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Captain of the Ship: Sailing your School to Success

Learning objective #1: Gain knowledge of a different way of communicating with others that leads to Win-Win interactions.

We get to choose powerfully if we want to have a Win-Win or a Win-Lose conversation which then leads to either a Win-Win or Win-Lose school culture. Awareness is the key to accessing the possibility of creating a Win-Win environment. Using words like "but" & "however" can immediately lead into an oppositional conversation. If your goal is Win-Lose, you got it! If your goal is Win-Win, consider using words like "and" & "as soon as" to create and continue having a Win-Win conversation.

If you got value in the conversation about being right, and you weren't being right about it, then you can see how automatically wanting to be right leads to a Win-Lose environment as someone has to be wrong. Recognizing when you are simply trying to be right and then choosing to let it go creates a Win-Win environment as you maintain and strengthen your relationships.

I invite you all to check out www.empatico.org to be able to connect your classrooms to other classrooms around the world. Your kids can have a true understanding about other cultures as opposed to perspectives and stereotypes that they have learned from past negative or unintentionally misinformed sources.

Learning objective #2. Understand how the body's true decision-making process works for improved human connection.

We discussed moving our mind to other parts of our body other than our brain to make decisions from. This will take being aware when our mood changes and we are about to make a decision with our mind in our brain. I invite you to reread the last 2 sentences again. Interrupting this pattern and also taking a breath seals your ability to hold off on immediately making a decision with the brain. Try making decisions from your heart and gut and see if your life and the relationships in it start to improve.

Learning objective #3: Learn how to recognize unknown inefficient patterns and then get to choose to transform them.

Did you say down when I said up? Did you respond with the opposite word to all 3 of my questions? If you did, there's nothing wrong with you. You are the typical oppositional human, stuck in another automatic program. Consider every time that you notice yourself being immediately oppositional, see if you can break that pattern and choose something other than being oppositional and see what the results are. You might end up going on an adventure and changing your life.

As human beings we have been taught to create expectations in our mind, never share the expectation with the person that we created the expectation for, and when they don't read our minds and do what we expected them to do, we are programmed to get upset at them. Whenever you are creating an expectation for a person, place, or situation, you use the word "should" to create the expectation. "He should be on time." and "She should call me more often." are both examples of expectations created and existing only in the mind. Try removing the word "should" and replacing it with the word "could" in the created expectation and access happiness as you notice upset go away.

For example, think about a person in your life and how they "should" be. Now say out loud "My friend should (be) _____". How do you feel? Do you like the way you feel? Now say "My friend could (be) _____". Do you feel better after you say "should" or do you feel better after you say "could"? How do you think the other person in your life feels that you're creating the expectation for? The expectation that they don't know about that they cannot possibly fulfill? How would you like it if someone created an expectation for you, didn't tell you and got mad at you for not knowing? Isn't this pattern a curious one?

Human beings have been programmed to believe that people can make them feel a certain way. People have been taught to believe that someone can make them mad, make them sad, make them jealous, make them frustrated and much more. That's not, in reality, how the brain works. The brain hears words coming out of somebody's mouth, processes the words, gives the words meaning, and then reacts to them in a microsecond. That is the power of the supercomputer inside our skulls. Most haven't been taught that we do this to ourselves internally so when we get upset, we look externally towards other people. We then put the responsibility and blame on them when it is in fact 100% our fault and our responsibility that WE got ourselves upset.

If you're willing to take on that the responsibility of your upset is on you, then you have taken over all of your power as you take all of the responsibility. The more

responsibility you choose to have in your life, the more power you get to have in your life. What will you choose?

Learning objective #4. Practice different forms of breathwork for self-regulation and to increase oxygen supply to the brain and body.

As humans we tend to be shallow breathers. Learning how to intentionally breathe in-and-out with your stomach muscles helps you oxygenate your brain and body which helps with decision making, problem solving and increasing clarity. Try 3 breaths a day for yourself. Don't you deserve it? If you like the way that you feel when you take big belly breaths, consider taking more.

Buddy breathing is when you have one of your alpha children take on the leadership responsibility of helping their fellow students regulate their emotions. Teaching the children to go up to their friend who is in distress and place their hand on their shoulder to give them space. The alpha child tells the other child that they are going to breathe with them. They don't tell the child that they want them to breathe as we ourselves don't like to be told to take a breath when we are upset so why would a child? After a full few breaths, the child in distress will adapt to the breathing of the other child and the teacher doesn't have to get involved, just in case it is a fake behavior for attention.

Cold breathing is a way to trick the body into calming down by creating a cooling sensation in the mouth that goes into the body. Place your tongue behind the back of your bottom teeth and take a breath in with your mouth. The cooling sensation will calm down the body. Teaching these techniques to your teachers and children will have a huge impact in the well-being of the classroom as a whole.

I appreciate you and your precious time spent watching this webinar. I truly hope you received value from it and pass on my knowledge to those that could benefit from it. If you have any and all questions regarding anything related to life or school, please contact me at ron@ronspeak.com and let's have a conversation to solve a problem or create a Win-Win environment for your staff, students and/or parents.

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