



Building an Awesome Life:

Work, Home, Love & Fun!

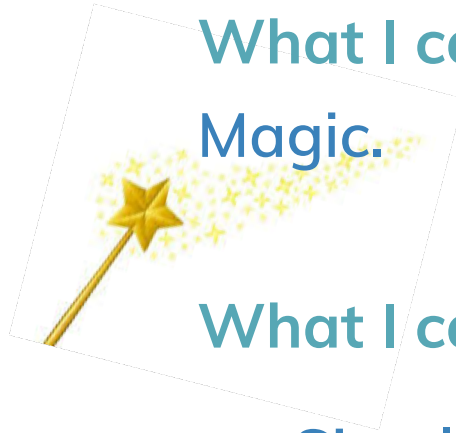


Hello!

I am **Kristen Mattei**

I am looking forward to sharing this time with you today!

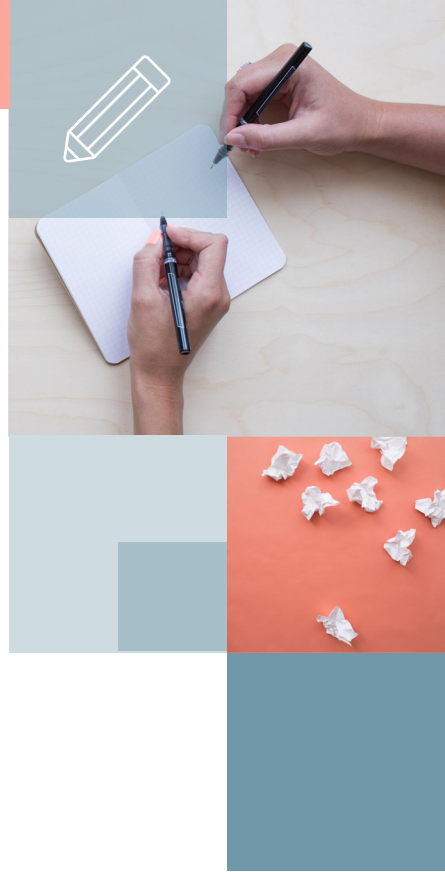




What I can't do:
Magic.

What I can do:

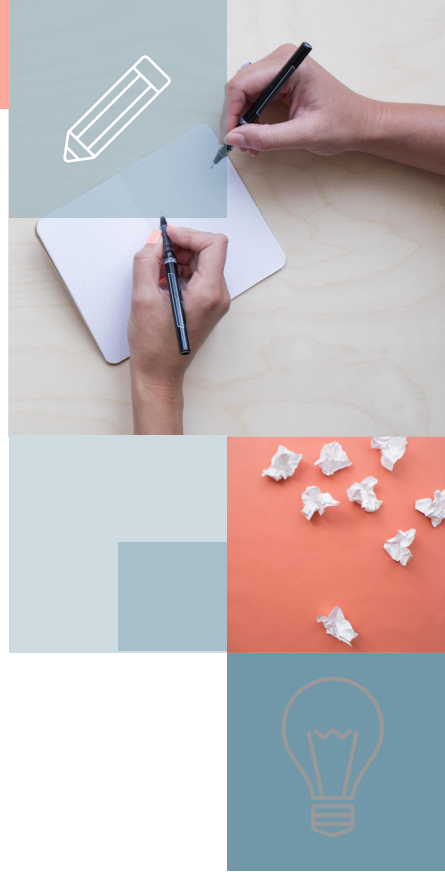
- Simplify big concepts
- Suggest action steps & exercises you can take back with you.





What makes a life *awesome?*


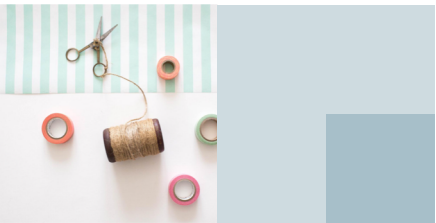
Introduce yourself to the person
next to you and share your
thoughts





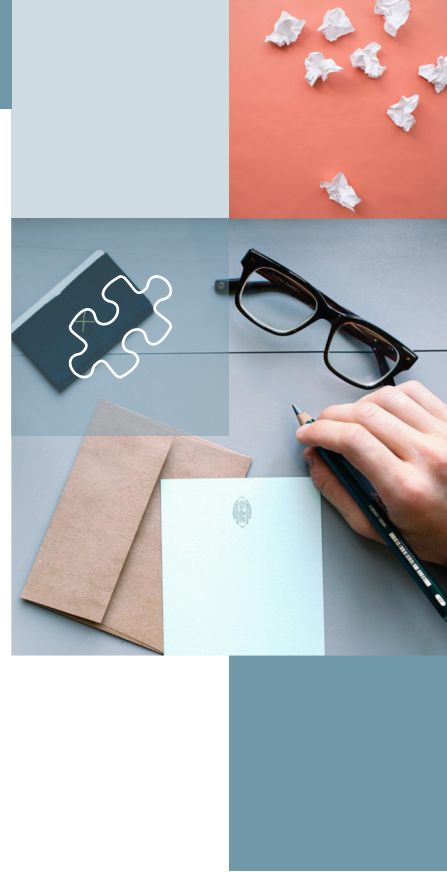
1.

The Science Behind an Awesome Life

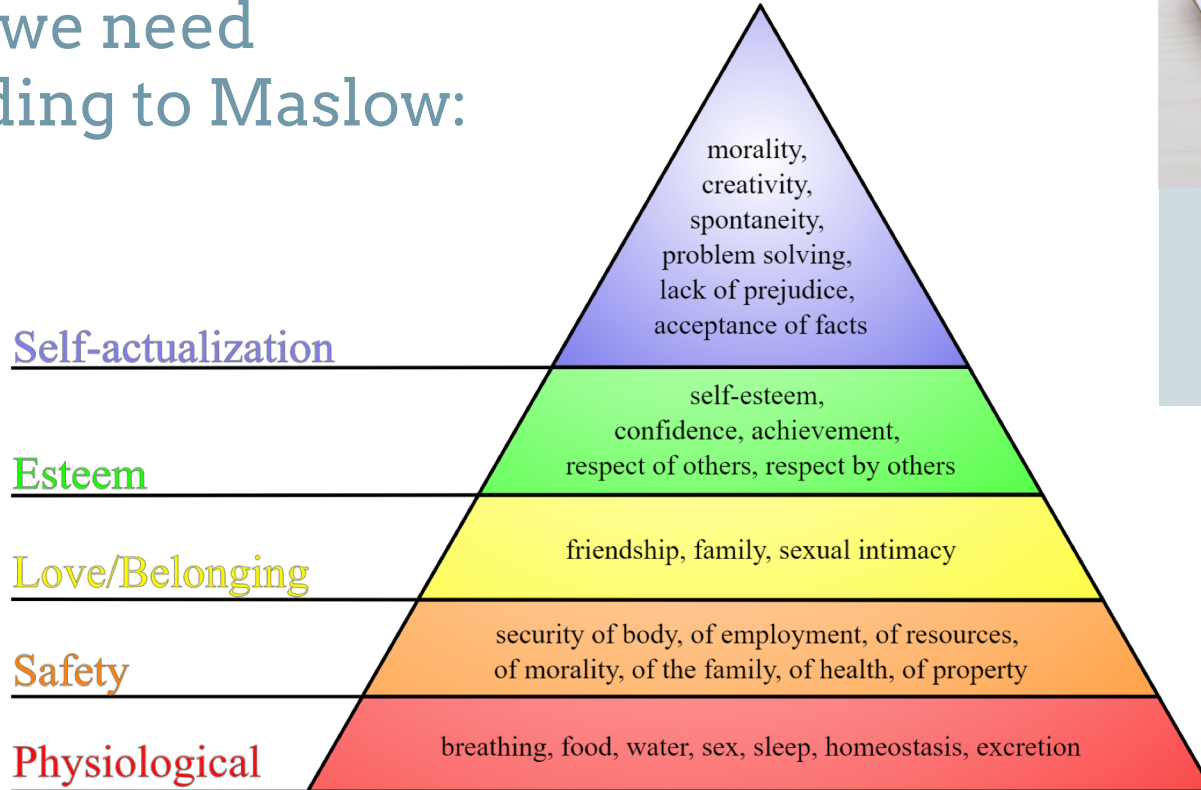


*“There are no
perfect human
beings”*

(Maslow, 1970a, p. 176).



What we need according to Maslow:



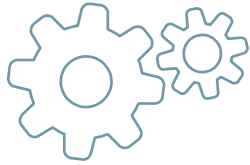


Points to ponder

Self-actualization

- The feeling of being fulfilled
- Finding a meaning to life that is important to you.
- Can be achieved through creating art, being a student, playing sports, or in a career.
- A continual process of *becoming* rather than a perfect state one reaches of a 'happy ever after'





How does this relate to
our work?



The system
tends to focus
on meeting this
need...

Self-actualization

Esteem

Love/Belonging

Safety

Physiological

morality,
creativity,
spontaneity,
problem solving,
lack of prejudice,
acceptance of facts

self-esteem,
confidence, achievement,
respect of others, respect by others

friendship, family, sexual intimacy

security of body, of employment, of resources,
of morality, of the family, of health, of property

breathing, food, water, sex, sleep, homeostasis, excretion



PASSION
D.R.I.V.E

...but what
about these?

Food for thought

Some people are struggling to meet their basic needs.

With low wages, this can include some of our direct support staff.

How do you feel this inhibits personal & professional growth?

Is it realistic to expect people to be present/caring/innovative/focused & engaging without paying a living wage?

In Philadelphia, the living wage for 1 adult + 1 child is \$25.36





2.

Expecting More

From ourselves and the people we support



Let's meet people
where they're **at**

but also figure out
where they want to **go**.





1. Find a partner
1. Take turns sharing about a time when **you** felt a deep sense of accomplishment.



Talking points:



Who/What/ Where

Include some details behind the moment.



Motivation

What was your motivation to work towards this accomplishment?



Investment

What did you invest to reach your goal?
Time?
Money?



Support

Who supported you during your journey?"



Food for thought

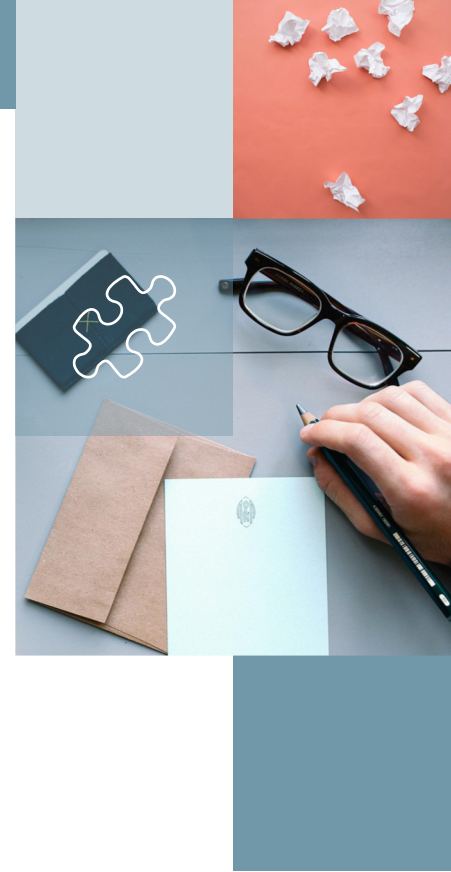
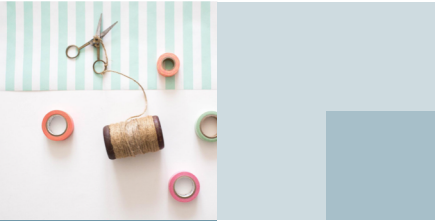
Was your story about
that time you made your
bed?

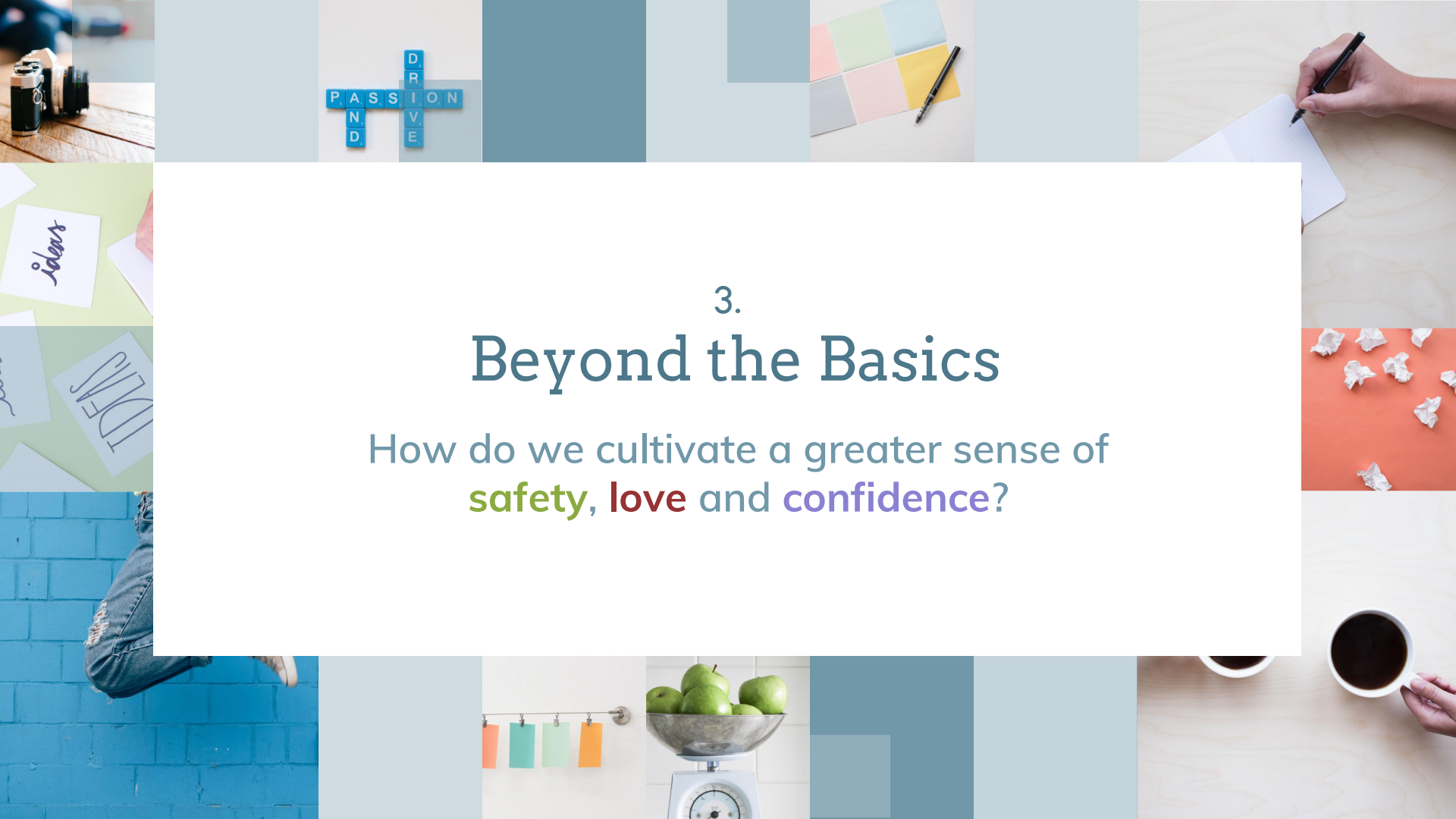
Or washed your dinner
plate?

(Probably not...)



In the pursuit of safety,
are we keeping people
from living their best
lives?



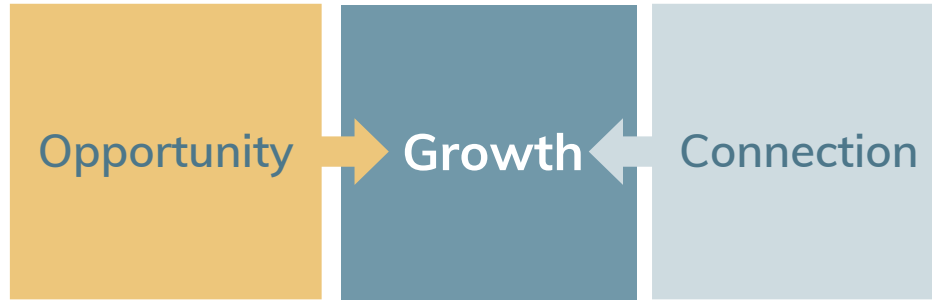


3.

Beyond the Basics

How do we cultivate a greater sense of
safety, **love** and **confidence**?

Start by building a better foundation



Opportunity

To love,
share, learn,
try, fail,
succeed,
connect

To physically
show up to new
experiences

To make
choices



Connection



```
graph TD; A[Connection] --> B[Meaningful relationships with unpaid people]; A --> C[Becoming part of a group organized around a common interest.]; A --> D[The ability to share gifts and talents with others];
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Meaningful relationships with unpaid people

Becoming part of a group organized around a common interest.

The ability to share gifts and talents with others

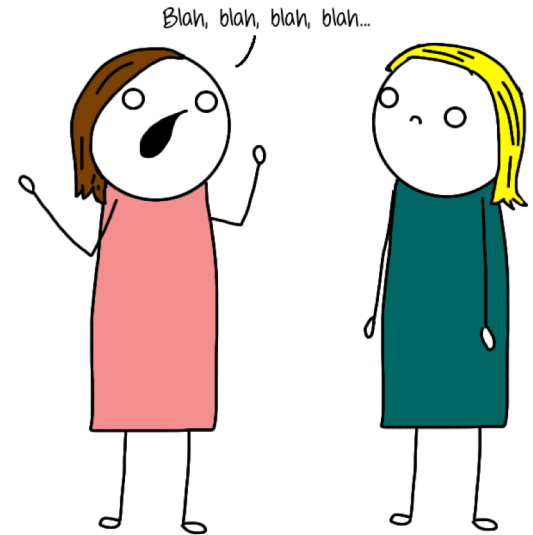
You showed up today!
That's awesome!

This is an **opportunity** for *you* to
experience **growth** and **connection**.



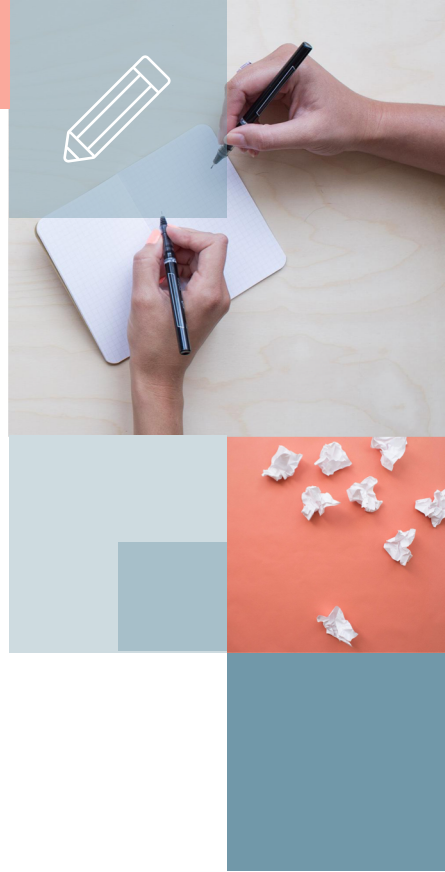
A key part of our job is to
model, facilitate and
support quality social
interactions.

So now let's focus on flexing
our own skills!



Food for thought

- Studies show it takes over 200 hours to turn a casual friend into a best friend.
- (And the process can feel really uncomfortable.)

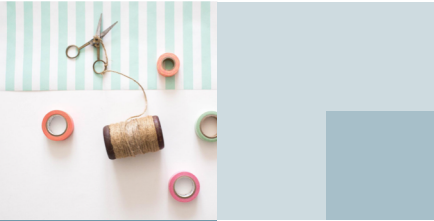




A few suggestions:



1. Learn people's names (*and use them!*)



Try it!

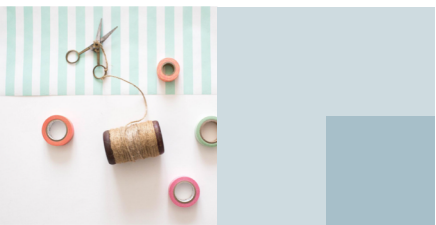
That barista who always
makes your latte?
Ask their name & use it once
before you leave



2. **Ask** new questions **Hear** new answers

Try it!

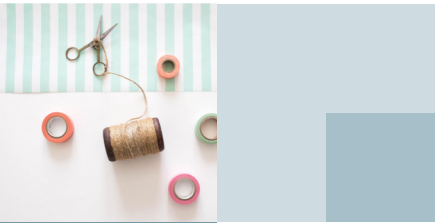
While supporting someone,
break out of the small talk
and ask what their first
childhood memory is.
(being mindful of capacities)



3. Don't "be yourself"

New perspective on popular advice:

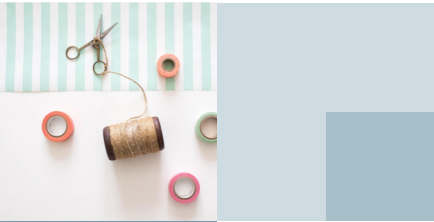
- We are so affected by moods and context, it's hard to define who "yourself" really is.
- Creating structure by playing a role you choose allows you to build up and reinforce the real you. (*Not the you that's angry about a parking ticket*)



What's a good role to play to deepen a relationship?

Try being a “student” :

- Listen
- Be vulnerable- ask questions, share your thoughts
- Seek advice- studies show it's a great way to connect



Let's
Connect!

1. Find a partner
1. Take a walk
1. Take turns talking & listening



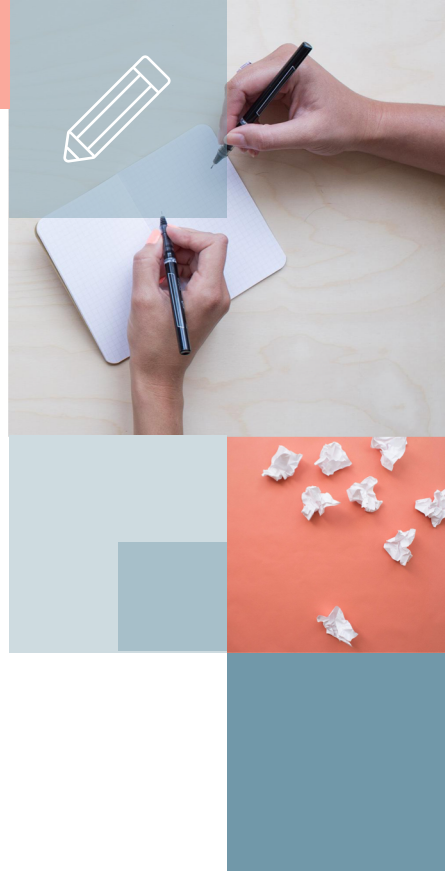
Choose a question to ask your partner

Ask the question

Listen & ask clarifying questions

Switch

1. What cause are you deeply passionate about?
1. What is a dream you have that you've yet to achieve?
1. What did you have to give up to achieve your current level of success?



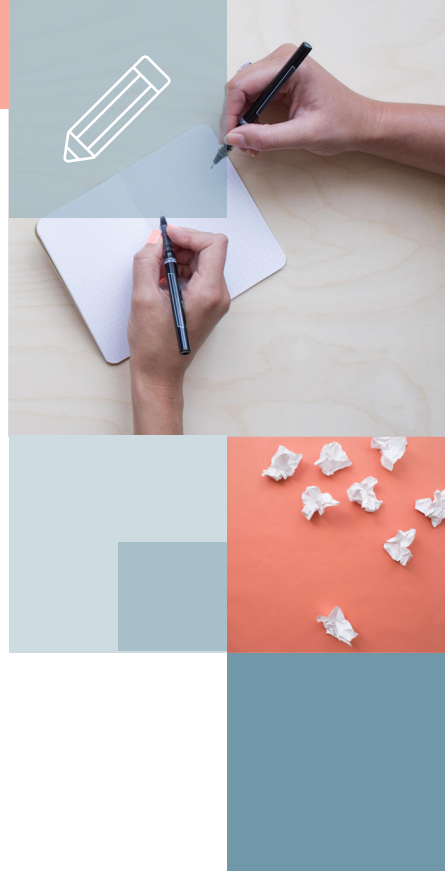
Choose a question to ask your partner

Ask the question

Listen & ask clarifying questions

Switch

4. Has anything ever happened to you that you could not, and cannot, explain?
5. Do you ever find there are things about you that people misunderstand? What are they?
6. For what are you most grateful today?
7. What are you most afraid of?



How did that experience
feel for you?



Thanks sharing a bit of yourself here today!

Any questions?

Feel free to email me at krismattei@gmail.com

