Inspired Leadership

Using Spiritual Principles to Guide Department Chair Work

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Objectives

At the end of this workshop, participants will be able to:

a. **List** a minimum of two (2) spiritual principles that can guide their work as department chairs,

b. **Identify** no more than two (2) activities that they will do consistently that are in alignment with their spiritual principles.
Who Am I?

Counselor Educator

Ordained Interfaith Minister

Licensed (Counseling) Psychologist

Department Chair

Who Are You?

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<thead>
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<th>Name</th>
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<th>Institution</th>
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<table>
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<tr>
<th>Current position, Number of years in current position</th>
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<tr>
<th>Goal or reason for attending this workshop</th>
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<th>Something you do for the pure fun of it</th>
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Previously... 

In-Spirit

You can’t control the things that happen to you, but you can control the way you react to them.

Image source: www.flickr.com
12 Universal Spiritual Principles

Compassion  Humility
Courage  Integrity
Faith  Service
Forgiveness  Trust
Gratitude  Truth
Honesty  Vision
### 12 Universal Spiritual Principles

<table>
<thead>
<tr>
<th>Compassion</th>
<th>Humility</th>
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<tr>
<td>Courage</td>
<td>Integrity</td>
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<td>Gratitude</td>
<td>Truth</td>
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<td>Honesty</td>
<td>Vision</td>
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**Compassion**
- Courage
- Faith
- Forgiveness
- Gratitude
- Honesty

**Humility**
- Integrity
- Service
- Trust
- Truth
- Vision
Compassion

• Definition:
  a sympathetic consciousness of others’ distress together with a desire to alleviate it (www.merriam-webster.com)

“Compassion is the wish to see others free from suffering.” ~Dalai Lama

Image source: commons.wikimedia.org

Courage

• Definition:
  mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty (www.merriam-webster.com)

“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, (whispering), ‘I will try again tomorrow.’” ~Mary Anne Radmacher

Image source: http://maxpixel.freegreatpicture.com (Creative Commons Zero)
Faith

- Definitions:
  - allegiance to duty or a person
  - firm belief in something for which there is no proof; complete trust
  - something that is believed especially with strong conviction

For we walk by faith, not by sight. (II Corinthians 5:7)

Image source: www.commons.wikimedia.org

 Forgiveness

- Definitions (forgive):
  - to give up resentment of or claim to requital
  - to grant relief from payment of
  - to cease to feel resentment against (an offender)

- Distinct from forgetting or excusing

“The weak can never forgive. Forgiveness is the attribute of the strong.” ~Mahatma Gandhi

Image source: www.flickr.org
Gratitude

- Definition:
  the state of being grateful \(\rightarrow\) appreciative of received \((\text{www.merriam-webster.com})\)

“If the only prayer you said in your whole life was, thank you, that would suffice.” ~Meister Eckhart

Image source: www.gogratitude.com

Honesty

- Definitions:
  - fairness and straightforwardness of conduct
  - adherence to the facts \((\text{www.merriam-webster.com})\)

“One falsehood spoils a thousand truths.” ~Asante Proverb

Image source: www.pixabay.com (CC0 Public Domain)
Humility

• Definition:
  freedom from pride or arrogance: the quality or state of being humble (not proud or haughty: not arrogant or assertive)
  (www.merriam-webster.com)

“If you are humble nothing will touch you, neither praise nor disgrace, because you know what you are.” ~Mother Teresa

Image source: www.pixabay.com

Integrity

• Definitions:
  o firm adherence to a code of especially moral or artistic values
  o an unimpaired condition
  o the quality or state of being complete or undivided
  (www.merriam-webster.com)

“Integrity is doing the right thing. Even when no one is watching. ~C.S. Lewis

Image source: www.commons.wikimedia.org
Service

- Definition:
  an act of helpful activity; help; aid:
  to do someone a service
  (www.merriam-webster.com)

- Giving from the overflow

“They will forget what you did. But they will never forget how you made them feel.” ~Maya Angelou

Image source: www.flickr.com

Trust

- Definitions:
  - assured reliance on the character, ability, strength, or truth of someone or something
  - one in which confidence is placed
  - a charge or duty imposed in faith or confidence or as a condition of some relationship
  - something committed or entrusted to one to be used or cared for in the interest of another
  (www.merriam-webster.com)

“The moment there is suspicion about a person’s motives, everything he does becomes tainted.” ~Mahatma Gandhi

Image source: www.pixabay.com
Truth

- Definitions:
  - sincerity in action, character, and utterance
  - the state of being the case
  - a judgment, proposition, or idea that is true or accepted to be true
  (www.merriam-webster.com)

“The truth will set you free, but you have to endure the labor pains of birthing it.” ~Iyanla Vanzant.

Image source: www.flckr.com

Vision

- Definitions:
  - a thought, concept, or object formed by the imagination
  - the act or power of imagination
  - unusual discernment or foresight
  (www.merriam-webster.com/)

“If you don’t have a vision, you’re going to be stuck in what you know. And the only thing you know is what you’ve already seen.” ~Iyanla Vanzant

Image source: www.pexels.com
Inspired Leadership: Case Scenarios

Confidential

Thank you for your cooperation.

Activity: Your Scenarios

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May you be at peace
May your heart remain open
May you awaken to the light of your own true nature
May you be healed
and may you be a source of healing for all others

With heartfelt gratitude,
“Rev. Dr. Chair”

Part of the Lovingkindness Meditation by Thich Nhat Hanh