

## LEADERSHIP CONFERENCE – SESSION OUTLINE

# BE GRUNTLED: FINDING PROFESSIONAL HAPPINESS

### SESSION DESCRIPTION (45 words):

Yes, Gruntled is a word (the opposite of Disgruntled); referring to being pleased, satisfied, and contented. As we look at our profession, we need to know how to be happy with our career choices. Let's explore together, the three elements vital to being Gruntled.

### SESSION DESCRIPTION (Full Text):

Yes, Gruntled is a word. It is the opposite of Disgruntled, and it refers to being pleased, satisfied, and contented. In short, it means to "be happy." Philosophers since ancient times have been searching for this happiness. As we look at our profession, we need to know how to be happy with our career choices. Ultimately, we want to Find Our Forever Job; that space where these three vital things collide: our "Gift," our "Credibility," and our "Real Currency" (that which pays our soul, and it is not money). Let's explore these three areas together as we learn how to be Gruntled.

SESSION TARGET MARKET: Supervisors, Young Professionals

Speaker's Name: Mark Honberger

Total Length: 1.25 hour session

SESSION LEARNING OBJECTIVES: Participants will:

- 1) Determine how to have "Credibility" in your profession.
- 2) Investigate your "Gift," that thing you do better than most anybody else with way less effort.
- 3) Discover your "Real Currency," how your soul truly gets paid by your work (beyond money).



**SESSION NEEDS IDENTIFICATION:** The “Self-Leadership” Session Series is designed to help new staff to be better Professionals. To be professional, we to be Gruntled... and yes, Gruntled is a word. It means the opposite of Disgruntled, referring to being: pleased, satisfied, and contented. In short, it means to “be happy.” Philosophers since ancient times have been searching for this happiness. As we look at our profession, we need to know how to be happy with our career choices. Ultimately, we want to Find Our Forever Job; that space where these three vital things collide: our “Gift,” our “Credibility,” and our “Real Currency” (that which pays our soul, and it is not money). Let’s explore these three areas together as we learn how to be Gruntled.

**MARK’S EXPERIENCE PRESENTING EDUCATION SESSIONS:** Mark loves speaking with Park and Recreation Associations and sharing what he has learned from over 30 years as an entrepreneur in the profession. In the last 6 years, he has delivered over 50 Educational Sessions (plus several Keynote Addresses) for Recreation Conferences across the country. To see the full list of speaking engagements, with references, go to: <https://remarkablerecreationsolutions.com/client-list-speaking->. Additionally, Mark has conducted numerous Team Building sessions for parks and recreation agencies.

**MARK’S EXPERIENCE WITH THIS SUBJECT MATTER:** Throughout his 30+ years in the Parks and Recreation Profession, Mark Honberger has overseen dozens of staff, both full-time and part-time, as well as volunteers. Sometimes as many as 100 part-timers, with: lifeguards, afterschool programs, and large special events staff. Through the years, he has studied the idea of BEING A BETTER PROFESSIONAL, and has had the opportunity to put these methods and theories into practice to see what works and what doesn’t. He has even had the chance to develop a few of his own methods. As an agency Supervisor and Director, Mark considered his most vital role as being a COACH to his staff, helping them to be a better Professionals. Mark will bring his experiences to this session.

## SESSION OUTLINE

### Introduction of Speaker (2 Minutes)

### Introduction of Topic (5 Minutes)

- A) Attention Grabber: Bring out the importance of being great at Leading Yourself. Ask Audience to raise hand to share a reason why they think it is important to be a Better Professional. Reward those who answer with a sweet treat.
- Your professionalism will rub off on others, making a stronger organization.
  - A good self-leader will get promoted more quickly, more often.
  - Having your personal “Stuff” in order, leads to having your work “Stuff” in order.

- B) NEEDS IDENTIFICATION: Discuss the need for this topic and this session. (from above)

**Cover Learning Objectives (3 Minutes)**

<b>PRESENTATION OF TOPIC SPECIFICS</b>
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**What is happiness (Gruntled) (10 Minutes)**

- a. Feeling vs Foundation
- b. The Choice of happiness
- c. Outward Focus vs Inward Focus.
- d. It is not that we need to think less of ourselves, rather we need to think of ourselves less!

**Determine how to have “Credibility” in your Profession (10 Minutes)**

- a. Being good at what you do
- b. Continuous Improvement Model
- c. Being Efficacious
- d. Professional Development

**Investigate your “Gift” (10 Minutes)**

- a. That thing you do better than most anybody else with way less effort

**Discover your “Real Currency” (10 Minutes)**

- a. How your soul truly gets paid by your work (beyond money)
- b. It is unique to you (achievement / helping others / improving processes)
- c. Discovering your Passion

**Putting it all together (10 Minutes)**

- a. Making the Transition
- b. Most people tend to work in a space where they are credible
- c. Some people overlay that with their gifts
- d. Rarely, do people ask what truly pays them beyond the almighty dollar
- e. Instead, start by finding the overlap between: Gift and Real Currency
- f. Then, determine what kind of jobs exist in that space (or create one)
- g. Go about striving towards that space.

**QUESTION AND ANSWERS (15 Minutes)**