



I Am Because We Are: Cultivating Personal and Social Competencies

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"I AM BECAUSE WE ARE"

There exists a common bond between us all and it is through that bond, through our interaction with our fellow human beings, that we discover our own human qualities.

Human Development

Is the world an okay place to be?

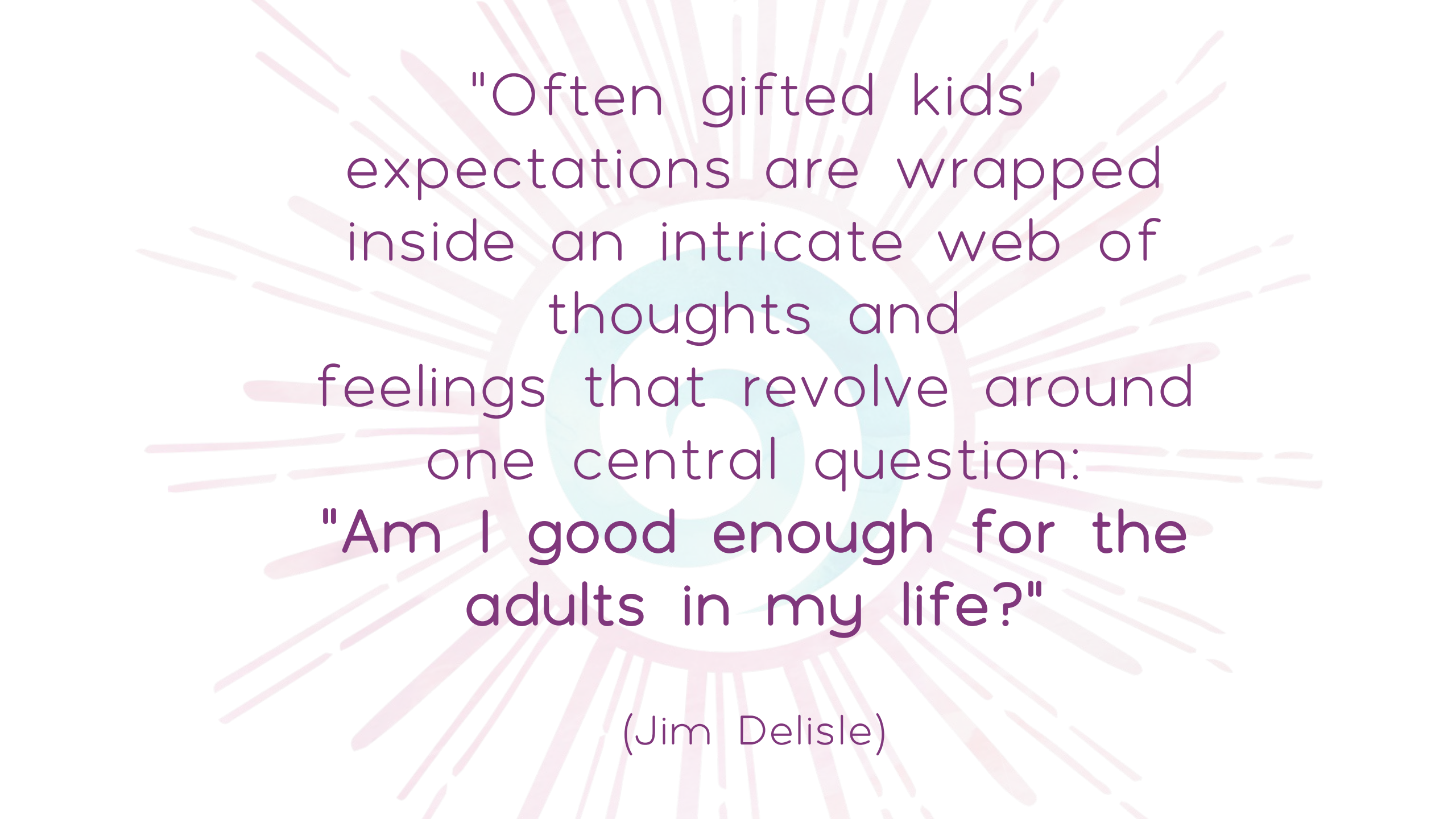
Am I okay?

How much can I do?

How well can I do it?

Who am I?

Who am I really?



"Often gifted kids'
expectations are wrapped
inside an intricate web of
thoughts and
feelings that revolve around
one central question:
"Am I good enough for the
adults in my life?"

(Jim Delisle)

Your Energy Flows Where Your Attention Goes

Scarcity Mentality

"There will never be enough"

- Competitive with others
- Tendency to hoard
- Won't share knowledge
- Won't offer help to others
- Suspicious of others
- Strives for achievement
- Avoids risk

Abundance Mentality

"There will always be more"

- Collaborates with others
- Generous with others
- Shares knowledge
- Freely offers to help others
- Trusts and builds rapport
- Strives for growth
- Thinks big and embraces risk

The Three Components of Scarcity

Shame
Comparison
Disengagement

These are **not** conducive to the cultivation of a sense of worthiness or personal value.



"You can't get to courage without walking through vulnerability." (Brene Brown)

"Vulnerability is **COURAGE** in you
and **INADEQUACY** in me.

Vulnerability is uncertainty, risk, and emotional exposure.

Vulnerability is the path to greater clarity in our purpose and deeper, more meaningful lives.

We **kill** shame with vulnerability.

As parents and educators, *what are we modeling?*

- What do **you** do when you feel emotionally exposed?
- How do **you** behave when **you're** feeling uncomfortable and uncertain?
 - How willing are **you** to take emotional risks?
- What values do we teach through our own sense of worthiness of shame?

When we attach judgment to **receiving** help,
we attach judgment to **giving** help.

How to be a Snowball

Can you be vulnerable with your child(ren) and/or your student(s)?

Can you LEAN IN to the discomfort of uncertainty, risk and emotional exposure?

When we try to avoid vulnerability, we often end up engaging in behaviors inconsistent with who we want to be...*striving to make the uncertain certain.*

Psychologist Lawrence Kohlberg's "Theory of Moral Development"

Identity is formed through the evaluation of personal values and morals

Early Stages:

Selfish (Dis)obedience

Generally found in elementary students

Middle Stages:

Conforming to Traditions

Majority of Society

Later Stages:

Moral Principles Beyond Conformity

Seldom reached by majority of adults

Challenges to Social Competence

Perceptions of peers

Introversion

Emotional Intensity

Precocity



"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

(Ralph Waldo Emerson)




"Play is the highest form of research." (Albert Einstein)

"Growth hormone"

Allows us to explore all aspects of ourselves

Fosters empathy

Best when performed for its own sake and not for any purpose or achievement other than itself



"Perfectionism is a twenty-ton shield that we lug around thinking it will protect us when, in fact, it's the thing that's really preventing us from taking flight."

(Brene Brown)

How can we help them?

1. Validation
2. Affirmation
3. Affiliation
4. Affinity

Resources

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