

# Module: Thrive Tribe

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# ThriveZone™:

Noun

The sweet spot where your greatest gifts and joy meet society's greatest needs.



# Discover Your ThriveZone

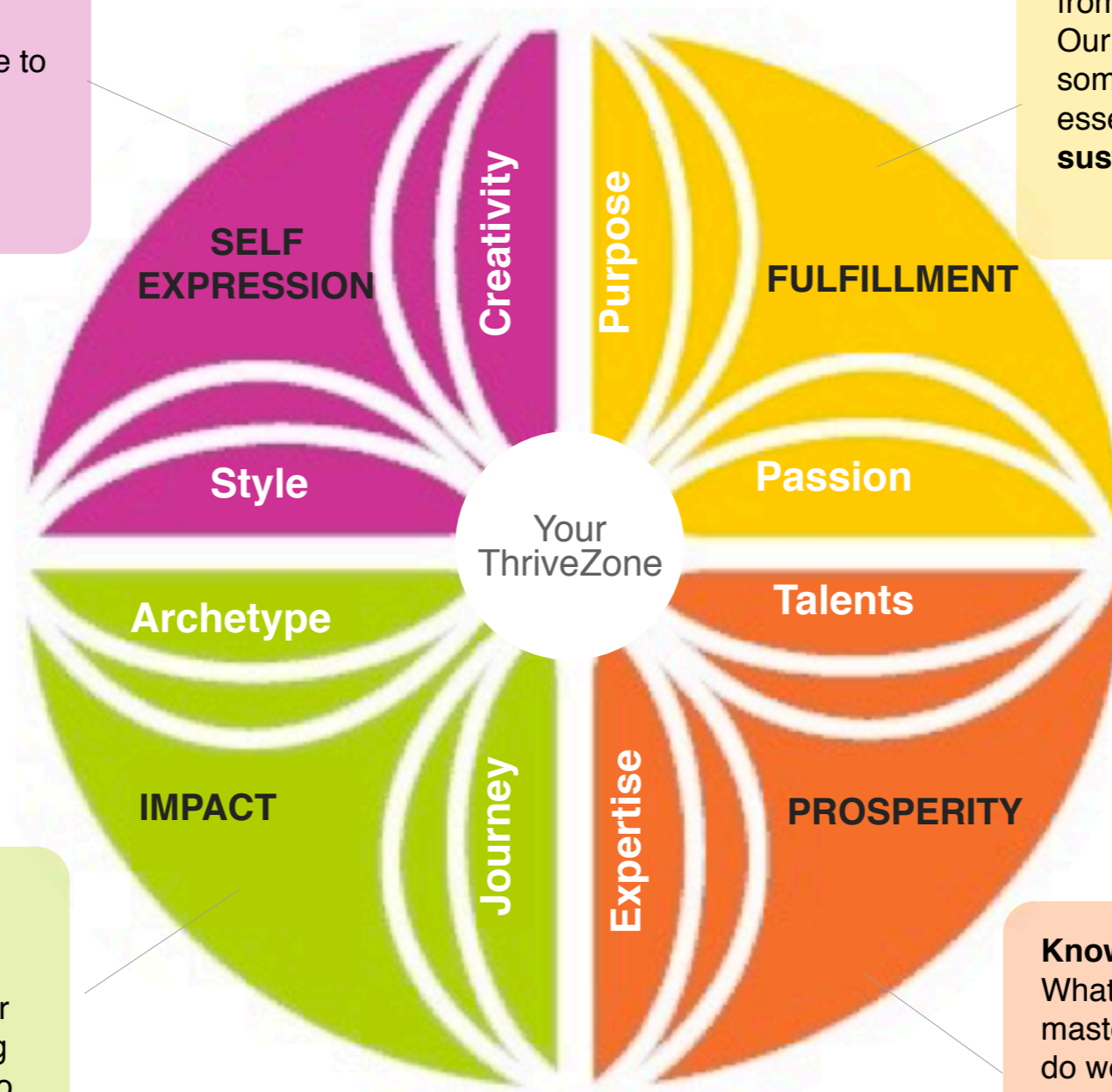
## Self Expression

Being able to follow our own unique style of work and express our creativity naturally bring a great sense of freedom and confidence to our work and day-to-day lives.

## Meaning & Joy

Incorporating elements that bring meaning and joy elevates our work from a job or career to a Calling. Our purpose—our connection to something greater than us—is essential for **emotional sustainability** in our work.

8 Personal Attributes  
4 Spheres of Influence  
1 ThriveZone



## Impact

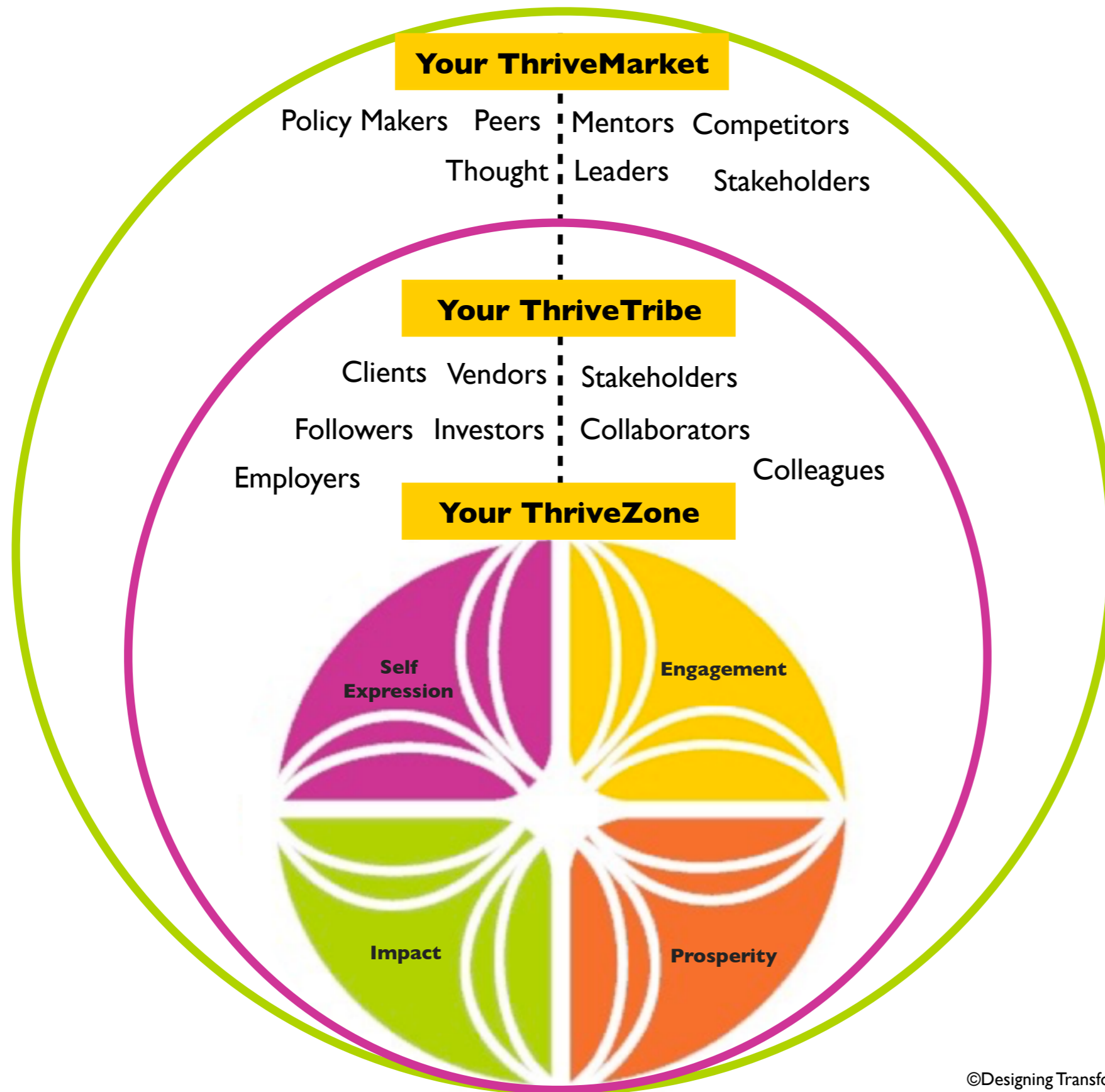
Our core lessons and unique personal archetype set the stage for our highest purpose. Understanding and incorporating these aspects into our work helps us to become aligned with our **authentic** path.

## Know-how & Flow

What we have learned and mastered, and what we naturally do well help us to attract abundance with ease and flow. These are the areas that we have a track record and credibility, and therefore can rely on for **financial sustainability**.



# ThriveZone™ Alignment





# I.0 Being in Service

# We naturally step into serving



“We move what we're learning from our heads to our hearts through our hands.”

Brené Brown



# From Me to We and back to Me



# A new model is emerging

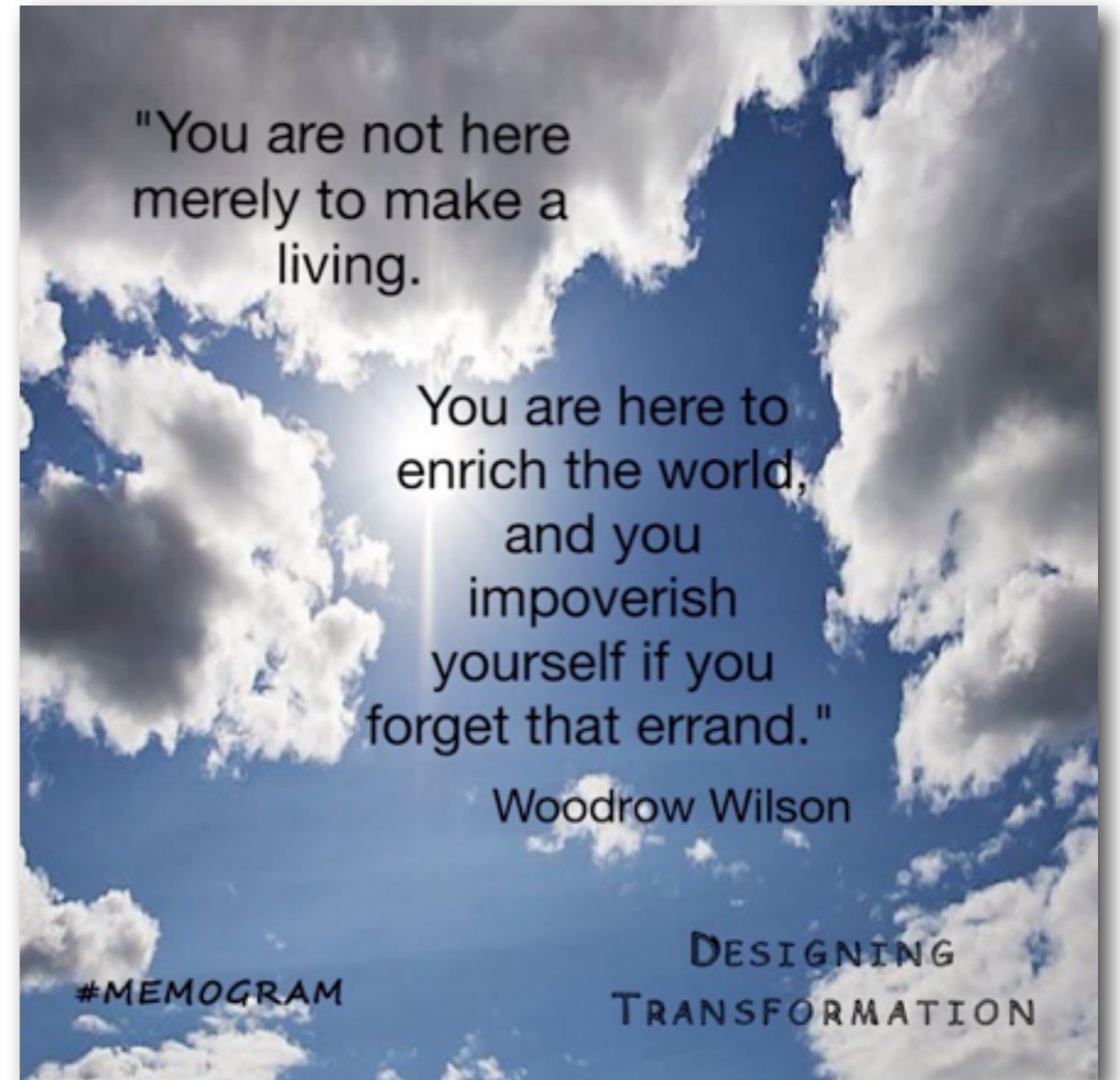
- **Learn, Earn and Return** - no longer sequential, but rather in parallel.
- Demographics are making a big impact here:
  - Millennials
  - Baby boomers retiring



# We derive meaning from three areas

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- **Personal** - Self / creative expression, mastery and growth
- **Social** - social interactions and relationships, being part of a team or community
- **Societal** - impact, to be part of something bigger than ourselves



# Exercise 1.0 - Your Sense of Service

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1. On a scale from 1 (low) to 5 (high), what level of meaning/purpose do you experience from your existing work (whether or not you are currently getting paid for your work)?

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2. Order the three types of purpose (Personal, Social, or Societal) from most important to you to least important:

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3. Describe what kind of activities that bring meaning to you in each of these areas more:

Personal \_\_\_\_\_

Social \_\_\_\_\_

Societal \_\_\_\_\_





## 2.0 Active Listening

# Listening

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- To be in service, we need to listen
- Most of us are so busy in our lives, work and minds that we don't take the time to really listen to others
- When we listen we get greater insight, knowledge and people feel acknowledged
- Active listening - being completely present (mind and body) and confirming for clarity of common understanding
- Listener train of thought - from presenting to developing products and everything in between
- Deep listening requires 'reading' what's not overtly said



“Seek first to understand and then to be understood.” - Stephen Covey



# Exercise 2.0 - Active Listening

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Spend the day focused on active listening. Notice if it is difficult for you. What thoughts and emotions come up. What did you learn about yourself, about the people you were listening to? Did you pick up any non-verbal cues that you may have missed if you weren't actively listening? What, if any, changes do you need to make to become a better listener?

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# 3.0 Your ThriveTribe

# Who is in your Community?

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- It takes a village to realize your dreams
- To inspire and be inspired
- To support and be supported
- May find a community to fit first, but then to attract and build your own over time
- Involves listening to their needs, and responding with leadership, service and dedication



# Exercise 3.0 - Defining your community

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Think about the ideal community. Who is in it? What are they like? What's important to them?

## Demographics

(Gender, age, education/income, location)

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## What are their goals

(Personal and professional)

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## What are their challenges

(that you may be able to help with)

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# 4.0 Change Leadership

# But I am not a leader, am I?

Do you feel a strong pull to:

- Make a positive impact in the world?
- Inspire a movement?
- Lead a community effort?
- Beautify/ better the world with your gifts, skills and/or experience?
- Heal, teach or in some other way help others?

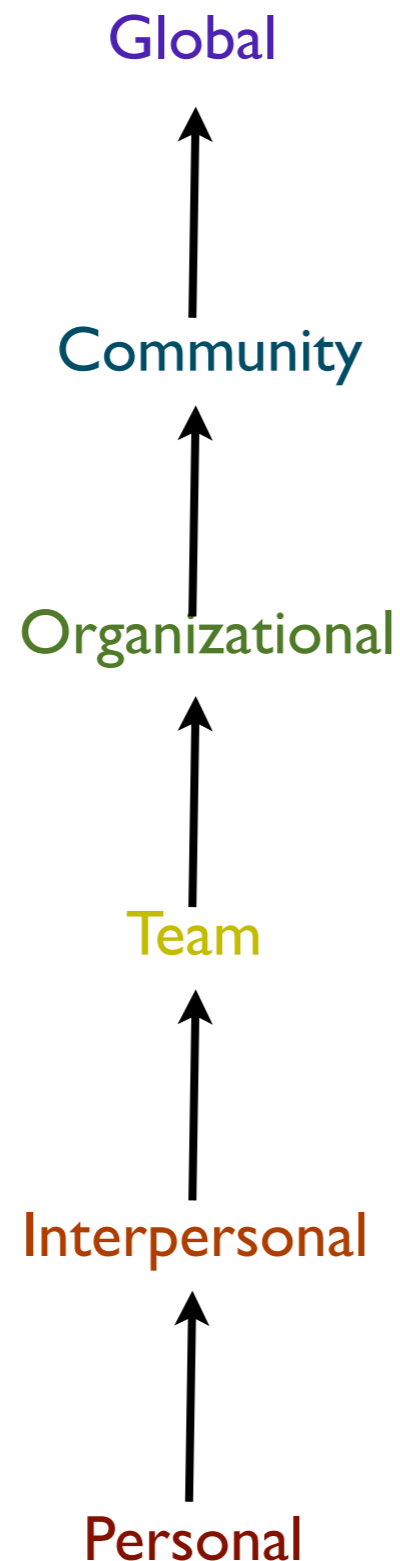
If so, you are a **change leader**!



"Leadership is having a vision, sharing that vision and inspiring others to support your vision while creating their own." - Mindy Gibbins-Klein



# 6 Potential Levels of Leadership



- We are all responsible for at least two levels (personal leadership & interpersonal)
- Personal Leadership is at the foundation

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

John Quincy Adams



# Exercise 4.0- Identifying your areas of leadership

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When you think of the various levels of leadership (personal, interpersonal, team, organizational, community, and global). Where are you currently a leader in your life and work? Where do you see yourself leading in the future?

(Example: I am currently working on personal growth (personal leadership). I demonstrate leadership to my children (interpersonal leadership) and I organize a women's hockey team (team leadership). I would like to be more active in the PTA (community leadership).

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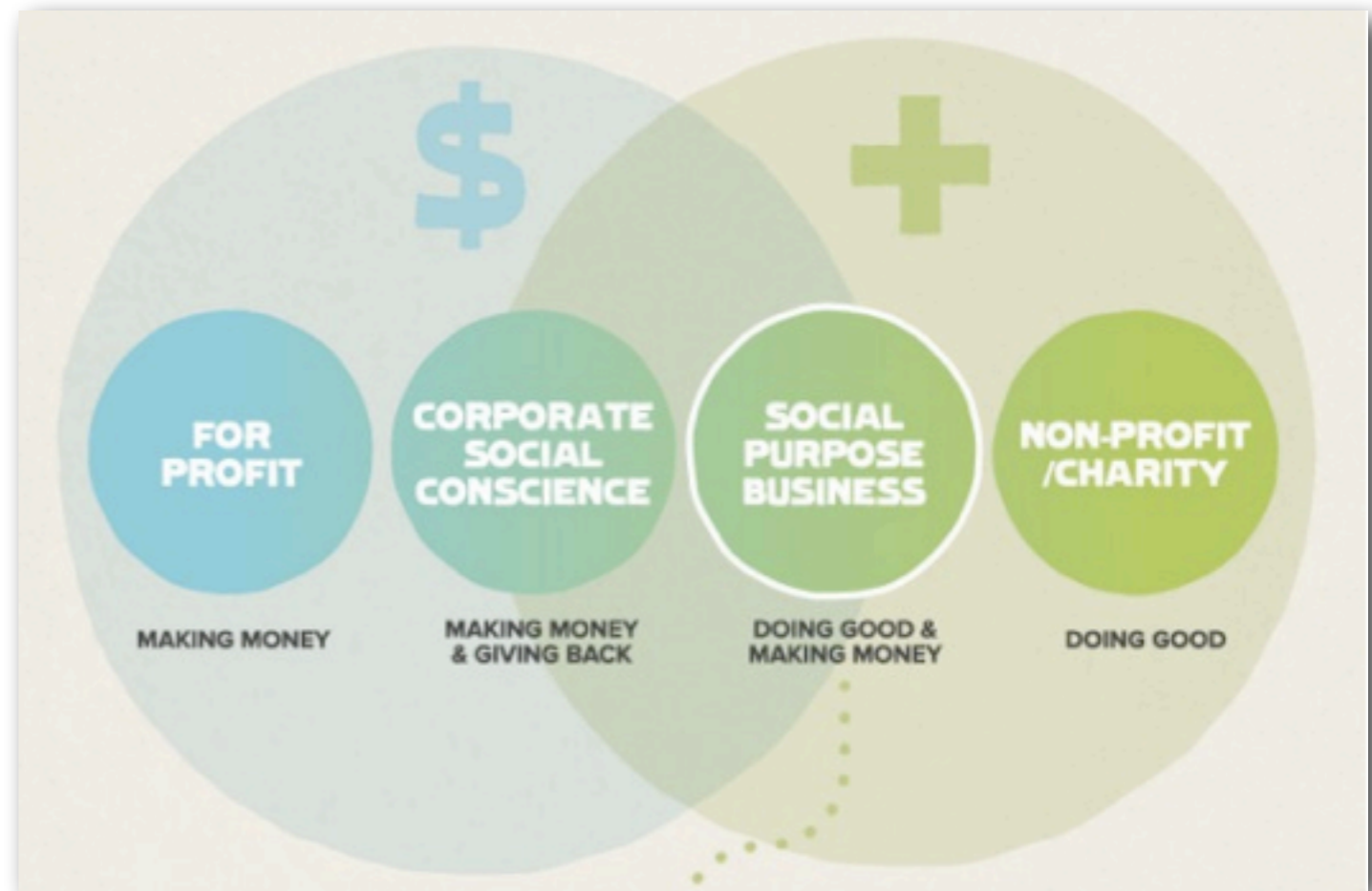


## 5.0 Defining Your Ideal Market

# Purpose Economy

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- Agrarian - Industrial - Technology - **Purpose**
- Purpose as the new driver in the economy, because of:
  - technology, demographics, globalization, increased affluence, improved health, blending of sectors



- Largest projected growth in Purpose sectors:
  - Community & Social Services, Education & Training, Health Care
- LOHAS (Lifestyles of Health and Sustainability) = \$600B industry, growing 10%/year



# Exercise 26 - Defining your ideal market

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Question	Answer
What are the products, programs and services that are offering in this market?	
How would you categorize this market (i.e. beauty, health, home decor, entertainment, etc.)	
What are some of the important trends over the last 5 years that may affect (positively or negatively) opportunities for you in this market?	





## 6.0 Your Peers and Mentors

# Following Peers and Mentors

- This can help us **benchmark** ourselves, see new potential solutions that don't exist in our area of the market or ideas for improvement.
- It is important to take an **objective look** at the key players in the market to get clear on how your offering is **different**.
- **Look at** Indirect or outside your market - for ideas
- **Caution:** Don't get discouraged if you see others that are ahead of you...this is an opportunity to express your own unique voice.



# Exercise #27 - Peer/Mentor Insight

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- Identify 3-4 key peers /mentors that you admire, have good ideas or whose offering you would like to better. Research their website, content, social media sites. Summarize below their core strengths and how you are different, or could offer something unique.

Mentor/Peer Name	Their Core Strengths	How You are Different





# 7.0 Your Community Vision

# Guided Meditation - Community visualization

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After the meditation, write down your thoughts/what came up for you, any thoughts, feelings, ideas?

Did it have a name? Who was there? What was its mission? What did it look like? What was it offering its members? What was your role in creating and maintaining it? What do you need to do or be to make it happen? Anything else





# Review Module

Write down any observations, insights ah ha's that you may have experienced during this module.

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