

STRIVE



for happiness in education.



@robdunlopEDU



TECHNOLOGY
CONSULTANT





How
happy
are
you
in your
current role?



JERRY
MAGUIRE



Agnes





JERRY
MAGUIRE



How happy are you in
your current role?

Agnes





Not being happy is also ok and part of being human, though.



JERRY
MAGUIRE

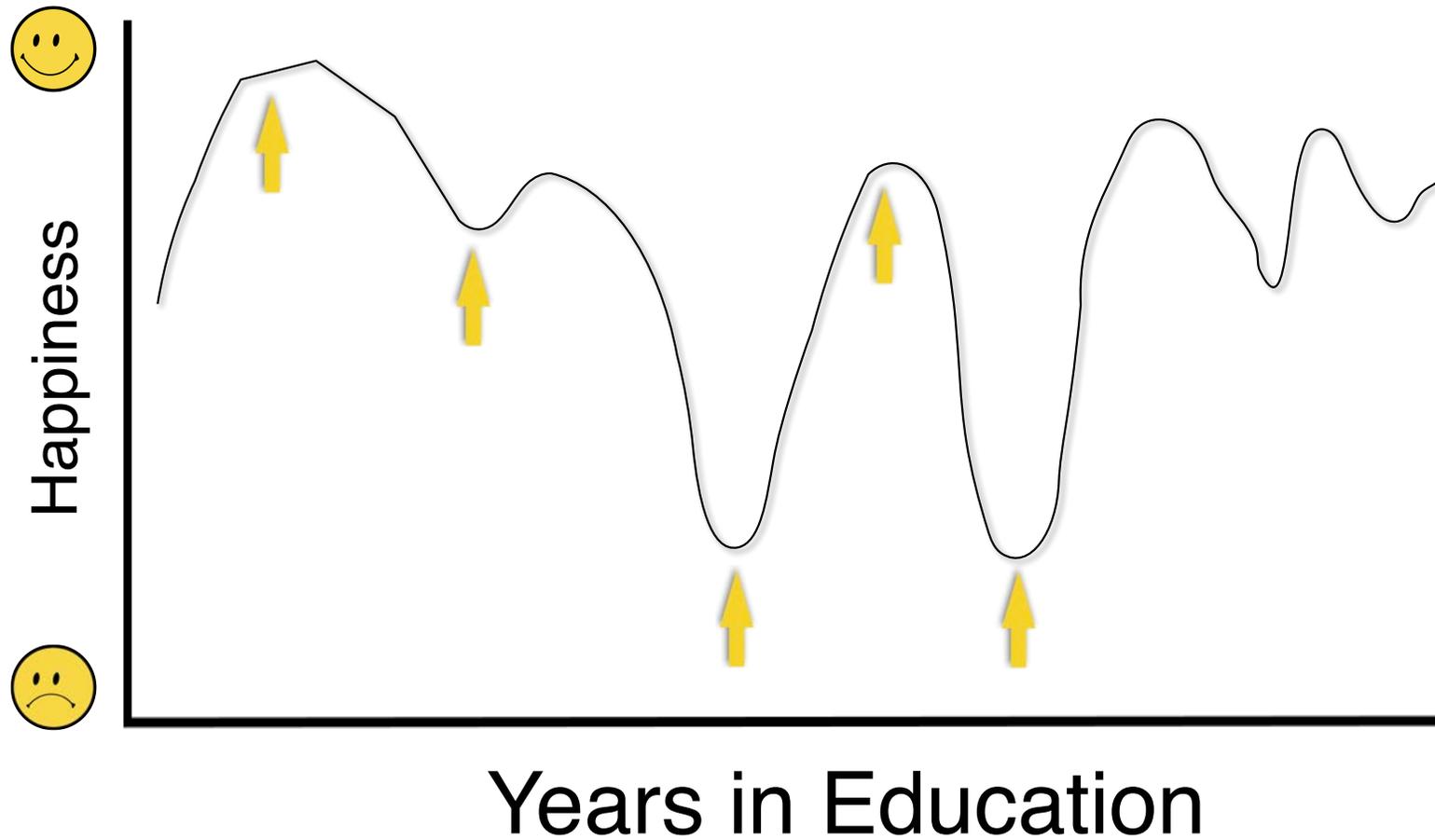


How happy are you in
your current role?

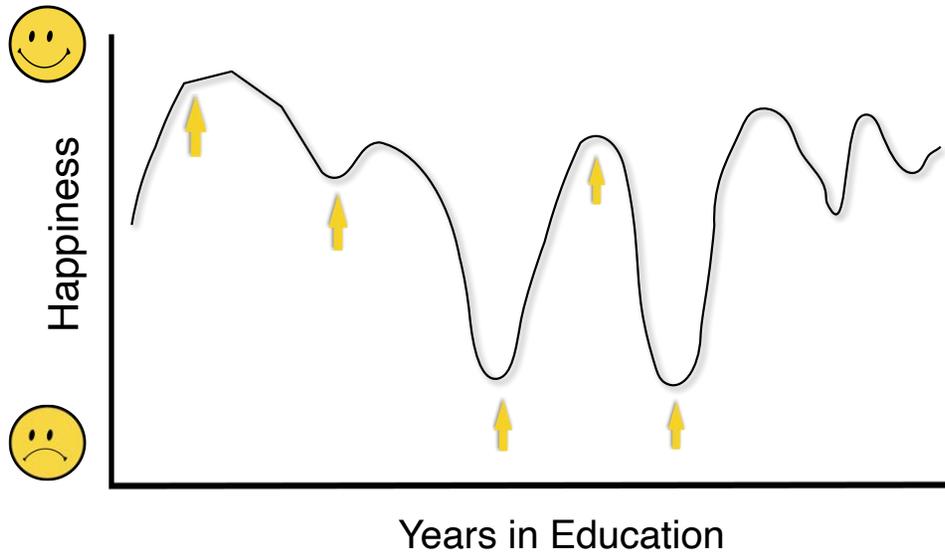
Agnes



Happiness Timeline



Happiness Timeline



Your perceptions create your reality!

Copyrighted Material
New York Times Bestseller

"For anyone who wants to find more meaning, achievement, and joy in life, this is the best place to start."

—Tom Rath, bestselling author of *StrengthsFinder 2.0* and *Eat Move Sleep*

before
happiness

the 5 hidden keys
to achieving success,
spreading happiness,
and sustaining
positive change

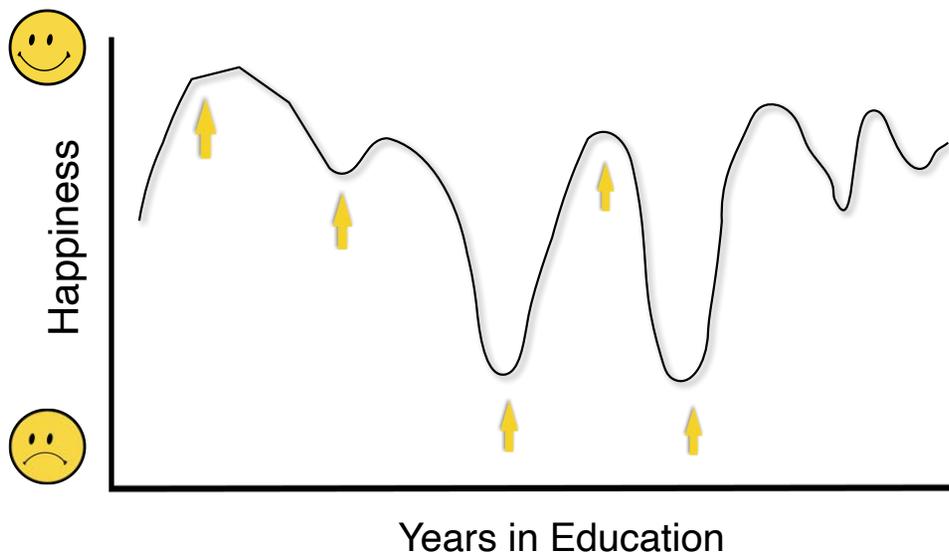
Shawn Achor

AUTHOR OF THE INTERNATIONAL BESTSELLER

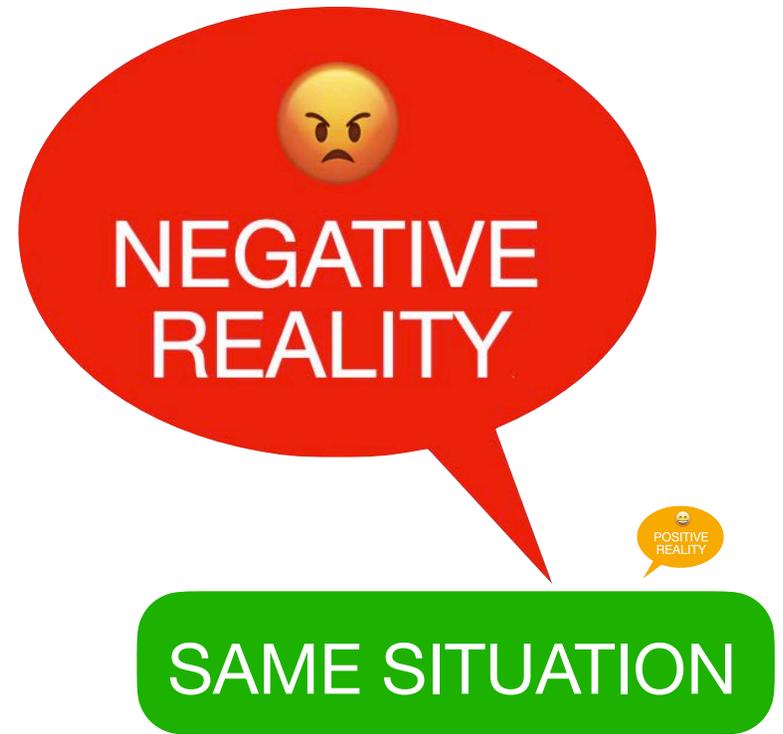
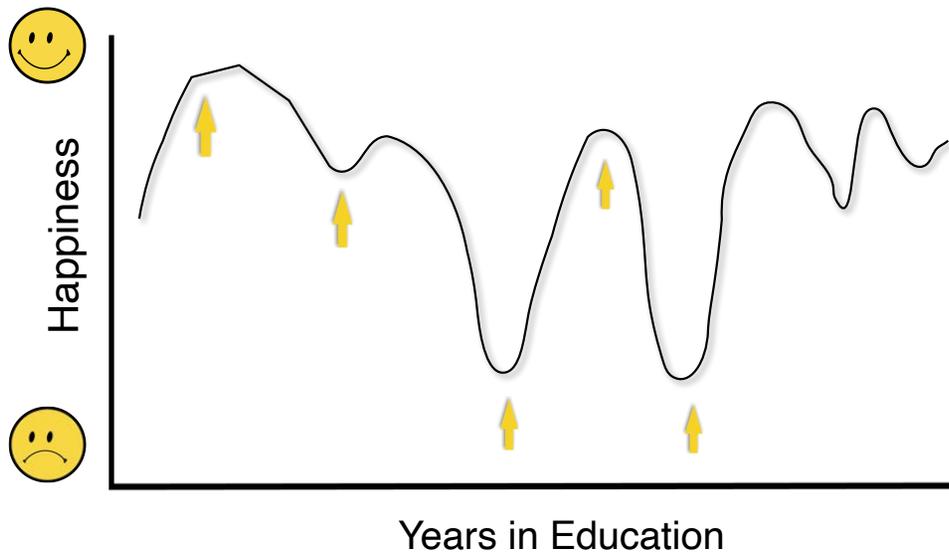
The Happiness Advantage

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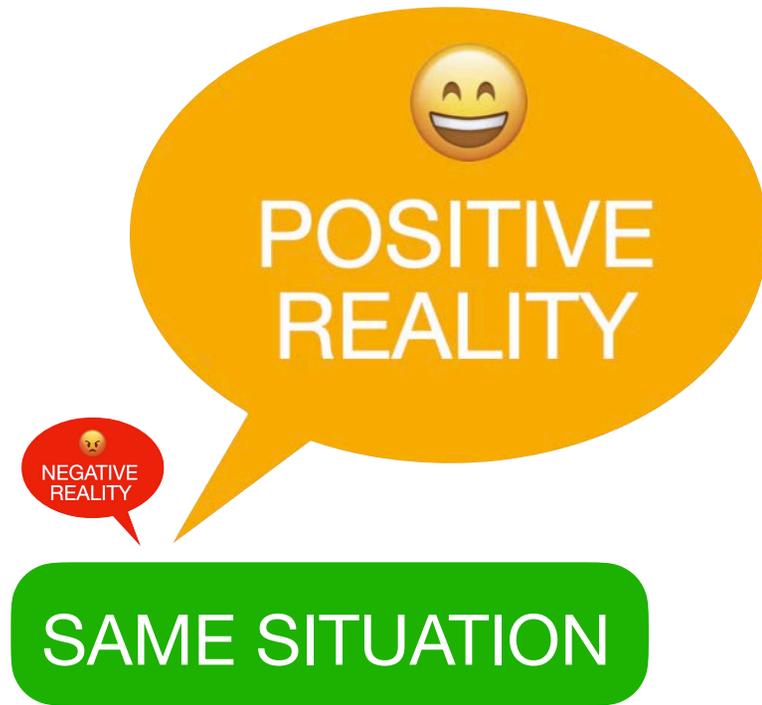
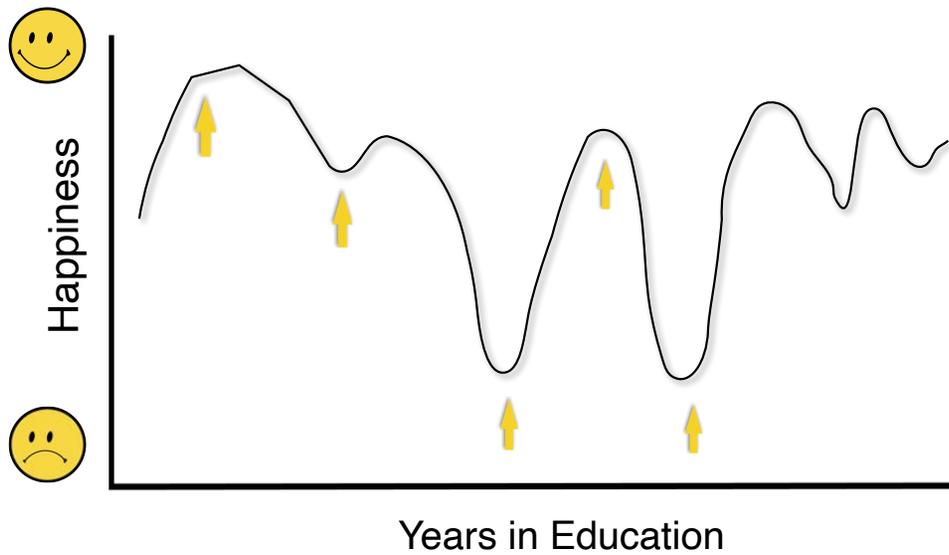
Happiness Timeline



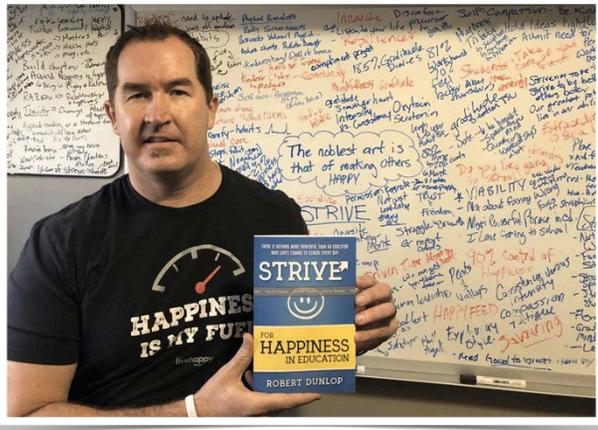
Happiness Timeline



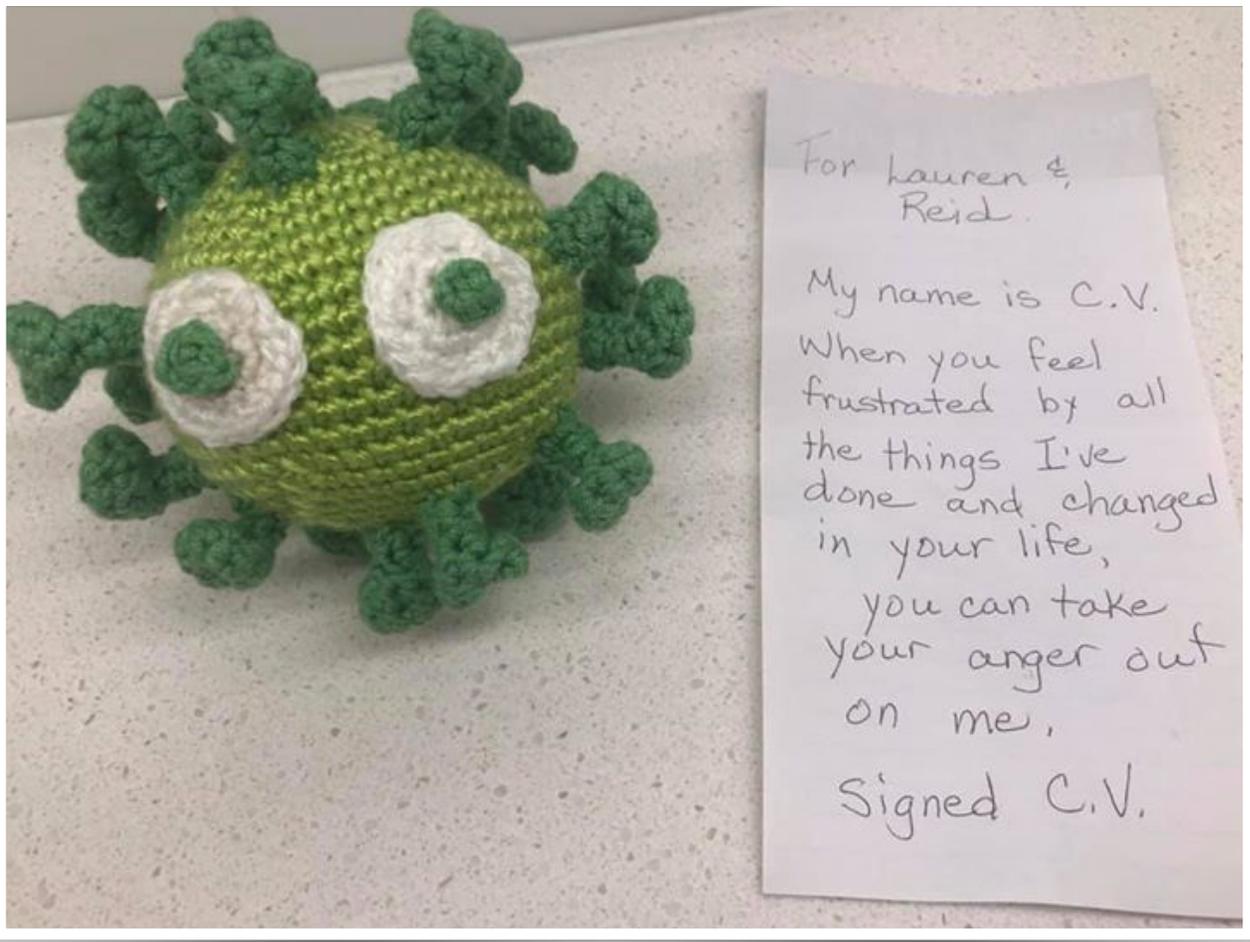
Happiness Timeline



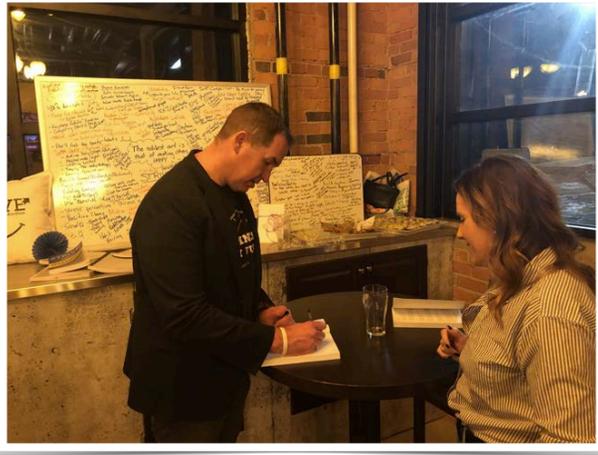
JANUARY 17, 2020



March 11, 2020



February 11, 2020



Positive Reality!



INCLUDES

- Maintenance Kit
- UnConnect™ Dispenser
- Filter

EASY SETUP

UNFOLD CONSTRUCT FILL WITH WATER

REALISTIC WOVEN

- EASY ASSEMBLY
- CORROSION RESISTANT METAL FRAMES
- POOL EQUIPPED WITH SEAL & LOCK SYSTEM™ FOR A TIGHT AND SECURE PIPE CONNECTION
- REINFORCED PVC AND THICK 6-LAYER POLYESTER SIDE WALLS (6-80" x 60")
- REINFORCED BOLT STRAPS AROUND THE BOTTOM OF THE POOL LINER TO KEEP THE LINER FROM INFLATING
- BUILT-IN FLOW CONTROL DRAIN VALVE MADE IT EASY TO DRAIN BY ATTACHING THE VALVE TO A GARDEN HOSE (WITH INCLUDED ADAPTER TO DRAIN AWAY WATER)
- UNDERWATER SENSITIVE REPAIR PATCH
- ANTI-MICROBIAL FILTER CARTRIDGE EXTENDS LIFE OF FILTER AND OTHER COMPONENTS, PREVENTS FROM GROWING IN YOUR POOL
- UNDEVELOPED™ DISINFECTANT AND SENSITIVE CLEAN, HEALTHY POOL WATER
- SENSITIVE BALLS PROVIDES A STABLE LEVEL OF CHLORINE THROUGHOUT YOUR SWIMMING SEASON

NET WEIGHT: 282.35 LB. (127.90 KG)
 GROSS WEIGHT: 316.35 LB. (143.50 KG)
 FRAME WEIGHT: 17.88 CL FT (5.45 M)

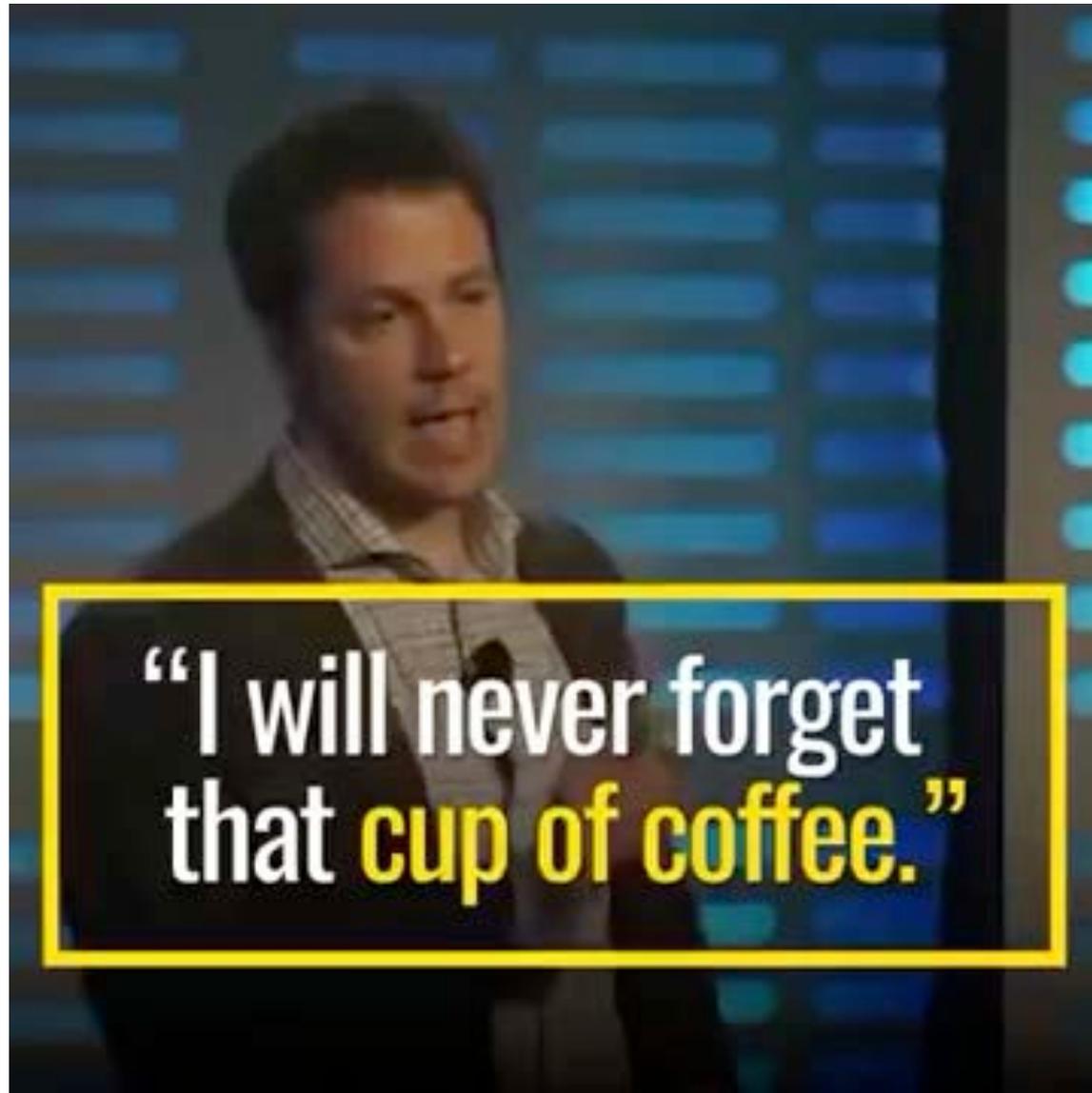






**Positive
Reality!**





“I will never forget
that **cup of coffee.**”





Why Happiness?

Happy People are;

31% More Productive

37% Higher Sales

3 Times More Creative

23% More Energy





Work
Hard



Achieve
Success



Be
Happy



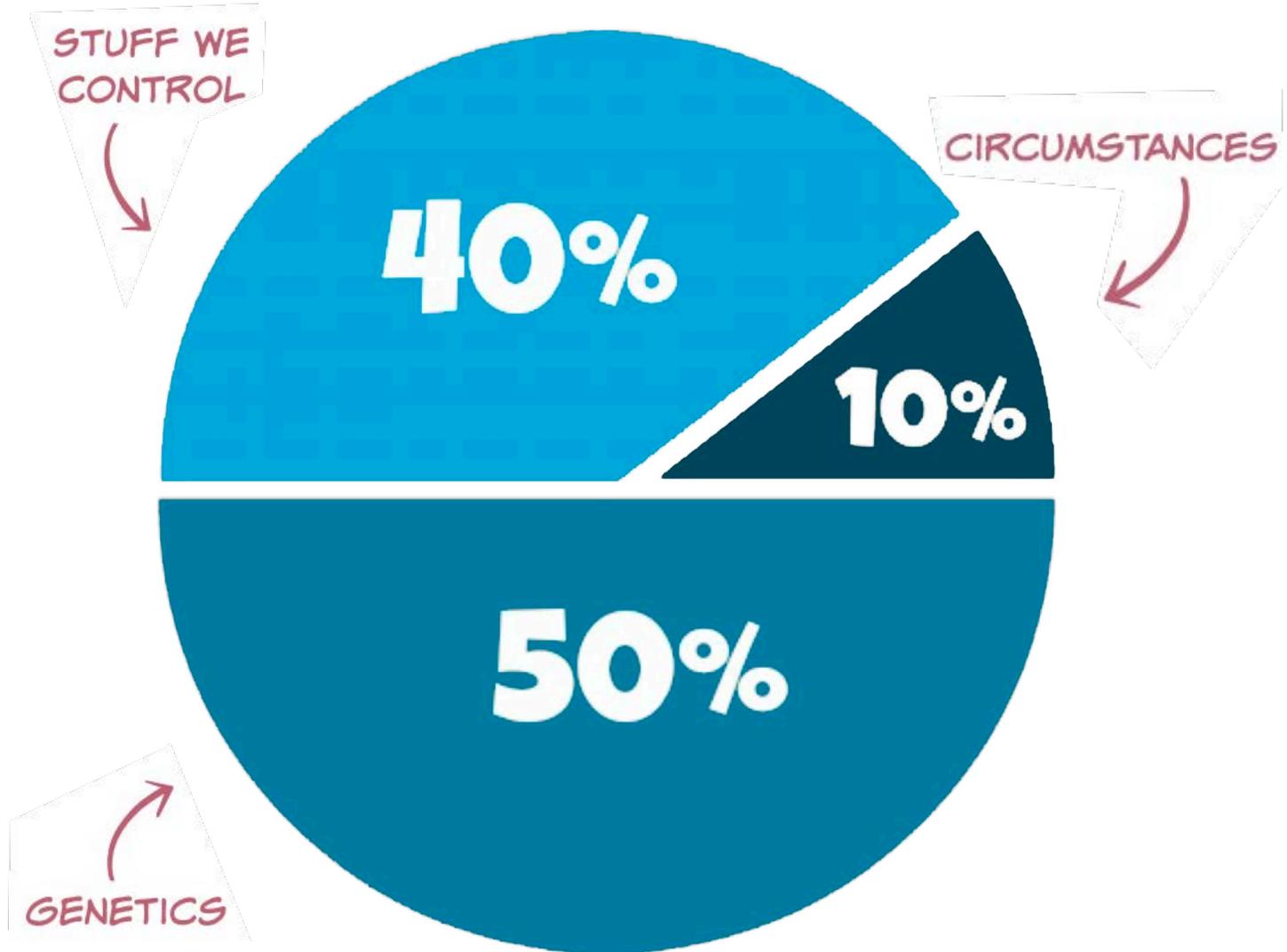
Be
Happy



Work
Hard



Achieve
Success



Signs of Toxic Positivity

Rational Optimism



Experiencing guilt for being sad or angry



Reciting "positive" quotes about hard situations



Dismissing others' difficult feelings



Hiding painful emotions



Ignoring your problems



Rational Optimism

“a **realistic** assessment of the present, while maintaining a belief that **our behaviour** will eventually **create a better reality**.”

Half Full, Half Empty



Rational

Optimism



STRIVE

for happiness in education.

(def.) to make great efforts to achieve or obtain something.

STUDENTS
TTEAM
RROUTINES
IINNOVATE
VVIABILITY
EEXTRAORDINARY



Students = N



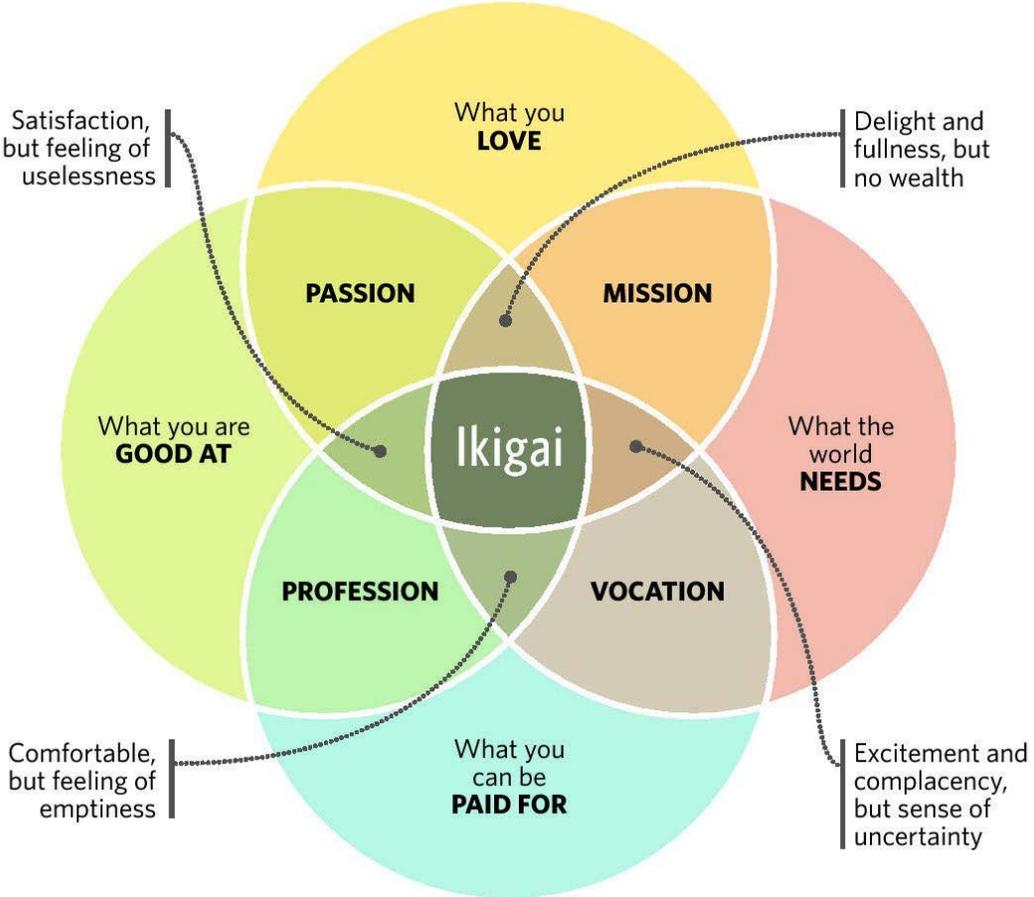
Students = Meaning





Ikigai

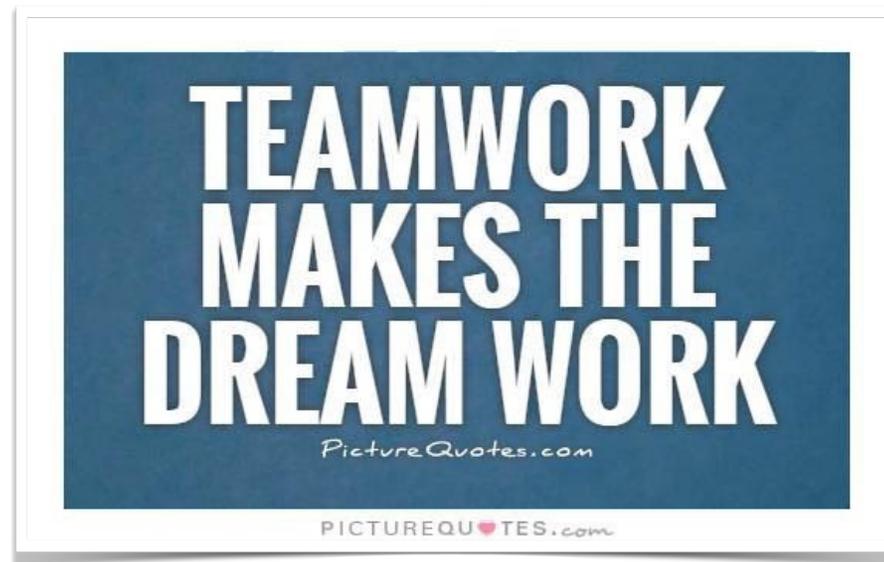
A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



SOURCE: dreamstime

TORONTO STAR GRAPHIC

TEAM





Powerful Research

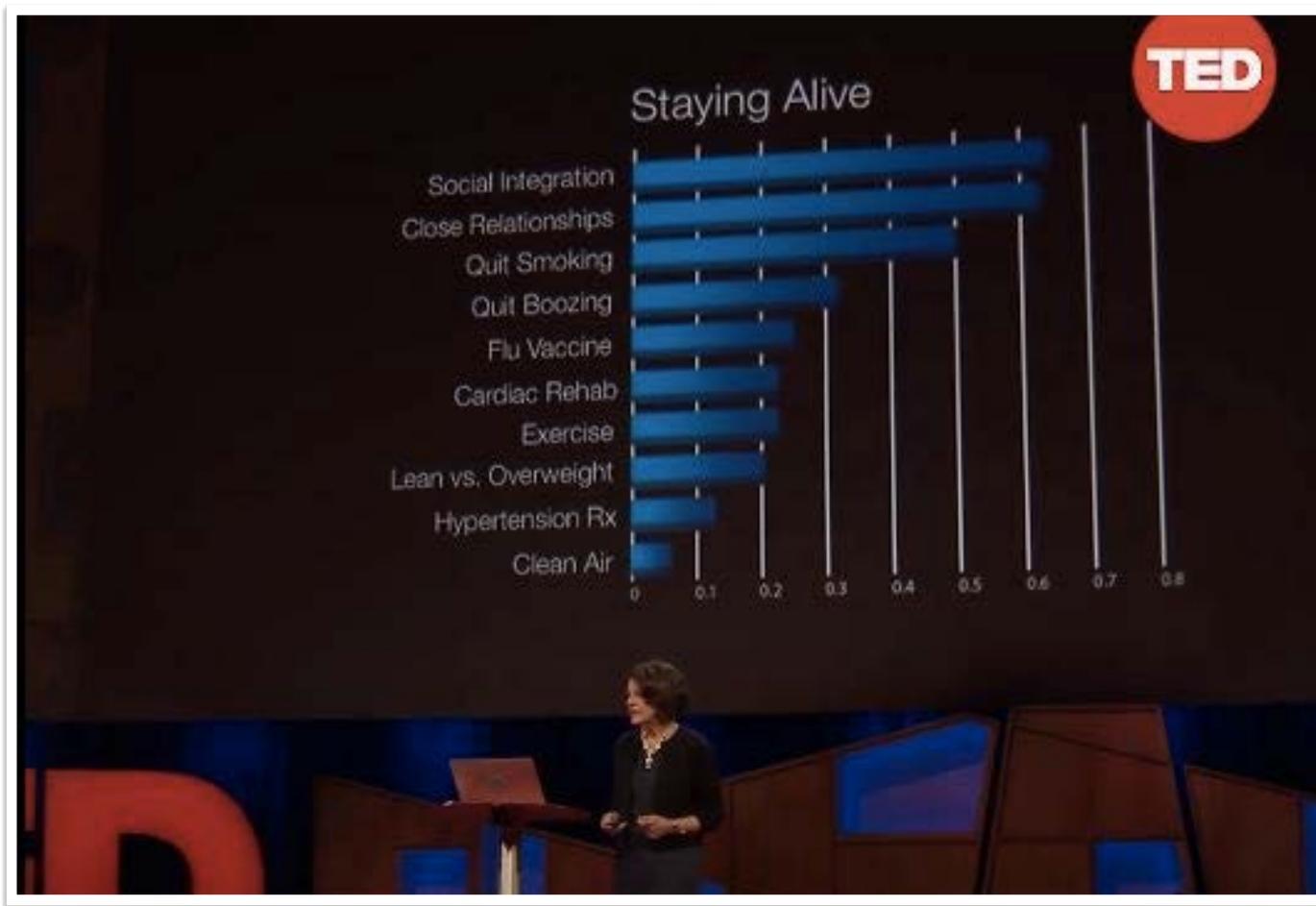
Longest Study on Wellness

"Good relationships keep us happier and healthier. Period."

Happiest 10%

Strength of Their Social Relationships





The Secret to Living Longer

Routines



“ It’s not about the events.
It’s not about intensity.
It’s about **CONSISTENCY**. ”



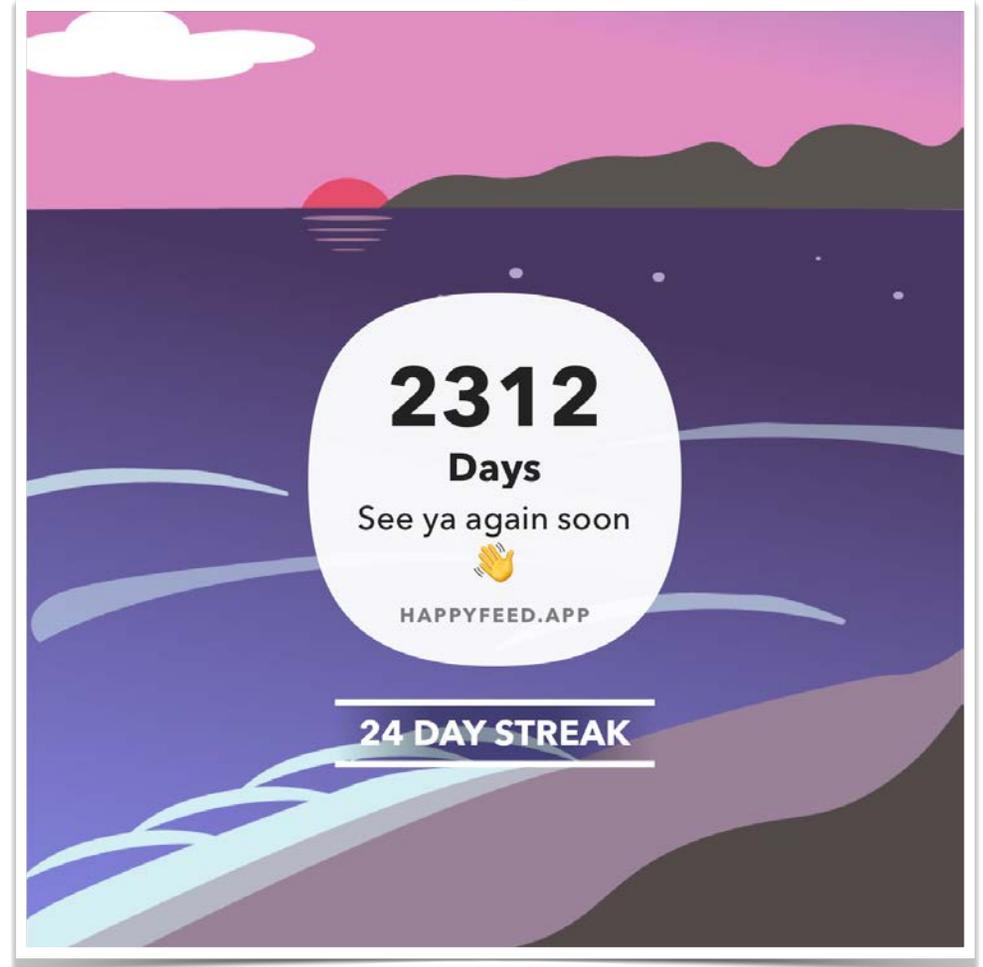
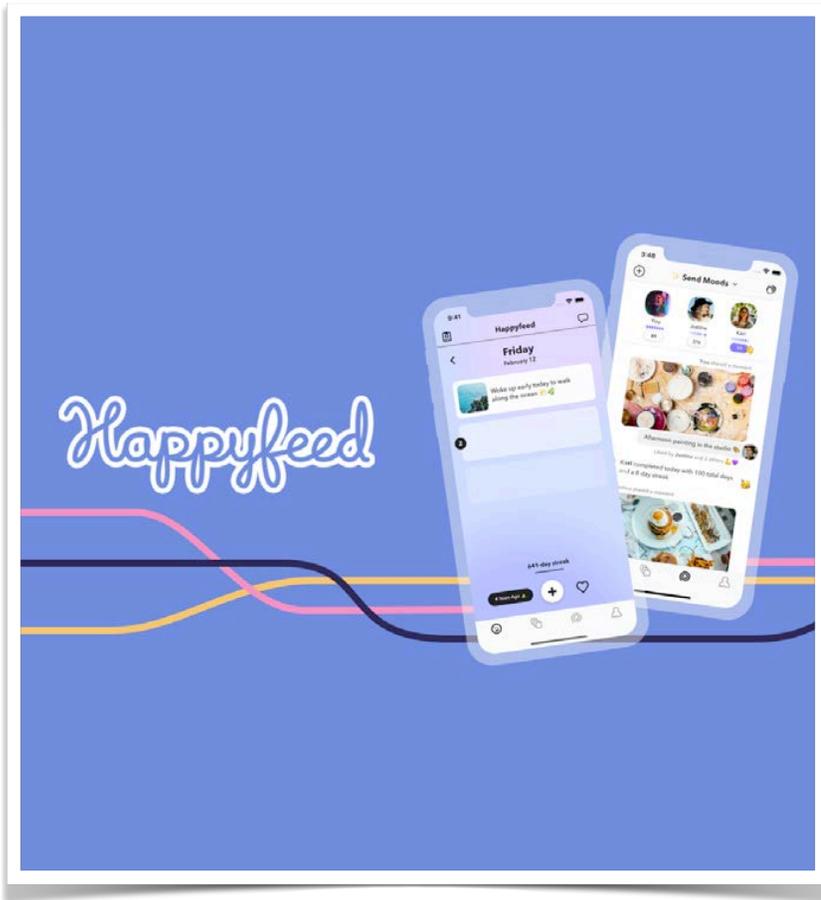




You can't take care of others if you can't take care of yourself

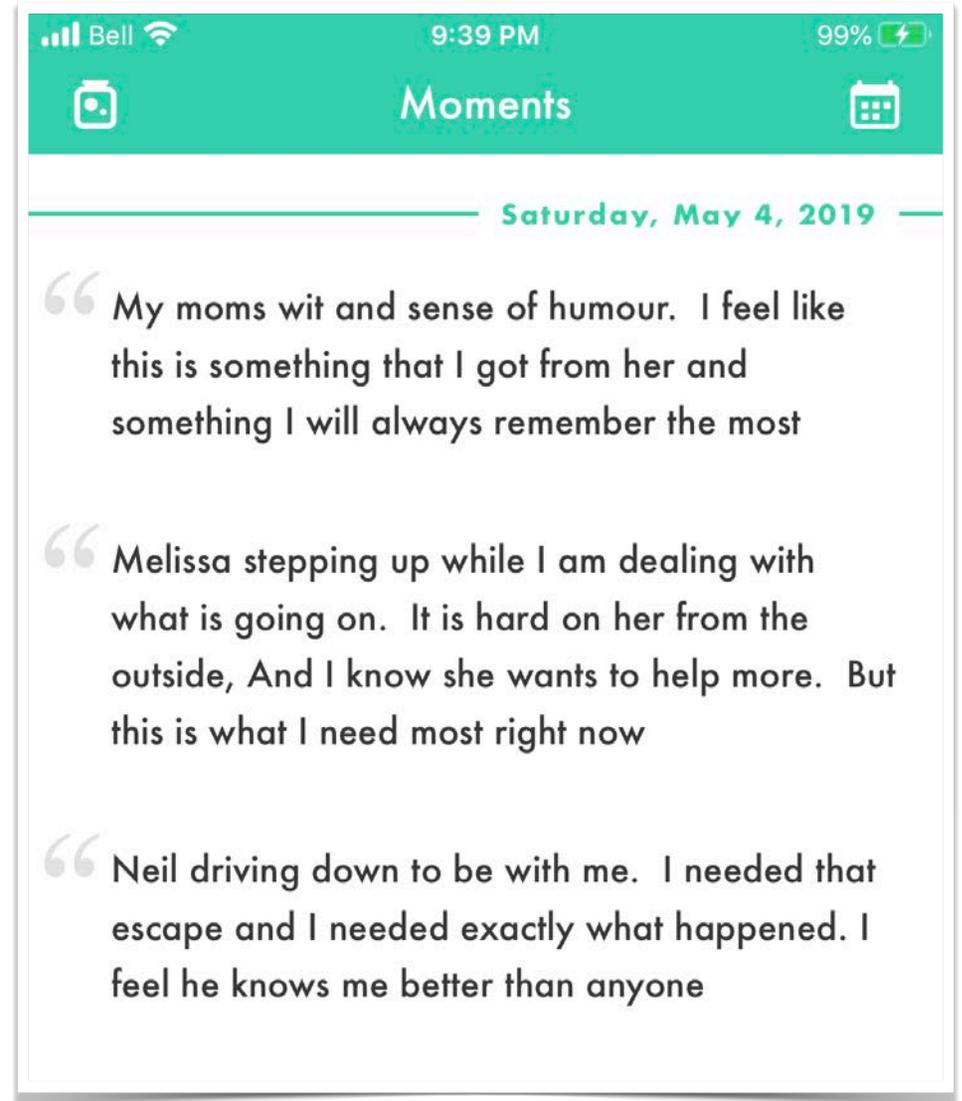


Gratitude



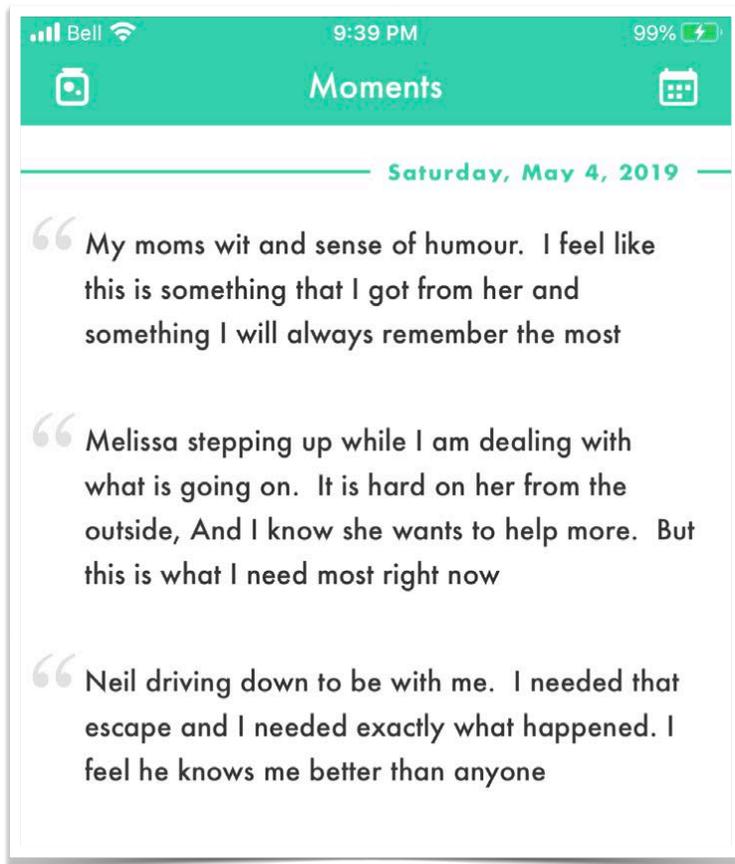


Gratitude





Gratitude



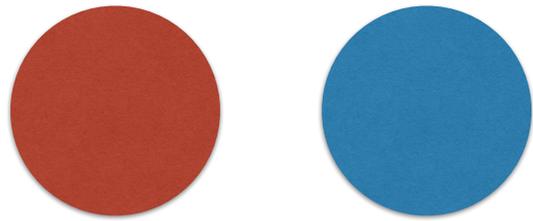
“ To have had such an amazing mother my whole life. She always believed in me, supported me, understood and loved me endlessly. I will always love her as much as she loved me

📅 Saturday, May 20, 2023

Innovate

(def.) make changes in something established, especially by introducing new methods, ideas, or products.

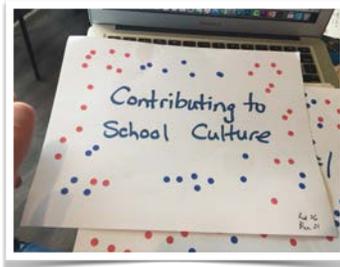
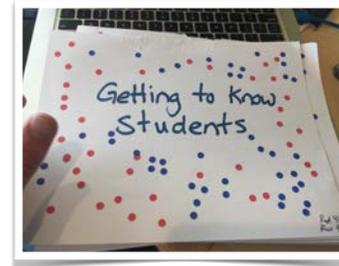
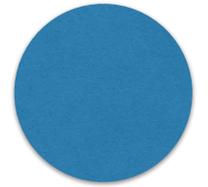




DOTmocracy



DOTmocracy

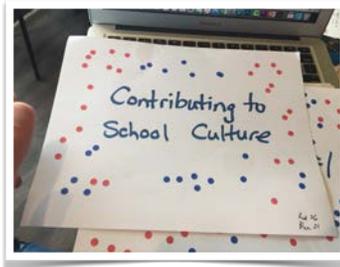
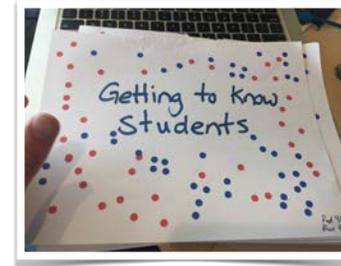
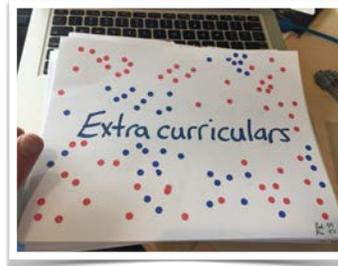
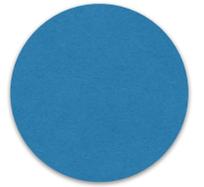


Making an Impact
in people's lives

Red 40
Blue 68



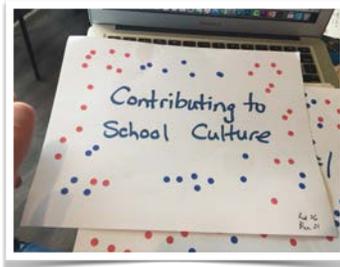
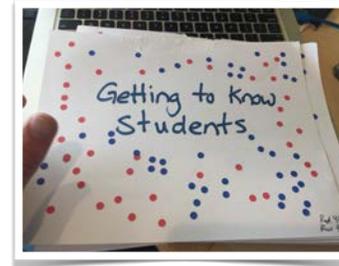
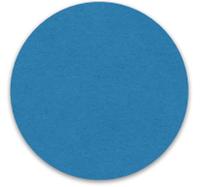
DOTmocracy



Report
Cards
(Haha!)



DOTmocracy

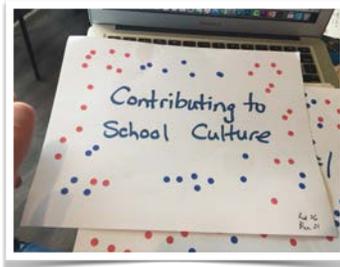
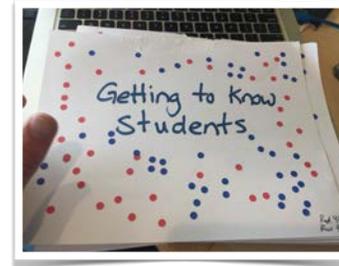
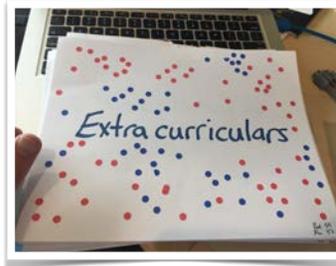
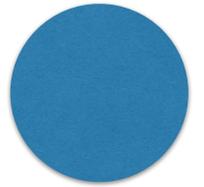


Planning Great Lessons

Red 63
Blue 18



DOTmocracy



PROGRESS

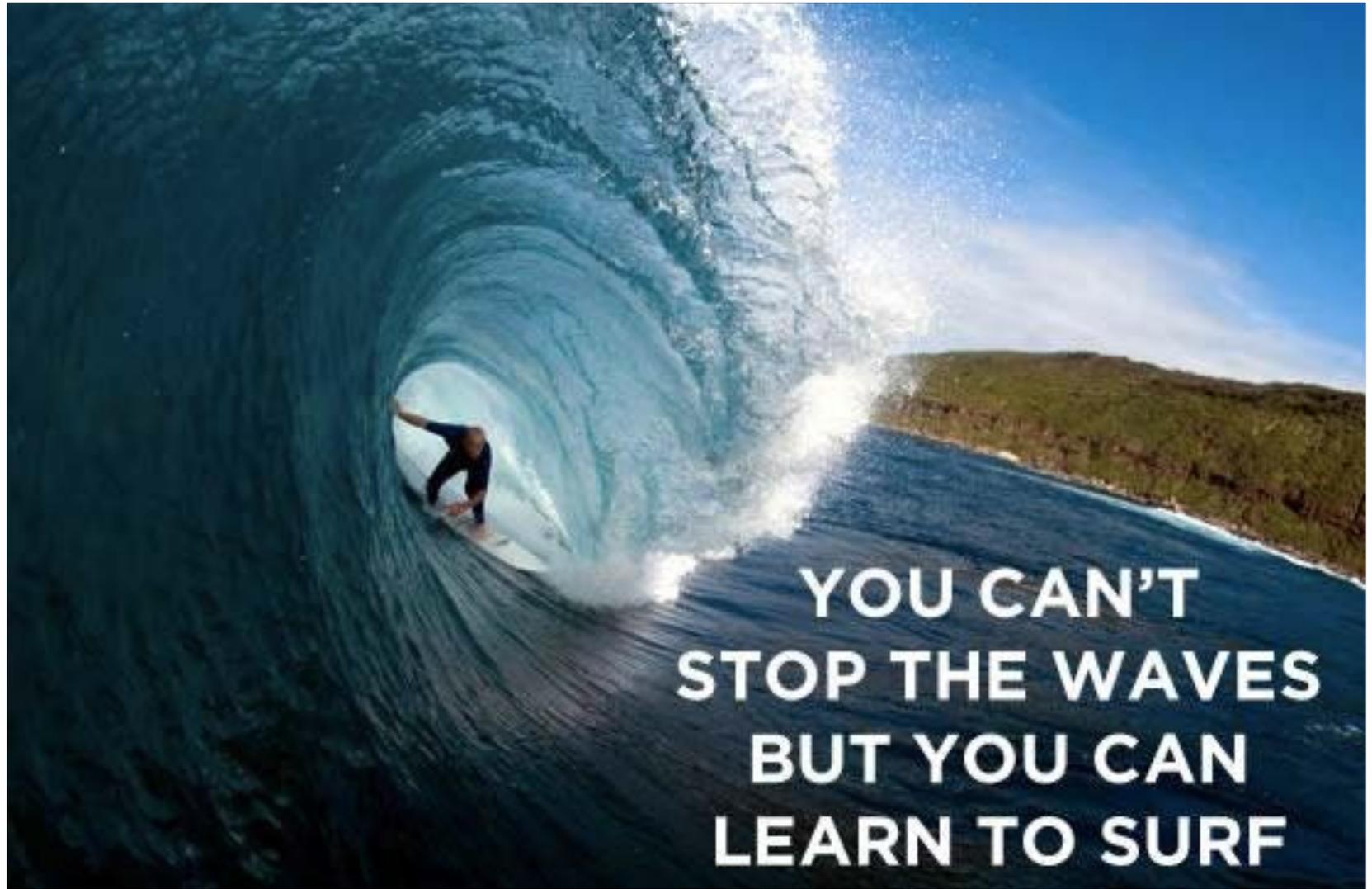
EQUALS

HAPPINESS.

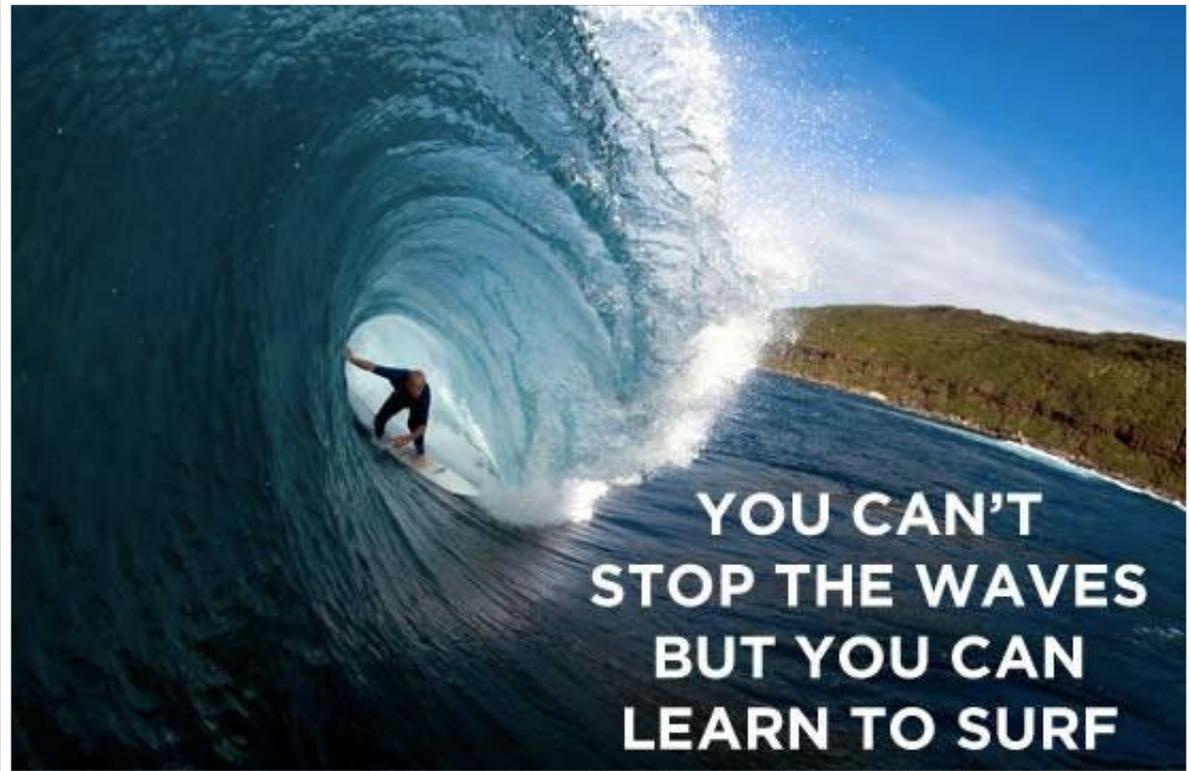
Viability

(def.) ability to survive or live successfully,
especially under certain conditions





**YOU CAN'T
STOP THE WAVES
BUT YOU CAN
LEARN TO SURF**



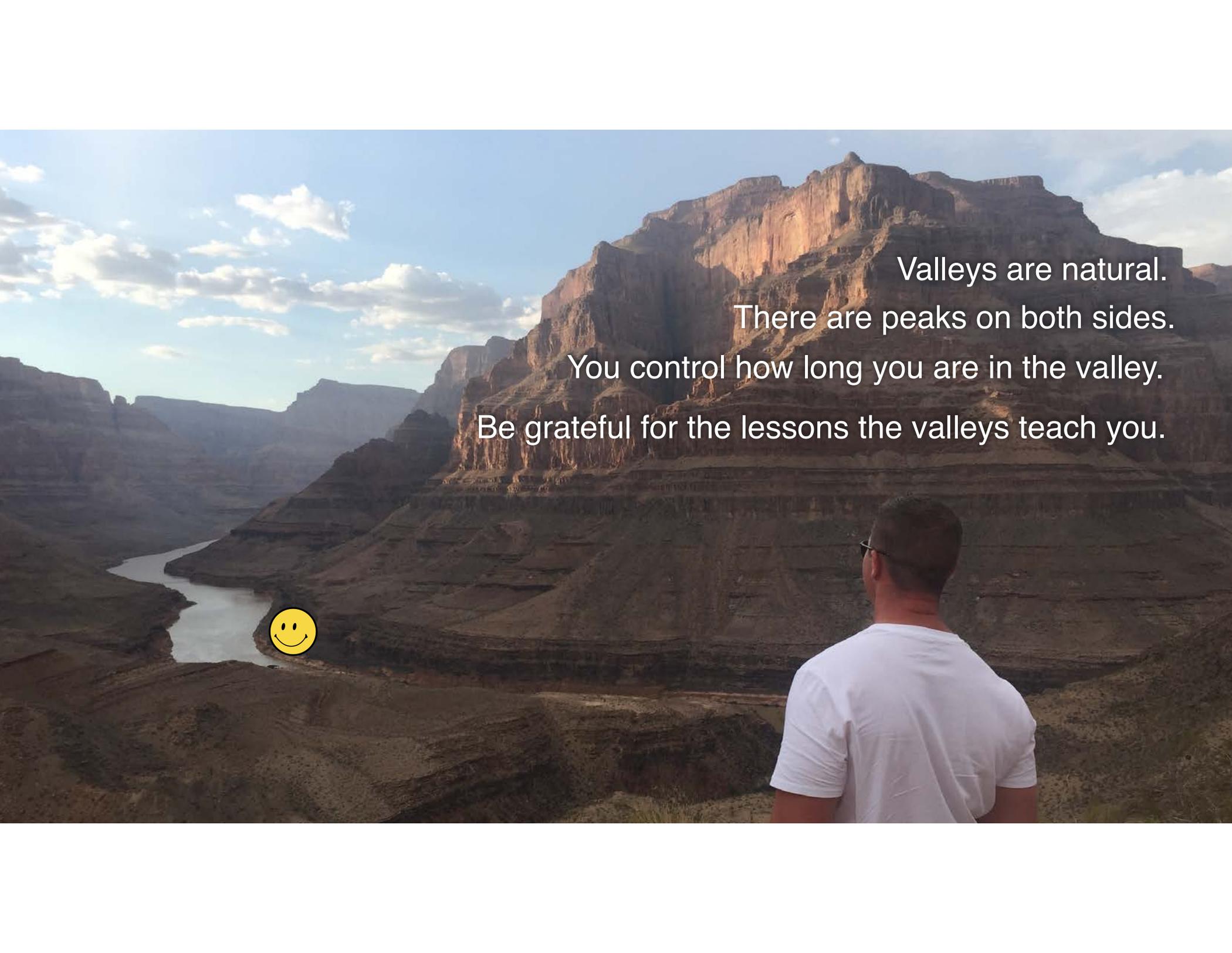
Peaks and Valleys

*Making Good
And Bad Times
Work For You –
At Work And In Life*

No.1 Bestselling Author,
Who Moved My Cheese?

Spencer Johnson, M.D.

A GEM
SMALL AND
VALUABLE

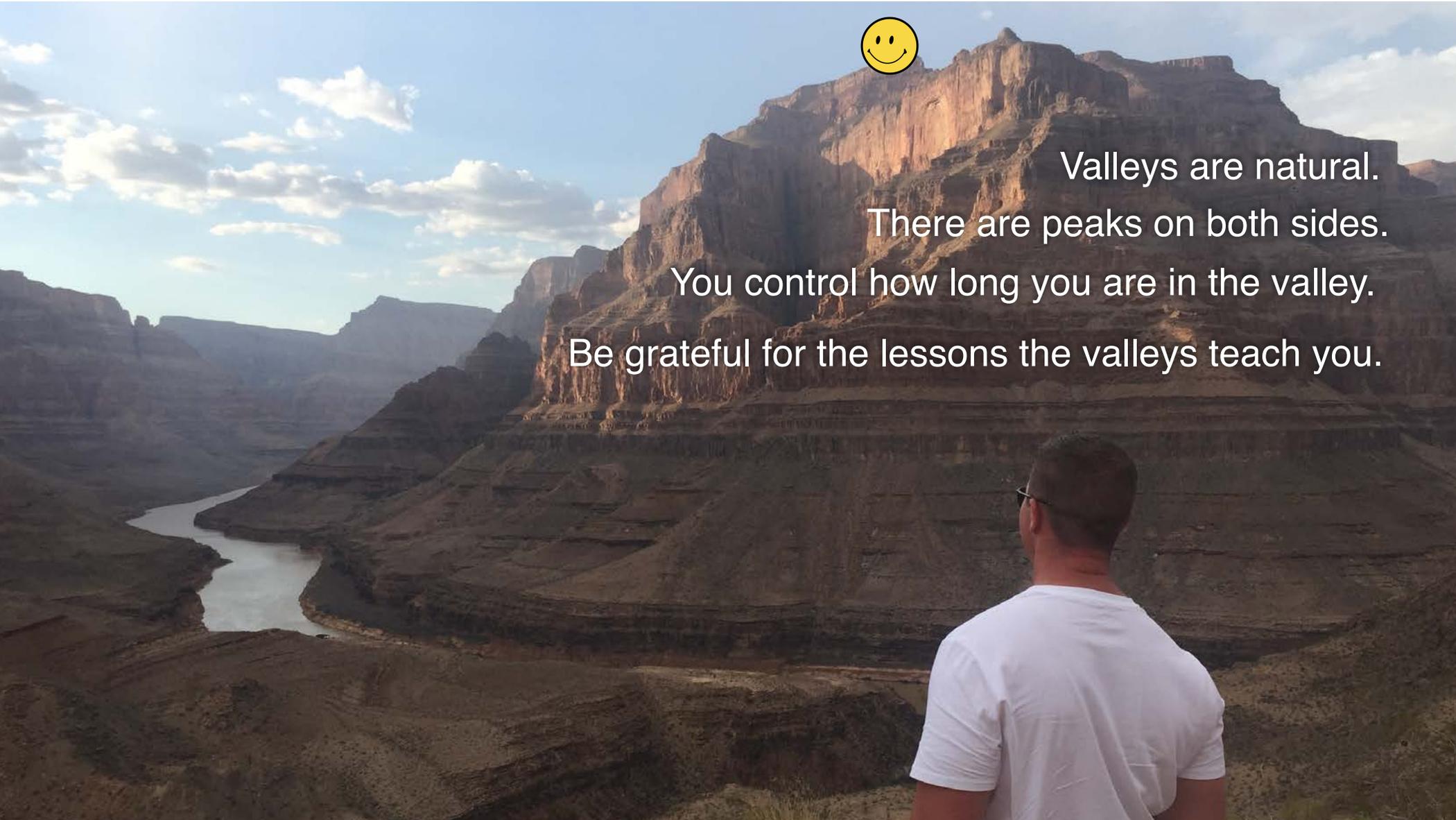


Valleys are natural.
There are peaks on both sides.
You control how long you are in the valley.
Be grateful for the lessons the valleys teach you.





Valleys are natural.
There are peaks on both sides.
You control how long you are in the valley.
Be grateful for the lessons the valleys teach you.



Extraordinary



Extraordinary







An Opportunity!

Mediocrity

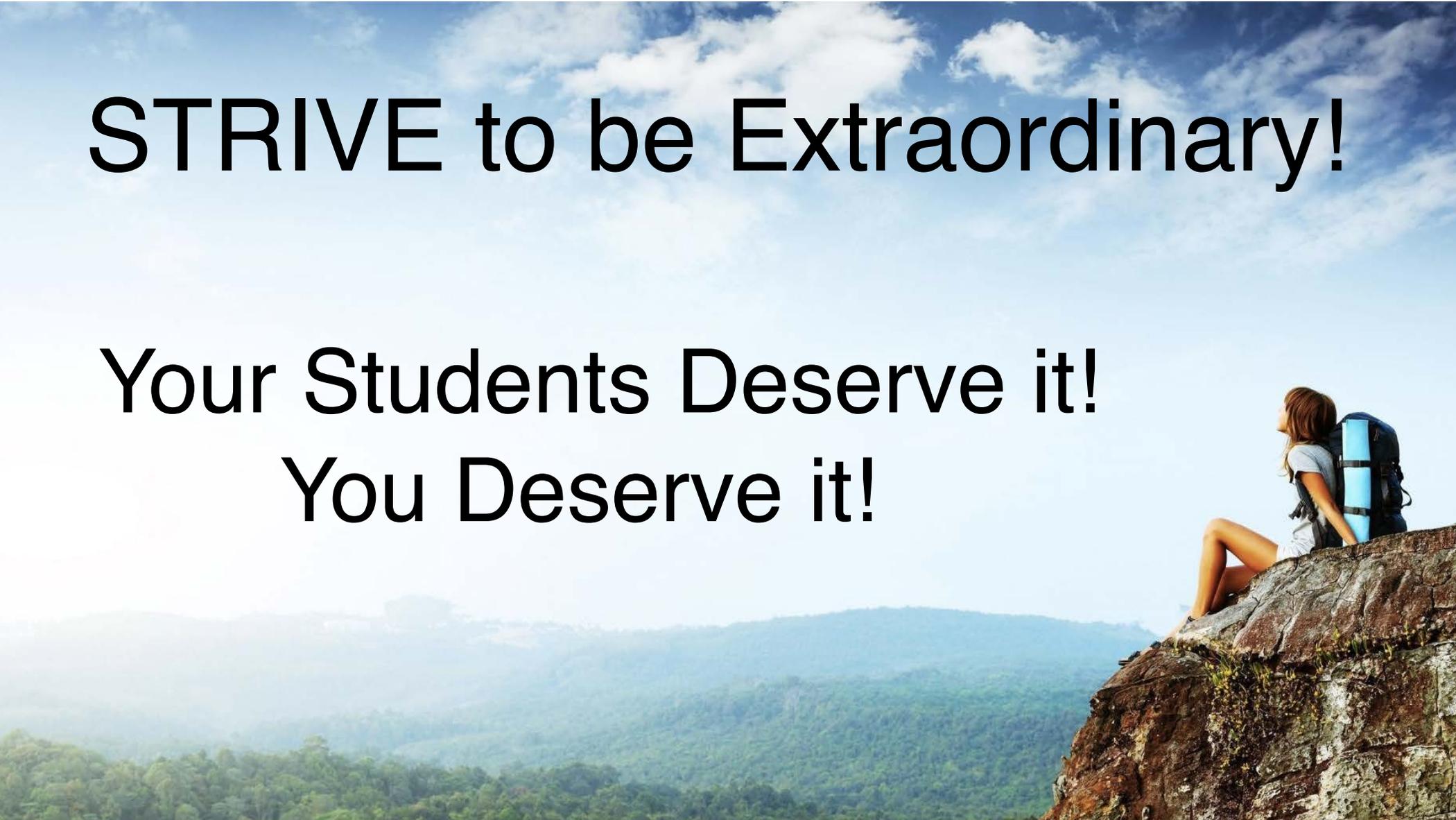
Med = Middle

Ocris =
Rugged Mountain



STRIVE to be Extraordinary!

**Your Students Deserve it!
You Deserve it!**



THANK
YOU FOR
SPENDING
THIS TIME
WITH ME



@robdunlopEDU

