



The Energy Bus

ARE YOU ON THE BUS?



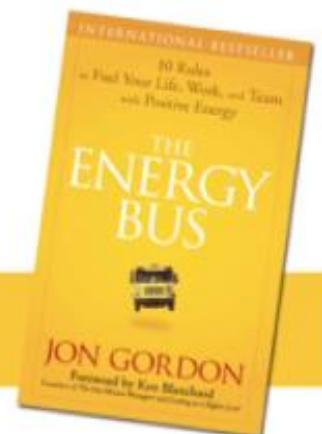
The Energy Bus Workshop

MAPT Conference

June 22, 2017

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with The Jon Gordon Companies



www.TheEnergyBus.com

Rules to Fuel Your Life, Work and Teams with Positive Energy

Our Goal today is to fuel your life, work, and team with positive energy.

Success in life is largely determined by your attitude and energy.

The Energy you bring is a choice. (Olympic volleyball story – prepared for rain)

The Energy you bring is contagious. (locker room story ... both + and – energy spreads)

- We need to get rid of what drains us and fill our buckets with what energizes us.

The energy you bring creates culture. (It will be either healthy or toxic.)

Healthy Cultures are marked by:

Toxic Cultures are marked by:

Positive Energy creates a healthy, high performing culture that executes at a high level AND is enjoyable to be part of. (Gaylord Hotel – Smiley face story – “Consider it done)

Culture always follows the leader; they create, drive, and protect the culture.

7 Rules & Tools

RULE #1: You’re the Driver of the Bus! (Michael Phelps story)

- Stop blaming others and making excuses.

RULE #2: Every driver needs a Vision.

Vision helps us see the road ahead and focus on the goals that get us to our destination.

VISION has to be clear and compelling. (What are you passionate about? Moved to do something about?)

What is your Vision:

- for your Life?
- for your Family?

- for your Work / Team?
- for your Health? Finances?

RULE #3: Desire, Passion, and Focus provide the “horsepower”

(The motivation and energy to fuel your ride and keep moving your bus in the right direction.)

Passion helps you overcome **obstacles** and **adversity**. (Helen Maroulis Olympic Wrestler story)

Where **focus** goes, **energy** grows.

What are you willing to do to be your best?

RULE #4: Deal ruthlessly with Chronic Negativity

(Georgia Bulldogs Football story; NYPD)

Energy Vampires can literally suck the **life** out of your team.

They **drain** your energy and **derail** your team.

Taking **decisive** action is necessary when building and protecting a positive culture.

“One guy can’t make your team, but one guy can break your team.”

– Donovan McNabb, Philadelphia Eagles QB

Post a “No Energy Vampires” Sign

RULE #5: Love your passengers

(FORD Motors Story; Clemson Football Story)

LOVE is the ultimate Culture Builder! Love is a **verb**.

1. Believe the best **IN** each other
2. Bring your best **TO** each other
3. Want the best **FOR** each other
4. Expect the best **FROM** each other

Catch people doing the right things!

Do Little things like they’re big things.

Speak Life.

RULE #6: Drive with a purpose – remember “why” you do what you do

(Haiti Story – bending rebar; Michael Jr. video)

Purpose inspires people to care more, take more risks, and live more passionately.

Purpose helps teams navigate obstacles, adversity, and potholes along the road.

You have to see the bigger purpose in the role you play.

Purpose gives you a greater sense of mission and meaning.

What is the real purpose in my role? _____.

RULE #7: Have Fun and Enjoy the ride!

If it's FUN, it gets done. If it's worth doing, it's worth making it fun!

The most positive and productive organizations celebrate the wins along the way.

Rocks, Paper, Scissors competition:

The Positive Pledge

I pledge to be a positive person and positive influence on my family, friends, co-workers and community.

I promise to be positively contagious and share more smiles, laughter, encouragement and joy with those around me.

I vow to stay positive in the face of negativity.

When I am surrounded by pessimism I will choose optimism.

When I feel fear I will choose faith.

When I want to hate I will choose love.

When I want to be bitter I will choose to get better.

When I experience a challenge I will look for opportunity to learn and grow.

When faced with adversity I will find strength.

When I experience a set-back I will be resilient.

When I meet failure I will fail forward towards future success.

With vision, hope, and faith, I will never give up and will always move forward towards my destiny.

I believe my best days are ahead of me, not behind me.

I believe I'm here for a reason and my purpose is greater than my challenges.

I believe that being positive not only makes me better, it makes everyone around me better.

So today and every day I will be positive and strive to make a positive impact on the world.

www.ThePositivePledge.com

by Jon Gordon