GOOD DAY!

MARLON MOLMISA

author. leadership speaker. social entrepreneur.

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SMILE!
LET’S DO THE KUNGFU!
LIFE IS ABOUT LEARNING, RELEARNING, AND UNLEARNING.
A FULFILLED PERSON WORKS WITH HIS PASSION, MORE THAN HIS POSITION.
“THE PEOPLE I HAVE SEEN ACHIEVE THE GREATEST SUCCESS IN THEIR PROFESSIONAL AND PERSONAL LIVES ARE PASSIONATE PEOPLE.”

DAVID LUCATCH, BUSINESS INSIDER

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STRESS MANAGEMENT IN YOUR LIFE

- Meditation
- Exercise
- Time in nature
- Sleep well
- Connect socially
- Eat well
- Make lists
- Join a club
- Reduce caffeine
- Prioritize tasks
REMEMBER

It is NOT what is happening outside. It is what is driving you inside.
REMEMBER

It is INTERNAL more than EXTERNAL.
OUR DISCUSSION

STRESS-PROOF LEADERSHIP
OBJECTIVES

At the end of this training, you will be able to:

‣ live the secrets of top leaders on how they become stress-proof;
‣ practice effective habits of CEOs; and
‣ decide to lead yourselves, others and your boss.
DO I NEED TO BECOME A LEADER?
STRESS PROOF
LEADERS WORK WITH PASSION,
NOT BY POSITION.
HOW TO BE PASSIONATE?

“DO YOU LOVE YOUR JOB?”
PRESSURES
POLITIES
POWER TRIP
“PERA & PAMILYA”
WHAT MOTIVATES YOU TO DO YOUR JOB?
What motivates you to do your job?
Why do you love your job?
Self-actualization: achieving one’s full potential, including creative activities

Esteem needs: prestige and feeling of accomplishment

Belongingness and love needs: intimate relationships, friends

Safety needs: security, safety

Physiological needs: food, water, warmth, rest

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die empty.
STRESS-PROOF MINDSET

“The more I forget about myself, the more I feel empowered.”

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“Before I give, I have to be filled.”
"Before I give, I have to be filled."

COMPETENCE  CREATION  CHARACTER  CONSISTENCY
1

THE HEAD

Competence leads to Confidence.

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WHAT WILL HAPPEN IF YOU ARE NOT COMPETENT?
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WHAT WILL HAPPEN IF YOU ARE NOT COMPETENT?
“Education is the most powerful weapon which you can use to change the world.”
Nelson Mandela
UPGRADE YOUR COMPETENCE. LET YOUR CONFIDENCE FOLLOW.
COMPETENCE FIRST, THEN CONFIDENCE.
You get tasks that kill you.

You do not listen. Messianic Mentality. “I know it all” Attitude.

Your close friends already told you.
BE QUIET.
LET YOUR
ACHIEVEMENTS
SPEAK FOR YOU.

ANONYMOUS,
BEST-SELLING AUTHOR
HOW TO DEVELOP YOUR COMPETENCE?

Invest in Education

Have Quality Time with Mentors

Get Constructive Feedback

Mentor Other People
DON'T STOP LEARNING.
TIME

THE ME ME ME ME ME GENERATION

Millennials are lazy, entitled narcissists who still live with their parents

Why they’ll save us all

BY JOEL STEIN
THE WORLD IS CHANGING.
GOOD BOOK THAT CAN MAKE YOU COMPETENT.

Discovering your innate strengths.

Focus on your strengths.
GOOD BOOK THAT CAN MAKE YOU COMPETENT.

Leading your boss. Leading your people.
GOOD BOOK THAT CAN MAKE YOU COMPETENT.

Habang binabasa ko 'to, para lang akong nakikipagkwentuhan kay Marlon sa personal, para bang kaharap ko siya na nagkukwento. Ang gaan lang basahin nitong libro, nakakatuwa, may mga nakakatawa, at maraming aral na makukuha tungkol sa buhay, pangarap at pananampalataya.

MARCELO SANTOS III
Best-selling Author
GOOD BOOK THAT CAN MAKE YOU COMPETENT.

Making extraordinary results in your organization.
“I do not know everything yet.”

“I can’t do it alone.”

“I am not failing, I am learning.”

“I am a work in progress.”
AMERICA’S GREAT INVENTOR
I have not failed, I've just found 10,000 ways that won't work.

~ Thomas Alva Edison
ATTITUDE OF A STRESS-PROOF LEADER

THEY BUILD A MOVEMENT, NOT A MONUMENT.
HOW CAN COMPETENCE MAKE YOU STRESS-PROOF?

COMPETENCE CONFIDENCE SECURITY

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HOW CAN COMPETENCE MAKE YOU STRESS-PROOF?

COMPETENCE

CONFIDENCE

SECURITY
THE HAND

Creating An Impact is The Breakfast of a Champion.
WHAT DOES A STRESS-PROOF LEADER CREATE?

CREATE QUALITY DECISIONS
CREATE DYNAMIC RELATIONSHIPS
CREATE EFFECTIVE LEADERS
CREATE A LEGACY
WHAT DOES A STRESS-PROOF LEADER CREATE?

CREATE QUALITY DECISIONS

CREATE DYNAMIC RELATIONSHIPS

CREATE EFFECTIVE LEADERS

CREATE A LEGACY
The quality of our decisions will determine the quality of our life.
Does it support my life purpose and core values?

Does it have a positive impact in the future?

Does it empower my team/family?
WHAT DOES A STRESS-PROOF LEADER CREATE?

CREATE QUALITY DECISIONS

CREATE DYNAMIC RELATIONSHIPS

CREATE EFFECTIVE LEADERS

CREATE A LEGACY

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RELATIONSHIPS
5 LEVELS OF LEADERSHIP
(MAXWELL, 2005)

(5) PINNACLE
(4) PEOPLE DEVELOPMENT
(3) PRODUCTION
(2) PERMISSION
(1) POSITION
If you want to attract people, you need to be like people you enjoy being with.

— John C. Maxwell —
Genuine friends go to wake, seldom on birthdays.

Genuine friends praise you in public, rebuke you in private.

Genuine friends do everything for you so you get promoted.
DO NOT DO YOUR JOB ALONE.
WHY DO SOME HAVE A HARD TIME COLLABORATING?

- **Trust:** I do not know them.
- **Frustration:** I don’t like them.
- **Vision:** Where are we going?
- **Ego:** I will not be recognized.
- **Relaxed:** It’s not my job.
- **Responsibility:** I can do it alone.
HOW TO HANDLE DIFFICULT PEOPLE?
10% VISIBLE
Behavior

90% INVISIBLE
Personal and Past Experiences
HOW TO COLLABORATE?

- Communicate
- Think Win-Win-Win-Win-Win
- Build Others Up
- Welcome Diversity
WHAT DOES A STRESS-PROOF LEADER CREATE?

CREATE QUALITY DECISIONS

CREATE GENUINE RELATIONSHIPS

CREATE SERVANT LEADERS

CREATE A LEGACY
CREATING A LEGACY

Cultivate your personal core values.

Combine your personal core values with your organization’s core values.

Challenge yourself to create a new multi-generational culture.
THE POWER OF CORE VALUES

The foundation of any person and any organization.
“to identify underlying characteristics are common to highly visionary companies”

Sampling from Fortune 500 industrial companies, Fortune 500 service companies, Inc. 500 private companies and Inc. 100 public companies
People in the organization feel energized when they know "why" they are working.
Character defines our support group.
HEART

CHARACTER
CHARACTER

IMPRINT

MAKE YOUR MARK
Reaction vs. Response
CHARACTER
COFFEE
Controllable vs. Uncontrollable
“BEFORE I BECAME A CEO”
“BEFORE I BECAME A CEO”
“BEFORE I BECAME A CEO”

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STRESS-PROOF MINDSET

We can’t move the uncontrollable. But we can do something with the controllable.
Circle of Concern vs. Circle of Control

How Reactive People Act
Large Circle of Concern and a small Circle of Control. A lot of time and energy is wasted reacting to issues that they can't control.

How Proactive People Act
Small Circle of Concern and a large Circle of Control. A lot of time and energy is focused on issues that are within their control.

Circle of Concern

- The sex lives of celebrities and politicians
- The economy
- What other people think of you
- The weather
- Wars, weapons, and terrorist threats
- Political views of others
- The news
- What you work
- What you read
- What you buy
- Natural disasters

Circle of Control

- Your attitude and enthusiasm
- Places you travel to
- Businesses you start
- What you work
- Where you live
- What you buy
- What skills you learn
- Leadership positions you hold
- Articles and books that you write
KNOW WHAT TO CONTROL AND WHAT TO LET GO.

<table>
<thead>
<tr>
<th>CONTROLLABLE</th>
<th>UNCONTROLLABLE</th>
<th>RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>We let go.</td>
<td>We let go.</td>
<td>Relaxation</td>
</tr>
<tr>
<td>We control.</td>
<td>We control.</td>
<td>Frustration</td>
</tr>
<tr>
<td>We let go.</td>
<td>We control.</td>
<td>“Fantasization”</td>
</tr>
<tr>
<td>We control.</td>
<td>We let God.</td>
<td>Divine Intervention</td>
</tr>
</tbody>
</table>
OUR ULTIMATE SOURCE OF HOPE.

Sir, my concern is not whether God is on our side; my greatest concern is to be on God's side, for God is always right.

(Abraham Lincoln)
CHARACTER CAN MAKE YOU GREAT.

Nearly all men can stand adversity, but if you want to test a man's character, give him power

(Abraham Lincoln 1809-1865)

www.leadership-street.com
Consistency can make or break you.
Your core values
×
Your organization’s core values
= Leadership Style
PRACTICE MAKES PERFECT, PERMANENT.
6 DAILY HABITS OF THE WORLD'S MOST SUCCESSFUL CEOS – BUSINESS INSIDER

1. They get up early.
2. They exercise regularly.
3. They meditate everyday.
4. They cut back on meetings.
5. They organize the details.
6. They cultivate creativity.
THE FRAMEWORK

What kind of habits need to be formed?

- **HEAD**: Competence for your security.
- **HANDS**: Creating an impact for your organization.
- **HEART**: Character for other people.
- **HABIT**: Consistency for the next generation.
MARLON'S SIMPLE NOTE

MAKE HAPPY MEMORIES
ACHIEVE MORE GREAT THINGS
REFUEL RELATIONSHIPS
LOVE YOUR JOB
OWN RESPONSIBILITIES
NEAR TO GOD ALWAYS.
MAKE HAPPY MEMORIES
ACHIEVE MORE GREAT THINGS
REFUEL RELATIONSHIPS
LOVE YOUR JOB
OWN RESPONSIBILITIES
NEAR TO GOD
DAGHANG SALAMAT!

MARLON MOLMISA

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