



ENGAGING PEOPLE, ELEVATING PERFORMANCE

# THE 36-MINUTE HUDDLE UP

Wednesdays from 1:00–1:36PM



# NANCI'S NOTIONS

## Week #31 – Dec 2, 2020



- ✓ What Importance of Gratitude NOW tip did you incorporate?
- ✓ The 2020 Year in Review
- ✓ What Tip or Tool will you add?

# What new tip did you Incorporate in the last 168 hours?



# It All Began on April 8<sup>th</sup> 2020.....

- How can we support our 3C's?
  - Temperature Checks & Uncharted Waters
  - What were you feeling?
  - How could you handle this “moment in time”?
  - Created topics and themes
- Listening and Self-Care
  - Appreciation and Navigating Change
  - Power of Productivity
  - June 10<sup>th</sup> –introduced Guest Speakers
  - Expanded topics to include authenticity and the Future of....



# What have you?.....



Sources: Groland 1997 (75) and Prochaska 1992 (148)



# Where Are You Now?



# Breakout Room Exercise



## In your **Breakout Room**...

- Share
  - what you have learned
  - what has changed
  - where are you now?
- Be ready to Report out to the large group

# Thought for the Week .....

## What are you going to do differently?





