





## STRENGTHENING LEADERSHIP, RESILIENCE, AND WELLNESS

### DAY TO DAY / HOUR TO HOUR AGENDA

#### DAY ONE

0800-0830	Course Administration
0830-0930	Foundation
0930-1200	Journey In - Sacrifice, Elasticity, and Data from the field
1200-1300	Lunch (not provided)
1300-1400	Journey In - The Science of Attunement
1400-1530	Journey In - Triangle of Neurobiology
1530-1700	Journey In - Power of OVEA

#### DAY TWO

0800-0830	Journey-Out: Responsibility, Keystone and SOUL V
0830-1200	Journey-Out: Saboteurs
1200-1300	Lunch (not provided)
1300-1400	Journey-Out: The Science of 11 Rings
1400-1530	Journey-Out: Box Breathing and Meta Motivation Zig Zag
1530-1645	Course Conclusion: Breakout Sessions
1645-1700	Course Closeout



## STRENGTHENING LEADERSHIP, RESILIENCE, AND WELLNESS

### COURSE OUTLINE

- I. Preface
  - A. Course Overview
    - a. GREAT to MAGNUS Models
  - B. Instructional Goals
  - C. Agenda
  - D. Outline
  - E. Co-Host Logistics
  
- II. Foundation
  - A. Self-assessment #1
  - B. Self-assessment #2
  - C. OODA Loop Review
  - D. Dr. Bandura's Social Cognition Theory
  - E. Dr. Javidi's MAGNUS OVEA Theory
  
- III. Journey In
  - A. Sacrifice
    1. Definition
    2. Impact
  - B. Elasticity
    1. Definition – Objects
    2. Definition – Chemicals
    3. Definition – Humans
  - C. Elasticity Curve
    1. Stress Pathway
    2. Research Data from the Field
  - D. The Science of Attunement
    1. Interpersonal Neurobiology
    2. Intrapersonal Neurobiology



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- E. Triangle of Neurobiology
  - 1. Defining the Medial Pre-Frontal Cortex
  - 2. The Nine Functions of the Medial Pre-Frontal Cortex
    - a. Body Regulation
    - b. Attuned Communication
    - c. Emotional Balance
    - d. Fear Modulation
    - e. Response Flexibility
    - f. Empathy
    - g. Insight
    - h. Morality
    - i. Intuition
  - 3. The Nine Integration Techniques
    - a. Integration of Consciousness
    - b. Horizontal Integration
    - c. Vertical Integration
    - d. Memory Integration
    - e. Narrative Integration
    - f. State Integration
    - g. Interpersonal Integration
    - h. Temporal Integration
    - i. Transproational (Expanded Version of Self)
  - 4. Power of OVEA
    - a. Young Man Wants to Fly a Fighter Jet
      - Challenges
      - Journey
      - Outcome

### IV. Journey Out

- A. Responsibility
  - 1. Duty
  - 2. Obligation
  - 3. Supererogation



## STRENGTHENING LEADERSHIP, RESILIENCE, AND WELLNESS

- B. Keystone & Souls
  - 1. Inspire
  - 2. Educate
  - 3. Impact
  - 4. Transcend
- C. Saboteurs
  - 1. Saboteurs Assessment
    - a. Hyper-Rational
    - b. Hyper-Achiever
    - c. Hyper-Vigilant
    - d. Controller
    - e. Stickler
    - f. Restless
    - g. Pleaser
    - h. Avoider
    - i. Victim
- D. The Science of 11 Rings of Performance
  - 1. Relationship Development
  - 2. Family Dynamics
  - 3. Spiritual Being
  - 4. Mental Toughness
  - 5. Emotional Factors
  - 6. Resilience Fitness
  - 7. Physical Health and Nutrition
  - 8. Financial Stability
  - 9. Occupational Fulfillment
  - 10. Leadership Capability
  - 11. Social Connections
- E. Box Breathing
- F. The Science of Butterfly Curve: Effective Orientation in the LOOP
- G. Meta-Motivation Zig Zag
  - 1. Motivational State: Serious
    - a. Microclimate: Purpose



## STRENGTHENING LEADERSHIP, RESILIENCE, AND WELLNESS

- b. Value: Achievement
  - c. Keywords: Vision, Direction, Strategy & Significance
  - d. Orientation: Future
  - e. Contribution to Performance: Long-Term Goals, Strategic Perspective, and Alignment
  - f. Potential Negative Impact: Narrowness and Inflexibility, Driven Without Consideration, and Anxiety
2. Motivation State: Playful
- a. Microclimate: Energy
  - b. Value: Enjoyment
  - c. Keywords: Fun, Stimulation, Interest
  - d. Orientation: Present Moment
  - e. Contribution to Performance: Enthusiasm and Passion, Engagement and Enjoyment, and Increased Effort
  - f. Potential Negative Impact: Aimlessness, Indulgence and Confusion
  - g. Good Feelings: Excitement, Fascination, and High-Energy
  - h. Bad Feelings: Boredom and Restlessness
3. Motivational State: Conforming
- a. Microclimate: Structure
  - b. Value: Fitting In
  - c. Keywords: Rules, Procedures and Consistency
  - d. Orientation: Doing the Right Thing at the Right Time
  - e. Contribution to Performance: Efficiency, Consistency and Standards
  - f. Potential Negative Impact: Things are Always Done This Way, Building Bureaucracy and Being Too Rigid
  - g. Good Feelings: Sense of Belonging and Comfort
  - h. Bad Feelings: Embarrassment and Guilt
4. Motivational State: Rebellious
- a. Microclimate: Change Orientation
  - b. Value: Freedom
  - c. Keywords: Challenge, Constructive Conflict and Re-Evaluation
  - d. Orientation: Even Liberated
  - e. Contribution to Performance: Critical Thinking, Innovation and Change
  - f. Potential Negative Impact: Anarchy, Confusing Innovation with Being Different and Anger / Hostility
  - g. Good Feelings: Freedom and Independence



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- h. Bad Feelings: Frustration with Being Restrained and Anger at the Unfairness of Certain Rules
- 5. Motivational State: Sympathy
  - a. Microclimate: Warmth
  - b. Value: Belonging
  - c. Keywords: Affection, Group Cohesion and Friendliness
  - d. Orientation: Affection and Caring
  - e. Contribution to Performance: Collegial Spirit, People Look Forward to Working With Each Other and Openness to Emotional Needs
  - f. Potential Negative Impact: Over-Concerned, Lack of Objectivity and Avoidance of Tough Issues
  - g. Good Feelings: Loving and Being Loved
  - h. Bad Feelings: Rejection and Neglected
- 6. Motivational State: Callous
  - a. Microclimate: Individual Contribution
  - b. Value: Self-Mastery
  - c. Keywords: Personal Responsibility
  - d. Orientation: Control, Power and Authority
  - e. Contribution to Performance: Determination, Willingness to Learn and Taking Charge
  - f. Potential Negative Impact: Lack of Cooperation, Power Games and Feeling of Inaction
  - g. Good Feelings: Pride and Triumph
  - h. Bad Feelings: Humiliation and Loss of Face
- 7. Motivational State: Self
  - a. Microclimate: Consideration
  - b. Value: Care
  - c. Keywords: Trust, Work/Life Balance and Self-Expression
  - d. Orientation: Self-Orientation
  - e. Contribution to Performance: Taking Personal Responsibility and Personal Ambitions
  - f. Potential Negative Impact: Over Focus of Self, Indulgent Self-Concern and Lack of Objectivity
  - g. Good Feelings: Self-Satisfaction
  - h. Bad Feelings: Resentment and Loneliness
- 8. Motivational State: Others
  - a. Microclimate: Enablement
  - b. Value: Empowerment



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- c. Keywords: Cooperation, Collaboration and Consensus
  - d. Orientation: Collectivism
  - e. Contribution to Performance: Mentoring and Coaching Others and Encouraging Team Spirit
  - f. Potential Negative Impact: Lack of Individual Accountability, Everyone Involved in Everything and Lack of Focus on Self
  - g. Good Feelings: Virtuous For Helping Others
  - h. Bad Feelings: Guilt For Not Helping Others Enough
- V. Course Conclusion
- A. Breakout Sessions
  - B. Review / Q&A





## STRENGTHENING LEADERSHIP, RESILIENCE, AND WELLNESS

### CO-HOST LOGISTIC REQUIREMENTS

#### CLASSROOM

- Adequate seating for up to 34 students with tables and chairs, good ventilation
- Markerboard and markers
- Flipchart with paper

#### AUDIOVISUAL

- LCD projector for computer presentation
- Large projection screen (minimum of 6' x 6' screen size)
- Speaker system to connect laptop for audio
- Extension cord and power strip
- AV table or cart

#### OTHER

- Access to copier



## STRENGTHENING LEADERSHIP, RESILIENCE, AND WELLNESS

### STUDENT EQUIPMENT LIST

#### INDIVIDUAL

- Law Enforcement / Agency ID
- Business casual attire
- Laptop computer or tablet
- Student notebooks will be made available via Dropbox



## STRENGTHENING LEADERSHIP, RESILIENCE, AND WELLNESS

### NTOA PROVIDED INSTRUCTOR MATERIALS

#### INSTRUCTOR PACKET

- QR codes for walk-ins / replacements
- Course roster
- Student name tents
- Instructor agreements
- Dropbox link for student notebook and resource materials

#### TRAVEL INFORMATION (emailed in advance)

- Directions to the training site and hotel information
- Contact numbers for co-host point of contact

#### COURSE PRESENTATION MATERIALS

- PowerPoint presentations available on Basecamp for download

#### INSTRUCTOR EQUIPMENT

- Laptop computer



## STRENGTHENING LEADERSHIP, RESILIENCE, AND WELLNESS

### STUDENT NOTEBOOK CONTENTS

<b>TAB</b>	<b>DESCRIPTION</b>
Preface	Overview, Instructional Goals, Agenda, Outline, Student & Co-host Logistic Requirements
1.	Magnus Ovea Strengthening Leadership, Resilience, and Wellness PowerPoint