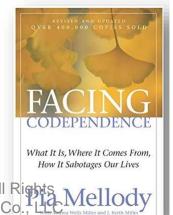


# Stronger Relationships & Better Communication in Life: Be Your Best Self in Digital Relationships

Region 4 DLC 01 11 2022

Gayle Y. Fisher, M.Ed., Ed.Tech. Gayle.Fisher@usa.net





#### This workshop explores ways

to improve group dynamics and organizational culture;

to avoid co-dependency, fear and self-victimization;

to better re-direct for behaviors; to maximize intrinsic motivation, in-the-flow, and positive reinforcement;

and to consider multiple intelligences, self-awareness and honesty in setting personal boundaries.



## In a Nutshell: 3 Things

- 1. Your personal boundaries
- 2. Available wisdom & resources
- 3. Understand yourself

## Forces At Play For Everyone

Within any team, within any family

- Personal Boundaries
- Healing & Gratitude
- Sacrifice
- Facing Fears
   Awareness of Co-Dependency
- Self-Victimization
- Co-Parenting
- Family & Caregiver Dynamics





#### Wise Counsel

Who Do You Like?

#### **Eckhart Tolle**

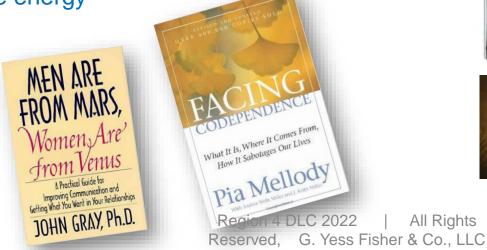




Energetics of communication

Male energy

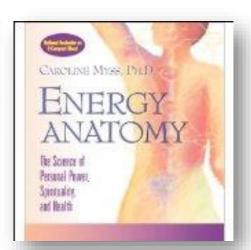
Female energy







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https://www.myss.com/free-resources/

# And As for Hovering Parents As Time Goes By



"My Baby Needs Me for Everything" "My Baby is Gaining Independence"

"but when did I



# As We All Face the Fading of Every Category of Our Prompts





(and the giving up to change)

As our kids "grow up" in unique ways, and "need us" less and less, we got what we asked for: some sense of independence when we aren't here anymore, right?

And yet . . . .

#### Doesn't Mean We Want to Let Go



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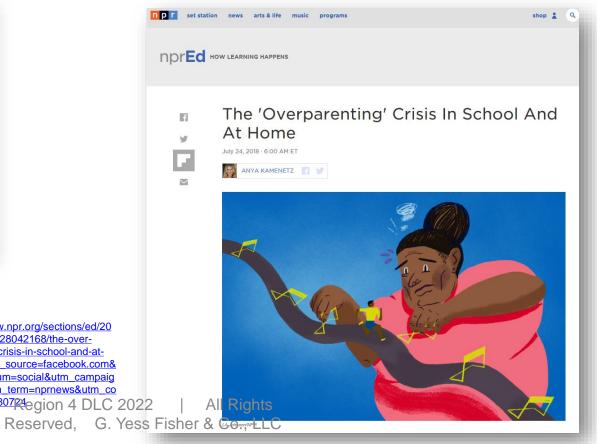
#### Risk Taking







https://www.npr.org/sections/ed/20 18/07/24/628042168/the-overparenting-crisis-in-school-and-athome?utm\_source=facebook.com& utm\_medium=social&utm\_campaig n=npr&utm\_term=nprnews&utm\_co ntent=201807P4egion 4 DLC 2022

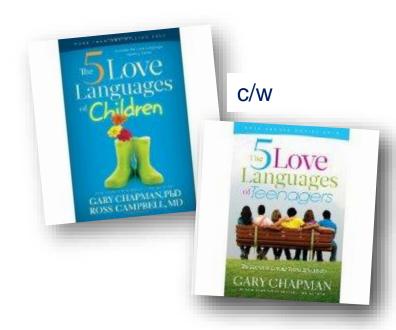


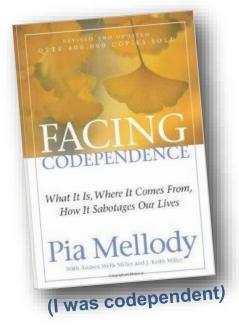
## So Who is Feeling

Left Behind,

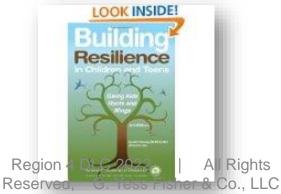
Unsoved,

Unwanted?

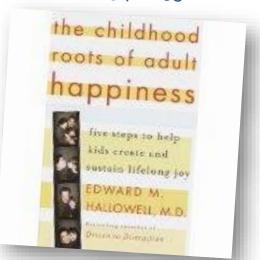








Finding peace



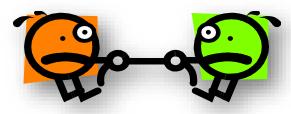




Motivation
(extrinsic, intrinsic)
(because you make me,
because I want to)











Mask of Compliance
(Is buy-in real or just to shut us up?)



## The Joy of Being Manipulated by a Child

#### because

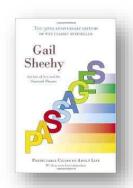
# Attempted Manipulation is a Cognitive Function!

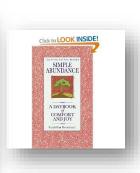
Doesn't mean they should get away with it.

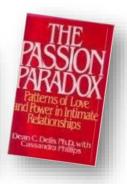
So re-direct it, holding your boundaries.



# Only I Can Give Myself Peace (and permission to be in my own flow)

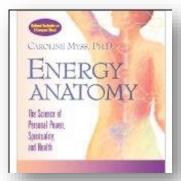








Some tools to find peace, flow and personal boundaries



Caroline Myss



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#### http://www.5lovelanguages.co m/profile/couples/

#### The 5 Love Languages: The Secret to Love that Lasts

6,719 Goodreads customer reviews

With over 11 MILLION COPIES SOLD, The 5 Love Languages® ionships. Its ideas a



#### LOVE LANGUAGES PERSONAL PROFILE FOR COUPLES

Below you will see 30 paired statements. Please circle the letter next to the statement that best defines what is most meaningful to you in your relationship. Both statements may (or may not) sound like they fit your situation but please choose the statement that captures the essence of what is most meaningful to you, the majority of the time. Allow 10 to 15 minutes to complete the profile. Take it when you are relaxed, and try not to rush through it.

It's more meaningful to me when...

- I receive a loving note/text/email for no special reason from my loved one
- E my partner and I hug.

It's more meaningful to me when...

- I can spend alone time with my partner just
- D my partner does something practical to help me out.

It's more meaningful to me when...

- my partner gives me a little gift as a token of our love for
  - I get to spend uninterrupted leisure time with my

It's more meaningful to me when

- my partner unexpectedly does something for me like filling my car or doing the laundry.
- E my partner and I touch.

It's more meaningful to me when...

- my partner puts his/her arm around me when we're in public.
- C my partner surprises me with a gift.

It's more meaningful to me when...

- I'm around my partner, even if we're not really doing
- E I hold hands with my partner.

It's more meaningful to me when...

- C my partner gives me a gift.

A I hear "I love you" from my partner.

It's more meaningful to me when...

- E I sit close to my partner.
- I am complimented by my loved one for no apparent reason.

It's more meaningful to me when...

- B I get the chance to just "hang out" with my partner
- C | I unexpectedly get small gifts from my partner

It's more meaningful to me when...

- I hear my partner tell me, "I'm proud of you."
- D my partner helps me with a task.

It's more meaningful to me when...

- B I get to do things with my partner.
  - A Thear supportive words from my partner.

It's more meaningful to me when

- my partner does things for me instead of just talking
  - E I feel connected to my partner through a hug.

It's more meaningful to me when...

- A Thear praise from my partner.
  - my partner gives me something that shows he/she was really thinking about me.

It's more meaningful to me when...

- I'm able to just be around my partner.
- E I get a back rub or massage from my partner.

It's more meaningful to me when...

- my partner reacts positively to something I've
  - my partner does something for me that I know they don't

It's more meaninaful to me when...

- E my partner and I kiss frequently.
- I sense my partner is showing interest in the things I care about.

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#### umor, making this b LOVE LANGUAGES PERSONAL PROFILE I'll be inspired by re FOR COUPLES Chapman's comm

ver, e-book, and aud

It's more meaningful to me when...

- my partner works on special projects with me that I have
- C my partner gives me an exciting gift.

It's more meaningful to me when...

- A I'm complimented by my partner on my appearance
- my partner takes the time to listen to me and really understand my feelings.

It's more meaningful to me when...

- E my partner and I share non-sexual touch in public.
- D my partner offers to run errands for me

It's more meaningful to me when...

- my partner does a bit more than his/her normal share of the responsibilities we share (around the house, work-related, etc.)
- I get a gift that I know my partner put thought into choosing.
- It's more meaninaful to me when...

- my partner doesn't check his/her phone while we're
- my partner goes out of their way to do something that relieves pressure on me.

It's more meaningful to me when...

I can look forward to a holiday because of a gift I anticipate receiving.

A I hear the words, "I appreciate you" from my partner.

It's more meaningful to me when...

- my partner brings me a little gift after he/she has been traveling without me.
- my partner takes care of something I'm responsible to do but I feel too stressed to do at the time.

Now go back and count the number of times you circled each individua.

letter and write that number in the appropriate blank below

It's more meaningful to me when...

- B my partner doesn't interrupt me while I'm talking
- C gift giving is an important part of our relationship.
- It's more meaningful to me when...
- my partner helps me out when he/she knows I'm
  - I get to go somewhere while spending time with my partner.

It's more meaningful to me when...

- E my partner and I are physically intimate.
  - my partner gives me a little gift that he/she picked up in the course of their normal day.

It's more meaningful to me when...

- A my partner says something encouraging to me.
- B I get to spend time in a shared activity or hobby with my
- It's more meaningful to me when...

my partner surprises me with a small token of their

- my partner and I touch a lot during the normal course

It's more meaningful to me when...

- my partner helps me out especially if I know they're
  - A Thear my partner specifically tell me, "Tappreciate you."

It's more meaningful to me when...

- my partner and Lembrace after we've been apart
- A Thear my partner say how much I mean to him/her.

#### RESULTS

- WORDS OF AFFIRMATION
- \_\_ QUALITY TIME
- RECEIVING GIFTS

Which love language received the highest score? This is your primary love language. If point totals for two love languages are equal, you are "bilingual" and have two primary love languages. And, if you have a secondary love language, or one that is close in score to your primary love language, this means that both expressions of love are important to you. The highest possible score for any single love language is 12.

App Store Google play



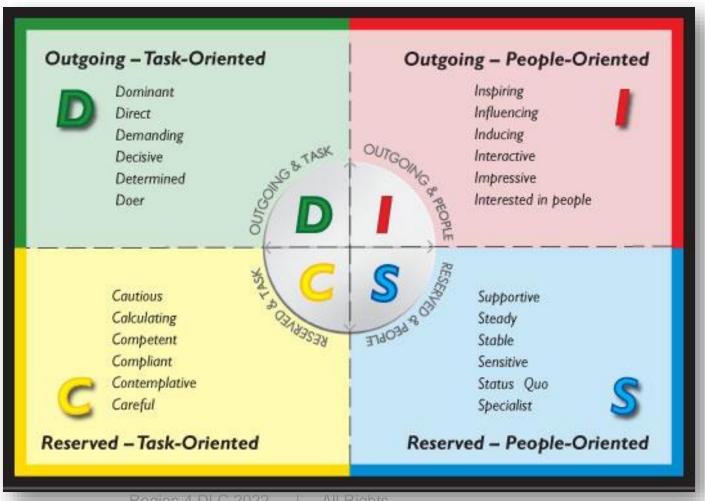
love languages is powerful, but knowing how they work in your relationshipsthat's the game changer.

## Understanding Personalities

#### **DISC**

**Others** 

Because change has to be win-win



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#### What is the organizational/family culture?

- Joy?
- Fear?
- Frustration?
- Satisfaction?

- Feelings of victimization vs. empowerment?
- Regret? Anxiety? Authentic?

What organizational changes of culture do you wish to create? What is the physical environment? Does it allow for change? Is there real communication in many forms? How about a tracking system for accountability?

### Help Them Grow Their

**Executive Function** 

"The set of processes that all have to do with managing oneself and one's resources

in order to achieve a goal.

It is an umbrella term for the neurologicallybased skills involving mental control and self-regulation."
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Children have this amazing Way of becoming exactly who we tell them they are. If we tell them they are strong, they become strong. If we tell them they are kind, they become kind. If we tell them they are capable, they become capable. Speak life into your kids, so they will have what it takes to tackle their own life one day.

#### "Water the Flowers, Not the Weeds"



#### "First You Name It, Then You Limit It"

(or Put the Boundaries On It)

"Empowerment comes via responsibility.

Maturity in life is ... reflective of an individual's willingness to assume **full responsibility for his or her life**.

As a person matures, they become more decisive, consistent and strong and when they know that they've taken full responsibility and are doing their very best, confidence grows, and they feel empowered as a result."

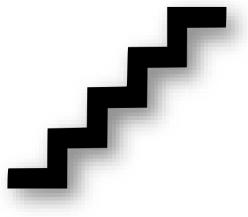
(Kain Ramsay, NLP)

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## Instant Gratification or **Consistent Decisions?**







This Photo by Unknown Author is licensed under CC BY-SA

## Consequences to the Child

- Anxiety v. Confidence
- Shame v. Pride
- Guilt v.
- Fear v. Joy
- Hiding v. Risk Taking
- Social Isolation v. Belonging
- Object of Mockery v. Respected
- Anger v. Self-Control
- Physical Loss v. Resilience
- Self Harming v. Poised
- Loss of Happiness v.
- Individual Reaction to Disapproval v. Self Esteem
- Natural \*
- Unintended \*





\* My favorites!



#### So, a Gentle Reminder

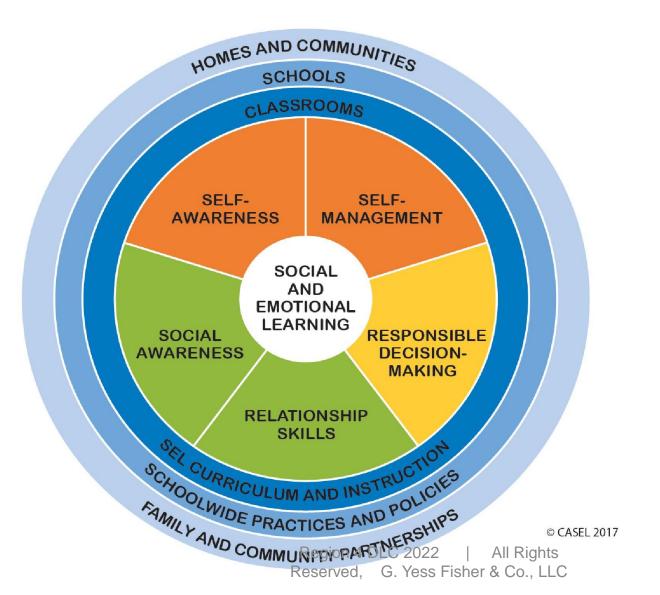
## To change a child's behavior, change YOUR behavior

(We are the adults ......we are supposed to be in charge)

Offer them the dignity of risk-taking,

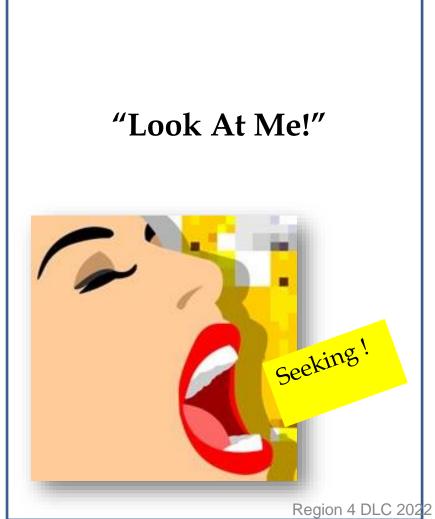
the opportunity to fail and to try again, and the supports for resilience to help them find their purpose.

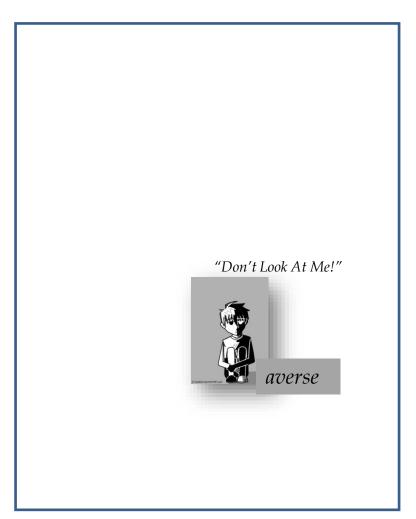
## Social Emotional Learning (SEL)



## Behavior

#### as a Means of Communication

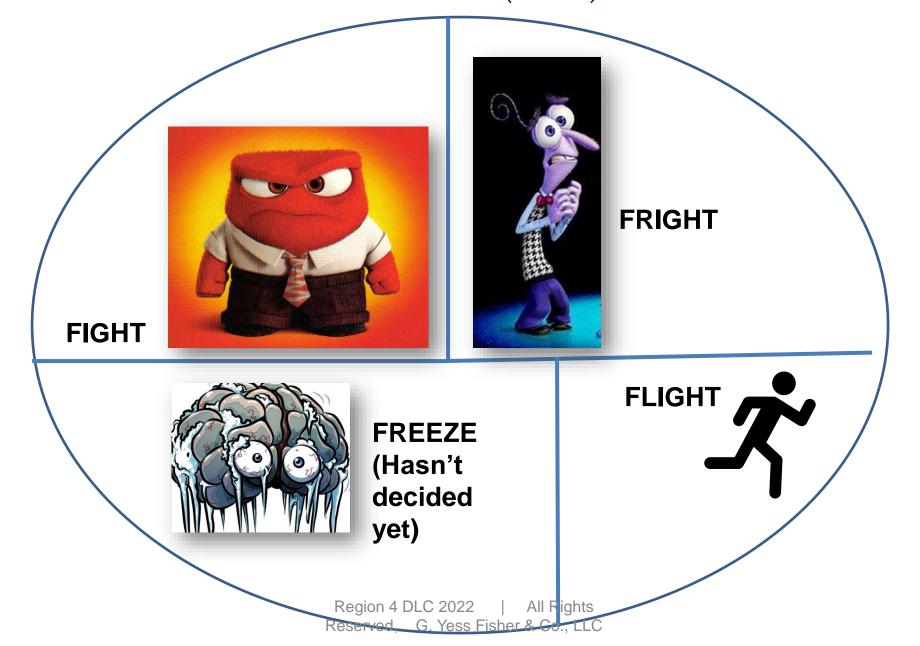




Depending on the motivation, right?

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#### Re-Directs. Positive Behavior (PBIS). Trauma-Informed.



#### You Know This Old Cliché





#### Motivation is Key



















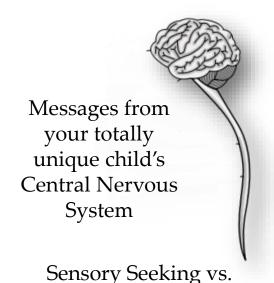
### Language vs. Communication

Are You Getting Joint Attention?

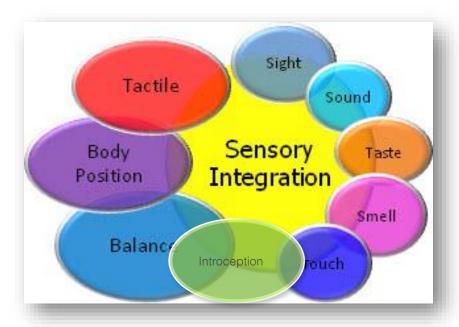
The <u>intent</u> to communicate is key. Communication can be:

non-verbal,
body language,
emotions audibly expressed,
facial expressions,
laughter,
grunts,
signing,
and much more.

#### How The Brain Transports Messages



Sensory Averse/Avoiding



#### There are 4 more:

- Vestibular (balance)
- Proprioceptive (body position)
- Tactile (different from touch)
- Interoception (physical feelings in the body, which then tell us what emotions we're feeling)

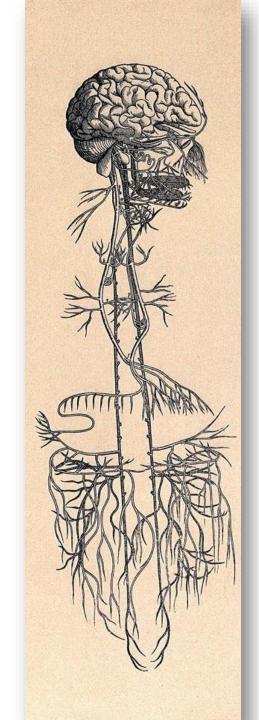
## Your Vagus Nerve (1)

"Starts in the brain and runs, via numerous branches, to several thoracic and abdominal organs including the heart.

Among its jobs is to send signals telling that organ to slow down during **moments of calm and safety** (1)"

#### But what if there is no sense of calm or safety?





## Your Vagus Nerve

#### **Link**



"In 1921, a German physiologist named Otto Loewi discovered that stimulating the vagus nerve caused a reduction in heart rate by triggering the release of a substance he coined Vagusstoff (German for "Vagus Substance"). The "vagus substance" was later identified as acetylcholine and became the first neurotransmitter ever identified by scientists."

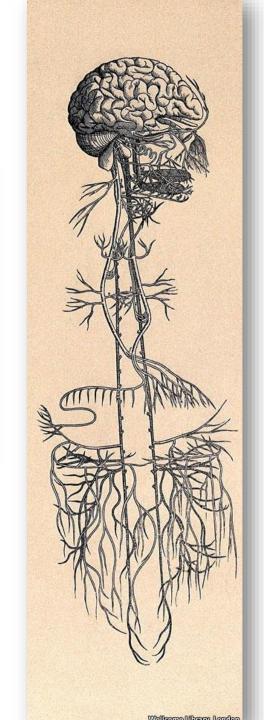


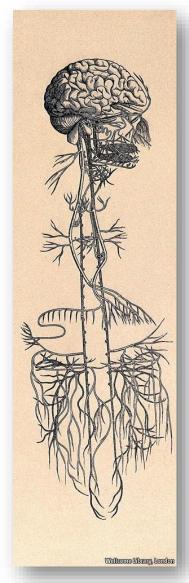
"Breathe"

Stress produces inflammation.

#### Want more info on inflammation reduction?

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https://www.npr.org/sections/health-shots/2020/05/27/862963172/how-the-lost-art-of-breathing-can-impact-sleep-and-resilience?utm\_source=pocket-newtab

Region 4 DLC 2022 | All Rights Reserved, G. Yess Fisher & Co., LLC THE CORONAVIRUS CRISIS

#### How The 'Lost Art' Of Breathing Can Impact Sleep And Resilience

May 27, 2020 · 1:59 PM ET Heard on Fresh Air



TERRY GROSS





36-Minute Listen











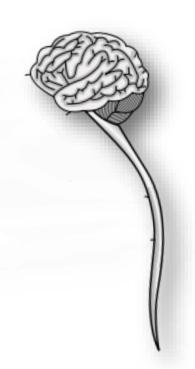
Breathing slowly and deeply through the nose is associated with a relaxation response, says James Nestor, author of Breath. As the diaphragm lowers, you're allowing more air into your lungs and your body switches to a more relaxed state. Sebastian Laulitzki/ Science Photo Library

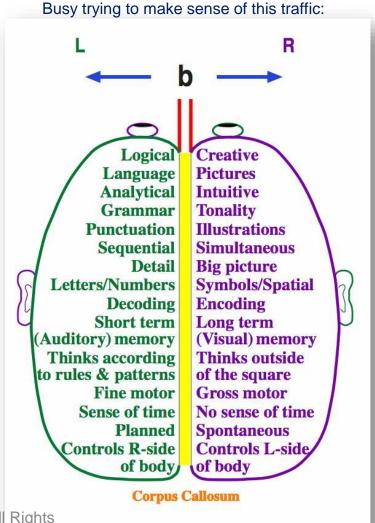
Humans typically take about 25,000 breaths per day — often without a second thought. But the COVID-19 pandemic has put a new spotlight on respiratory illnesses

#### Your Nerves

(as in "you are getting on mine.....btw")

Central Nervous System (data @ 250 mph)

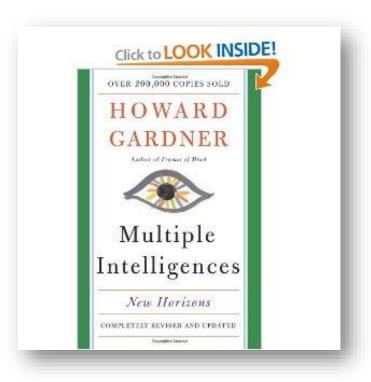




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# Do They Think You Think They Are Smart/Good (Enough)?

- 1. Verbal/Linguistic (words, words, words)
- 2. Logical/mathematical (Spock?)
- 3. Visual/spatial (can visualize things)
- 4. Musical
- 5. Interperson someone)
- 6. Intrapersonal (knowing yourself)
- 7. Bodily/Kinesthetic (moving)
- 8. Naturalistic (nature, outdoors)





<sup>(1)</sup> Gardner, H., (2006), Multiple Intelligences, New Horizons, Basic Books Graphics from PowerPoint clip art library

### Repeat: Only You Can Give Yourself Peace

(and permission to be in the present,

to own your own flow within your personation boundaries) and to find your own



If you are depressed you are living in the past. If you are anxious you are living in the future. (c) If you are at peace you are living in the present. (Lao Izu)

### Caretaker Burnout?





Holes in everything exist:
Coping Mechanisms, Life
Expectations, Dreams, Learning,
Joy..... everything

So, let's walk in those shoes for a moment



The average high school student has the same level of anxiety as the average psychiatric patient would in 1950s.



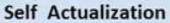


Any questions so far?

Region 4 DIC 2022 | All Rights Reserved, G. Yess Fisher & Co., LLC And we all are affected by Maslow's Hierarchy of Needs









**Esteem Needs** 





**Love and Belonging Needs** 





**Safety Needs** 



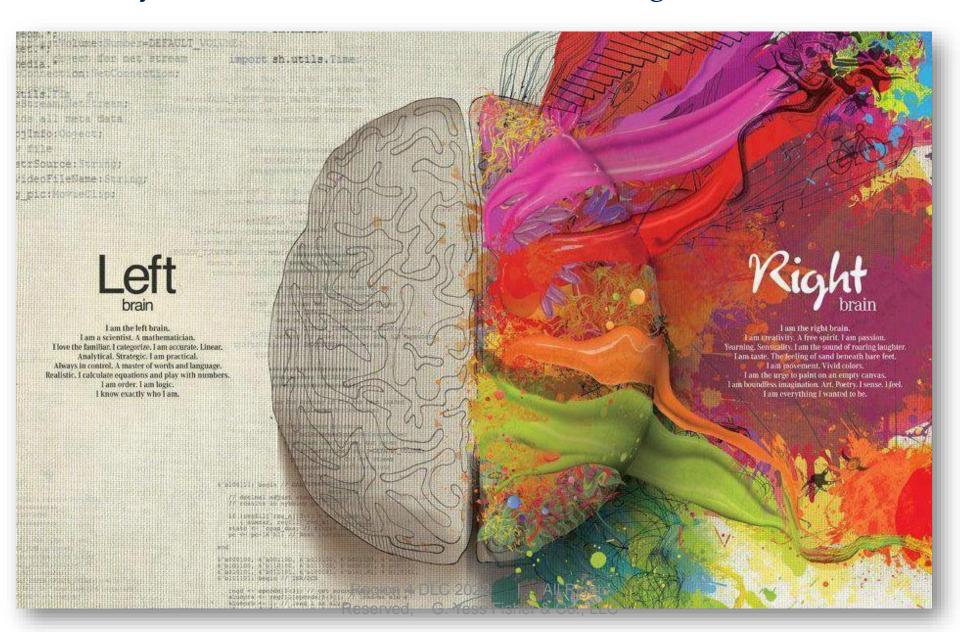


**Physiological Needs** 



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### Do we tolerate neural & persona diversity? Diversity in other forms? Each other's strengths & weaknesses?



## Changing Culture

(Do We Laugh Enough?)

(and what if we did this here, in a regular talent show?)

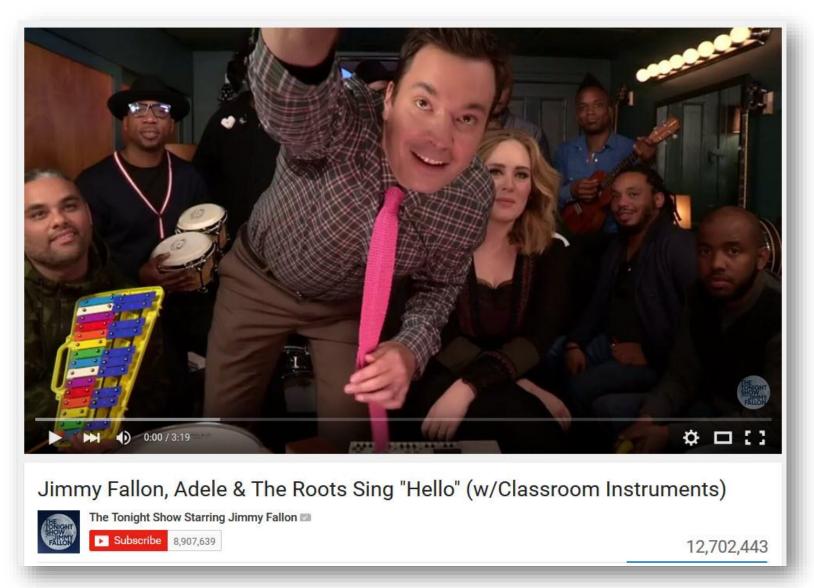


### Lip Sync Battle with Paul Rudd

Jimmy and Paul Rudd compete in a lip sync battle, and Paul raises the bar in the second round. Subscribe NOW to The Tonight Show Starring Jimmy Fallon: http://

YOUTUBE COM

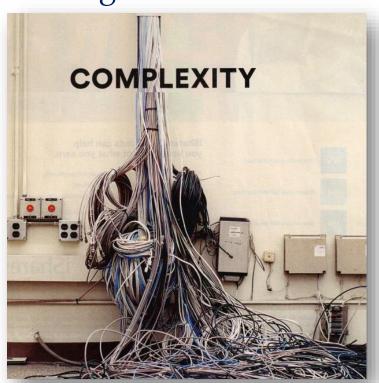
https://www.youtube.com/watch?v=4LvMeYEwWGQ



https://www.youtube.com/watch?v=-yL7VP4-kP4

Maybe you could try something like this Go., LLC

### Sadly, some habits have been years in the making









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"can handle 110 bits per second (bps)...."

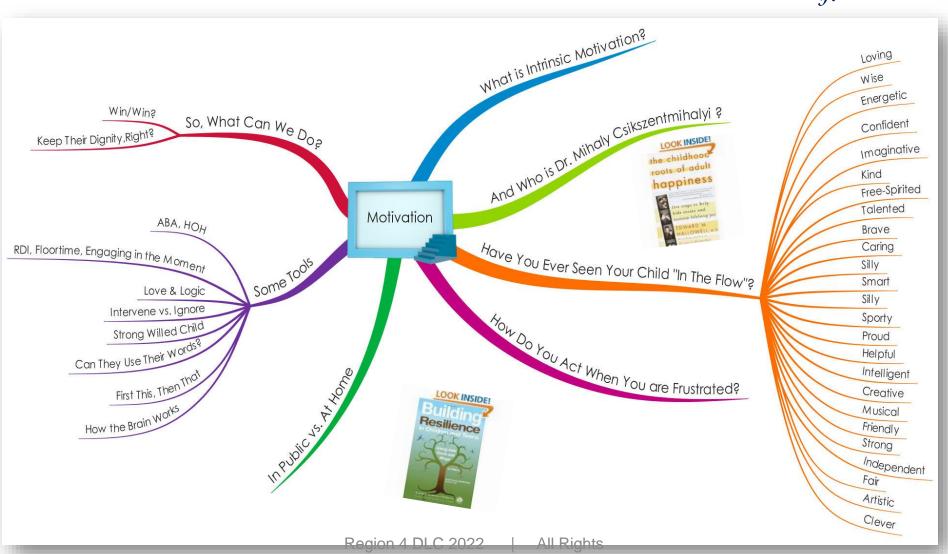


110 - 60 = ?

So, if I am full of an emotion in my cycle of grief, what is left of my thinking/processing capacity?

# What Motivates You? Your Children? Their Parents?

and why?



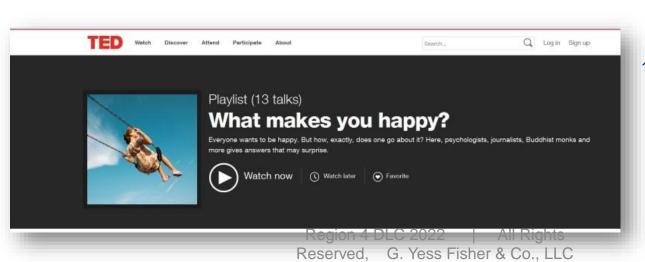
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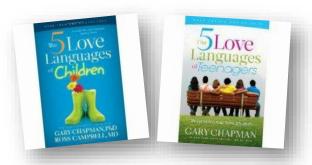
What Do You Have Control of?

(Answer: You, just you)

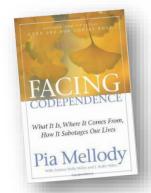
- The Joy of "In The Flow"
- Happiness Research
- TED <a href="http://www.ted.com/playlists/4/what\_makes\_you\_happy">http://www.ted.com/playlists/4/what\_makes\_you\_happy</a>



The change they need to launch



13 in this playlist



## Positive Behavior

(What if)

the way to change the behaviors of others, triggering intrinsic motivation, is to change OUR behaviors?

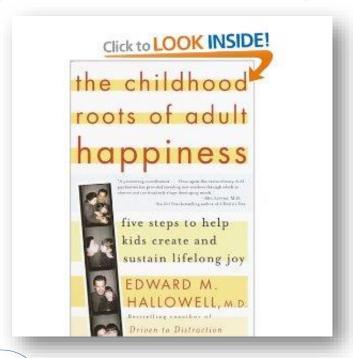


Meta (me) Cognition (thinking) = "I am thinking about my thinking"

## (and thus intrinsically motivated)

## 12 Elements of a connected childhood

1. Responsibility to contribute 2. Ideas & Information (school)



To Introduce Fear/Flow:

"Fear (and no flow) is what keeps them from realizing their potential...." (Hallowell)

(which makes their learning "not the destination, but the <u>IOY</u> of the journey..."





# (and back to this: intrinsically motivated by SEL & SDL)

### From Dr. Edward Hallowell,

New York Times national best seller, former Harvard Medical School instructor, and current director of the Hallowell Center for Cognitive and Emotional Health...

Fear is the great disabler. Fear is what keeps children from realizing their potential. It needs to be replaced with a feeling of I-know-I-can-make-progress-if-I-keep-trying-and-boy-do-I-ever-want-to-do-that!

One of the great goals of parents, teachers, and coaches should be to find areas in which a child might experience mastery, then make it possible for the child to feel this potent sensation.

The feeling of mastery transforms a child from a reluctant, fearful learner into a self-motivated player.

The mistake that parents, teachers, and coaches often make is that they demand mastery rather than lead children to it by helping them overcome the fear of failure.

The best parents are great teachers. My definition of a great teacher is a person who can lead another person to mastery.

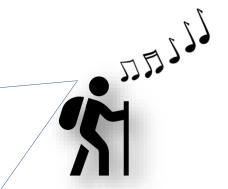
~Dr. Hallowell

"Fear (and no flow) is what keeps them from realizing their potential...."

(Hallowell)

which makes
their learning
"not the
destination,
but the **JOY** of
the journey..."

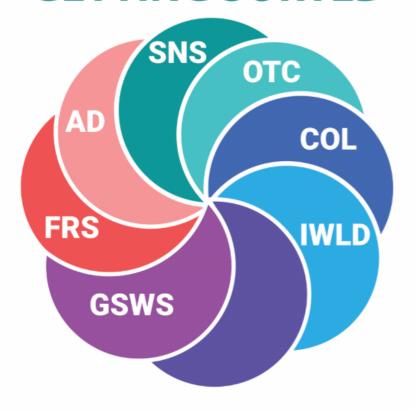
ess Fisher & Co., LLC



### Questions?

- ways to improve group dynamics and organizational culture
- to avoid co-dependency, fear and self-victimization;
- to better re-direct for behaviors
- to maximize intrinsic motivation, in-the-flow, and positive reinforcement
- and to consider multiple intelligences, selfawareness and honesty in setting personal boundaries

### **GETTING SORTED**



IMPROVING AND CONNECTING THE WORLD OF LEARNING DIFFERENCES

IF LEARNING DIFFERENCES
ARE THE CHALLENGE,
WHICH TOOLS WOULD
HELP YOUR FAMILY?

**COME JOIN OUR TEAMS!** 

Gayle Y. Fisher, M.Ed., Ed. Tech.
Gayle.Fisher@usa.net
@GayleFisher
713.594.9750
GettingSorted.com



### References

Anderson, E., Emmons, P. (2004), Unlocking the Mysteries of Sensory Dysfunction, Future Horizons.

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