What’s Your BOUNCEABILITY?

With Mj Callaway, CCMS, CVP, CSP
When do you get stalled or stuck?
The Bounce-Up™ Framework

- Energy
- Bounceability
- Opportunity
- Unstoppable
- Network
- Communication

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What drains your energy?
BOUNCE-ABILITY
Consider:

Bounce Back or Bounce-Up
**Reactive**
- Stays stuck in situation or past
- Retains negative reactions
- Complains about change; Resists change

**Proactive**
- Drives positive results
- Manages change
- Knows how to improvise
Introducing
Fall 2012

New Collection
Suiting & separates
to mix-and-match,
proudly made in NYC

New Look
Our updated site is
more personalized and
just as chic

Same Smart Sizing
Create a Quincy profile
to find your perfect size
and get 25% off

Photo Credit: Quincy Apparel Ad
Unexpected & Disruptive Events
Define Your Controllables Activity!

• What’s In Your Control?
• What’s Out of Your Control?
THE TRAFFIC LIGHT APPROACH

Stop the **Reactions**!

1. Stop
2. Evaluate
3. Improvise

Photo by Mj Callaway©
Thoughts

Situation

Boundaries

Momentum? Stuck?
Optimism Study Shows

- Healthier behaviors
- Healthier ways of coping with challenges
- Positively impacts biological systems
- Reduces mortality risk

Harvard T.H. Chan School of Public Health Study
Key #1: Bounce-Ability Sync Time

What is the best choice for me at this time?

Photo by Microsoft
OPPORTUNITY
OPPORTUNITY: Open Minded or Closed Minded

**Reactive**
- Retains tunnel vision
- Lacks openness
- Enables naysayers to influence decisions

**Proactive**
- Pivots quickly and somewhat easily
- Sees the other point-of-view
- Maintains a bigger picture of what could be
Make Bubbles?
Or
Let Life Burst Your Bubbles?
How can you turn your “Situation” into Opportunities?
#1 Tool: Flip It

Bounce Back: Negative, Reactive Words

Bounce-Up: Positive, Proactive Words
#2 Tool: Redirect

Direct: Negative remark

Redirect: Change the focus
Proactive Words Can...

- Increase engagement
- Create healthier environments
- Build confidence
- Turn your life around
Key #2: Opportunity Sync Time

What do you need to flip or redirect?
UNSTOPPABLE

#3
UNSTOPPABLE: Fear or Belief

**Reactive**
- Permits fear to stop progress
- Allows self-doubt to shake confidence
- Can become easily defeated

**Proactive**
- Believes in ability and self
- Jumpstarts momentum
- Embraces growth and self-development
Be Unstoppable with Your Super-Size-You Powers!
COURAGE over Fear!

The courage to do what you think you can’t!
Super-Size You Activity!

1. List one to two accomplishments?
2. What did it take to achieve them?
3. What challenges did you overcome in the process?
4. What are your Super-Size You Powers?
Key #3: Unstoppable Sync Time

• What affirmation can you create with your Super-Size You Powers?
• What can you achieve with your Super-Size You Powers?
#4

NETWORK
<table>
<thead>
<tr>
<th>Reactive</th>
<th>Proactive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feels alone</td>
<td>Builds intentional connections</td>
</tr>
<tr>
<td>Unsure how to get help</td>
<td>Values collaboration</td>
</tr>
<tr>
<td>Blames others</td>
<td>Develops a strong support system</td>
</tr>
</tbody>
</table>

**NETWORK: Solo? Community?**

Mj Callaway©
“You are the average of the five people you spend the most time with.”

- Jim Rohn
Christine Wallace: 70 Conversations

• What do you come to me for help with?
• When have you seen me the happiest?
• When do I stand out?
Your Village: Intentional
Identify:

- Who takes me off track?
- Will this person get me to my destination?
- Is it wise to spend my time?
- Will this person drain my resources?
Key #4: Network Sync Time

➢ What change would you like to make?
➢ Who can help you?
#5

COMMUNICATION
COMMUNICATION: Dismiss or Embrace

Reactive

- Reacts before thinking
- Adopts defensive communication
- Shuts down during challenges

Proactive

- Considers all perspectives
- Practices positive communication
- Asks for support, mentorship, or assistance
Our thoughts, emotions, and stories drive everything from how we live to how we lead.

Susan David, Harvard Psychologist
1999
Won
21 games
Two Tools: Flip It

Bounce Back:
Negative, Reactive Words

Bounce-Up:
Positive, Proactive Words
What is positive about this stance?
Three “S” Technique

SCAN
SMILE
SPEAK
"Own your presence the way Prince owned his."

- Mj Callaway
What can you implement to create more confidence in your communication?
#6

ENERGY
ENERGY: Drain or Gain

**Reactive**
- Gets frustrated over small stuff
- Gives situation control
- Focuses on problems

**Proactive**
- Takes proactive role
- Identifies best usage of energy
- Performs well during change
- Drives momentum
You CAN find the GOOD in every DAY!

Mj Callaway
Identify Where Your Energy Goes

Did I put my energy into being agitated about something?

Did I put my energy into nurturing others more than myself?

What did I put my energy towards today?
Tap Into the Magic of Energy?

➢ What am I proud of today?
➢ What have I learned today?
➢ What am I grateful for today?

Photo by Riccardo Annandale on Unsplash
Key #6: Energy Sync Time

What replenishes my Energy?
Your Next Step:

What is one positive commitment you will make?

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