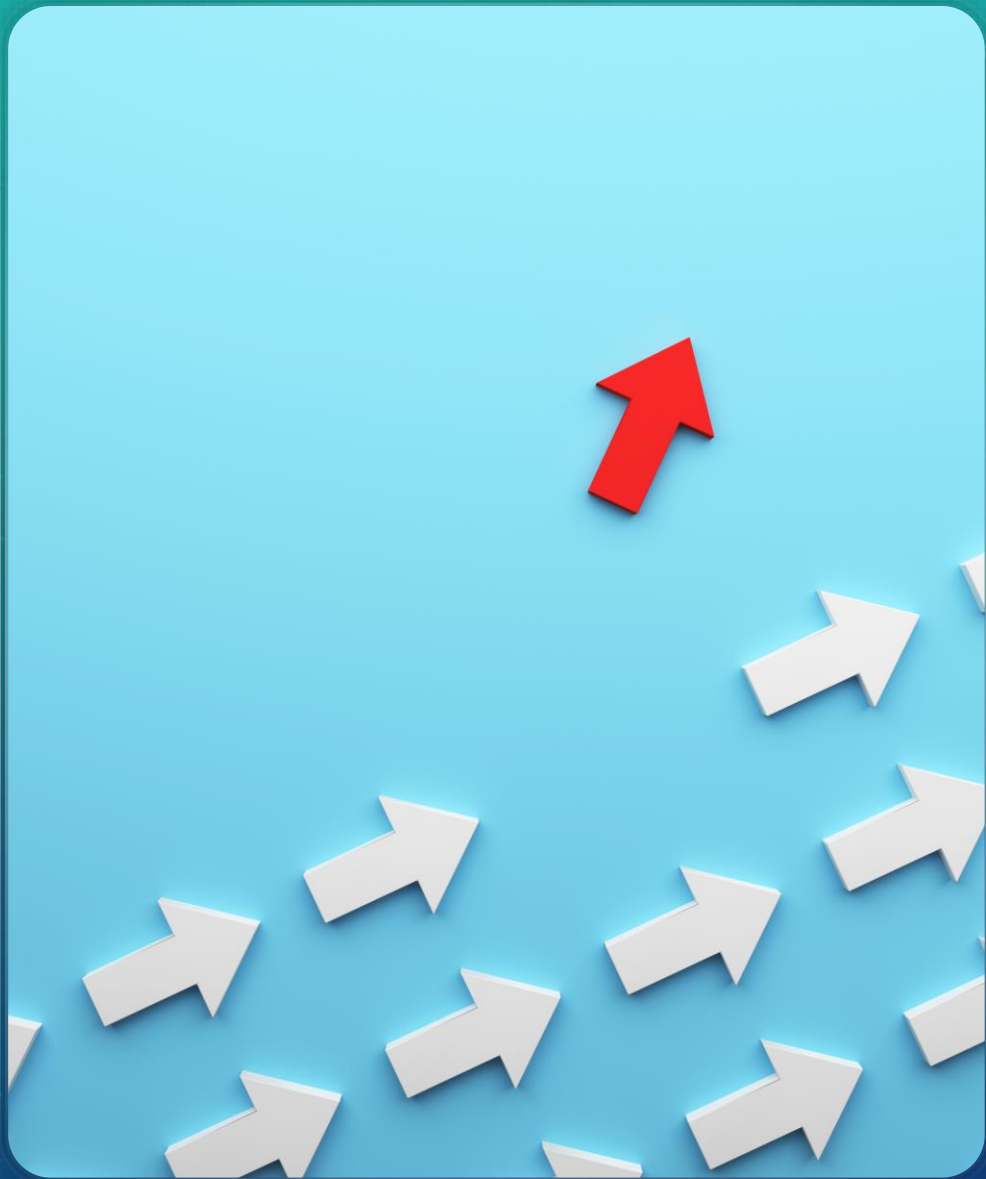
Which element are you closest to practicing currently?

PASS

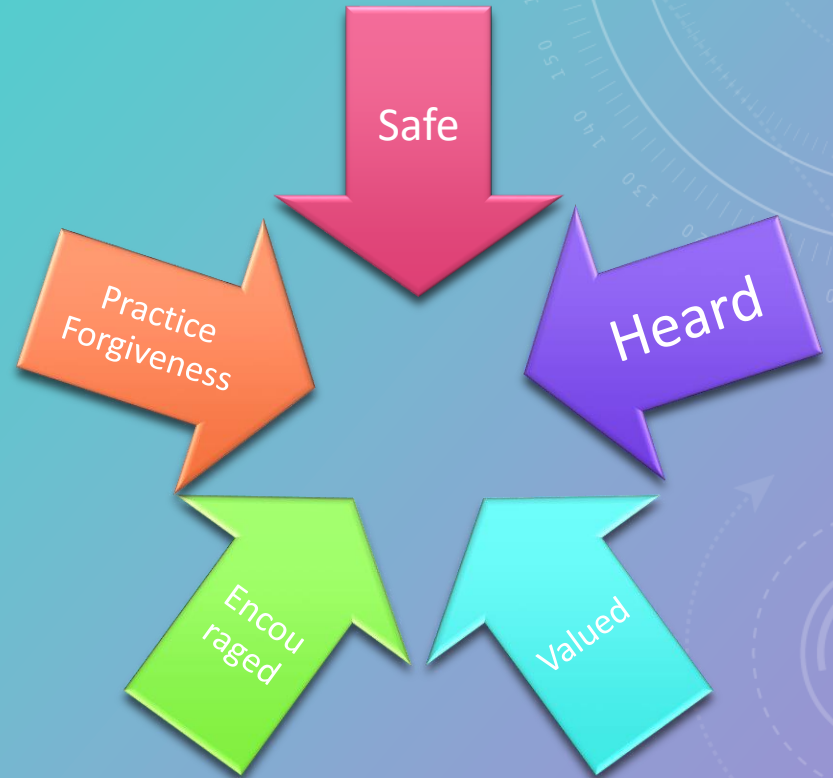
THE

GRATITUDE





KINDNESS CULTURE



Which one are your furthest from?
Who is someone you know who models that well?



COURAGE LIVING

ACTIVITY: WE NEED A BLANK PIECE OF PAPER AND SOMETHING TO WRITE WITH

Courage Living

Acknowledge

Accept

Action

We are authentic and courageous

Blame

Complain

Defend

Discouraged Living

PRACTICE WITH YOUR TABLE GROUP

- Courage Living Example
- Discouraged Living Example



REVIEW: KINDNESS CULTURE & COURAGE LIVING

1. Safe

2. Heard

3. Valued

4. Encouraged

5. Practice Forgiveness

- Acknowledge
- Accept
- Action



CHOOSE ONE ASPECT THAT RESONATES

WHAT IS ONE THING YOU HEARD FROM
TODAY'S PRESENTATION THAT YOU CAN PUT
INTO ACTION IMMEDIATELY?

Pass it on!



THANK YOU VERY MUCH
FOR YOUR TIME
PRESENCE AND
THOUGHTFULNESS

QUESTIONS?

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