



4 Tips to Develop Your Personal Ownership Skills

A SMARTER SOLUTION FOR A **SMARTER WORKFORCE.**

OWN IT. ACHIEVE IT. LEAD. REPEAT.

As a leader, you drive success in your organization by owning your actions, taking control of your choices, and using personal ownership as a technique to inspire your team. Here are four tips to help you influence your team to succeed.



01

ACCEPT RESPONSIBILITY

- Accepting responsibility is the first step and relies on discipline to yourself and to others.
- Leaders follow through with their commitments and recognize areas of improvement.
- Practice introspection and be open to creating changes, both internally and externally.



02

OWN YOUR MISTAKES

- “No bad teams, only bad leaders” – take pride in ultimate ownership.
- Take responsibility for not just your failures and mistakes, but also for your solutions.
- Be proactive for the future: identify issues and develop a plan to overcome.



03

KNOW THE WHY

- Understand not just “what you do,” but “why you do it.”
- Believe in the mission. If you don’t, who will?
- Clearly communicate the “why” to your teams.
- Foster understanding and internalize the belief in success.



04

INSPIRE OTHERS

- Lead by example. Be the role model your team can look up to.
- Teach others to own leadership and be proud of their decisions.
- Create space to grow and give your team room to develop.
- Adapt. The journey to success and development is dynamic.

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8 Tips to Empower an Unstoppable Team

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Empowering an Unstoppable Team can be easily achieved through practical daily interactions between leaders and team members on a behavior level. Use these eight tips to boost your conversational energy, encourage open and honest dialogues within your team, and provide intention to everyday conversations. Watch your team thrive as you make these small changes to your day-to-day interactions.

- 01**  Focus on a clear intention **BEFORE** each conversation or phone call. What is the purpose of the conversation?
- 02**  Do one of your favorite exercises to loosen up, disengage from negativity, and energize your mind. This will help you create more effective conversations.
- 03**  Provide a genuine, warm feeling to your team members, no matter what the circumstances are.
- 04**  Keep a high energy level during any conversation. People will be inspired by your energy!
- 05**  Share your facts **AND** your feelings. It's important to be open and honest with your team members.
- 06**  Always ask for feedback at the end of your conversation. You never know what you may learn.
- 07**  Enjoy the new and unexpected results, and be the person that people like and trust.
- 08**  Remember...
Energy + Connection = Enjoyment!

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4 Tips for Practicing Mindfulness at Work

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1

PAUSE BEFORE YOU START YOUR WORK

As soon as you sit at your desk, take a moment to pause and observe. Pay attention to your breath and your surroundings. Notice the small things you normally ignore—the material in your desk, the smell of your office, feel the temperature.



2

SET AN INTENTION BEFORE THE FIRST MEETING

To avoid entering a meeting with a wandering mind, take two minutes to practice mindfulness. You can do so while you're walking to the meeting. Even better, let the first two minutes of the meeting be silent, allowing everybody to arrive both physically and mentally.



3

HAVE A MINDFUL LUNCH

If you are eating lunch with others, use that opportunity to just listen to them without interrupting. Only speak if they prompt you to speak. If you are eating by yourself, then focus your entire attention on just eating, savoring every bit. Try looking at your smartphone before or after eating.



4

PREPARE FOR A MINDFUL COMMUTE HOME

As the day comes to an end and you start your commute home, for at least 5 minutes of the commute, turn off your phone, shut off the radio, and simply be. Let go of any thoughts and emotions that arise. See if you can focus only on your breath. Doing so will allow you to return home and be fully present with your family.

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3 Things You Need to Know About Storytelling

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Explore the art and practice of storytelling. Storytelling is a great tool to have in the workplace and can be used as a training strategy, a way to enhance corporate community and messaging, and for personal development. This useful tool is a great way to equalize relationships in the workplace and create more meaningful connections with customers. Check out the three tips below to enhance the effectiveness of your storytelling techniques!

1 Provide concrete images of moments in time.

To connect with listeners, make sure that your story is based in specific moments in time and that you are describing these moments. This will help your audience visualize your story and better connect with its message.



1

2 Use story structure to document change.



What makes stories distinct as a narrative form is that they document change, from a shift in perspective to a life-altering transformation. Consider structures like the 5 P's, the Inverted World, and How Something Came to Be.

2

3

3 Connect with the listeners' hearts.



When you place concrete images in a story structure that documents change, you will evoke emotion in your listeners, allowing them to remember you and identify with your story more effectively.

images + structure = emotion

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