"GLSNEXTGEN.ORG"

## BE A FORCE FOR GOOD

# LEADERSHIP RESOURCES



### GLS NEXT GEN SPEAKER CONTENT



#### JIA **JIANG**

Best-Selling Author; Blogger; Entrepreneur

To conquer his fear, Jiang embarked on a journey and discovered a world where people are much kinder than we imagine. He is also a best-selling author of Rejection Proof, owner of Rejection Therapy and CEO of Wuju Learning.

**CLICK HERE FOR JIA JIANG RESOURCES** 



#### LIZ BOHANNON

Co-Founder & Co-CEO, Sseko Designs

Liz is the co-founder of Sseko Designs, a socially-conscious fashion brand that works to create leadership and educational opportunities for women across the globe.

CLICK HERE FOR LIZ BOHANNON RESOURCES



#### DR KRISH **KANDIAH**

Founder, Home for Good; Consultant; Social Entrepreneur

An advocate for fostering and adoption, Dr. Kandiah is the founding director of Home for Good, and an international speaker and consultant, offering creativity and academic reflection to bring strategic change, culture shift and innovation.

CLICK HERE FOR DR KRISH KANDIAH RESOURCES



#### FREDRIK **HÄRÉN**

Author; Business Creativity Expert

Fredrik Härén is a business creativity expert who has authored nine books, and a global speaker who has been invited to speak to leaders in more than 60 countries on six continents on the importance of creativity in solving problems.

CLICK HERE FOR FREDRIK HÄRÉN RESOURCES



## VIDEO: HOW TO REACT WHEN YOU ARE REJECTED



HOW TO REACT
WHEN YOU ARE
REJECTED
JIA JIANG

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#### **TAKEAWAY**

What could you do when you experience rejection? Arguing back and running away aren't the solution, because neither option will get you to the right place.

#### **REFLECTION QUESTIONS**

We have all experienced times of rejection, which have left us feeling mad, sad or angry.

Write down two questions you could ask the other person next time you feel rejected.

- **1.** How do you normally respond to rejection? Are you the type of person who nomally runs away or argues?
- **2.** Why do you think you respond to rejection the way you do?
- **3.** When rejection happens again, could you stay and ask why they said no to try and find an agreeable solution?



## VIDEO: HOW TO SAY NO WITHOUT RUINING YOUR RELATIONSHIPS





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#### **TAKEAWAY**

If you need to say no to someone, look for a way to say yes to something else. It will help to build a relationship bridge.

#### REFLECTION QUESTIONS

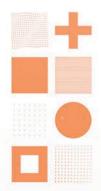
Which is easier for you, to tell someone no or to be told no. Why?

#### **DISCUSSION QUESTIONS**

1. Do you find it easy to say no to people?

**2.** As a group create some phrases that could help 'saying no' be a better experience for you and the other person.

# OVERCOMING REJECTION



## BLOG: THE MAGIC WORD TO USE AFTER BEING REJECTED





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#### **TAKEAWAY**

Leaving a situation before we realize the reason WHY we were rejected doesn't allow us to learn the reason why. The fear of rejection triggers our body to run but leaves us without the one thing we need in order to grow - the reason why.

#### **REFLECTION QUESTIONS**

Think about the question, "May I know why this wouldn't work?"

What is it about the question that could help you get your request?

#### **DISCUSSION QUESTIONS**

**1.**When you are rejected or told no, and we ask the question "why?" there is so much we can learn. What are some of these things?

2. What harmful attitudes could keep us from wanting to ask "why"?

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## OVERCOMING REJECTION JIA JIANG

#### **SOCIAL MEDIA RESOURCE:**



Rejection is a moment of opportunity

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Instead of seeing rejection as a moment of failure, seize it as a moment of opportunity.

**CLICK TO DOWNLOAD** 

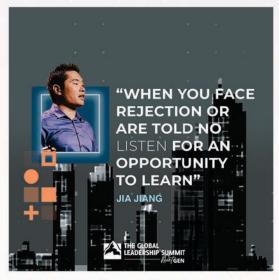
#### **CHALLENGE:**

Next time you experience rejection or someone tells you "no," take the time to find out why they said no, and this can help you keep going and learn what could be agreeable for both of you.



# OVERCOMING REJECTION JIA JIANG

## SOCIAL MEDIA RESOURCE:



When you face rejection or are told no listen for an opportunity to learn

#### **CLICK TO DOWNLOAD**





Instead of seeing rejection as a moment of failure, seize it as a moment of opportunity.

#### **CLICK TO DOWNLOAD**

#### **CHALLENGE:**

Next time you experience rejection or someone tells you "no" be quick to listen and slow to speak and slow to get angry to find out why they said no and this can help you keep going and learn what could be agreeable for both of you.





#### VIDEO: CLOSED HAND VS. OPEN HAND



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#### **TAKEAWAY**

We need to determine what non-negotiables (values and beliefs) we have for our lives. Everything else we can hold loosely with an open hand. This will help us to be open minded to new and more innovative solutions to our problems and challenges.

#### REFLECTION QUESTIONS

Write down a value or belief that you would call 'closed fist' for your life. Write down a value or belief that you would call 'open hand' for your life. To grow as leaders we must invite different perspectives into our lives. Share your two values with a trusted friend and see if they agree.

- **1.** Where do you think your core beliefs of value come from?
- **2.** What ways could you let someone else play a role in helping you grow as a leader?



## VIDEO: FINDING YOUR PASSION





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#### **TAKEAWAY**

A life of passion and purpose is built. Be a curious person who looks for interesting problems and thinks about helpful ways to solve them.

#### REFLECTION QUESTIONS

Problems, injustices and challenges are everywhere. Often our first reaction is to be critical. As leaders, our role is not to criticize but to encourage others. What is one problem in your community that you have been critical or even apathetic about? Write it down with a step you can take to help make a change.

- **1.** Share with the group what challenge you wrote down in your reflection time and any ideas you came up with to help the problem.
- **2.** Brainstorm as a group new ideas to add for each problem or challenge shared by each person.



#### **BLOG: OWN YOUR AVERAGE**





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#### **TAKEAWAY**

When we stop being obsessed with "How do I measure up?" we can instead put our energy into becoming who we were created to be and encourage others towards the belief that they are also a unique and irreplaceable part.

#### REFLECTION QUESTIONS

After reading this blog, what idea stood out to you the most as something you want to work on or take to heart.

#### **DISCUSSION QUESTIONS**

You are average. And this is not negative, in fact as Liz says "when you own your average, you can take risks and finally take flight".

- **1.** Is there anything you gave up on because of the pressure of measuring up?
- **2.** If you are willing, please share together with the group. Work together to think of one step you can take toward moving forward with that goal or idea.

## WEEK FOUR BEING COURAGEOUS

#### **SOCIAL MEDIA RESOURCE:**



Passion and purpose are built not found.

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We cannot build our passion until we take the first step and try new things.

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#### CHALLENGE:

What is a cause or topic that you see is important? Do one thing this week to contribute





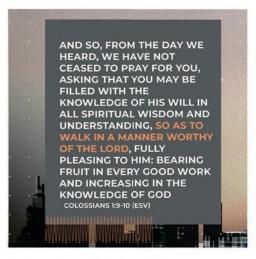
#### **SOCIAL MEDIA RESOURCE:**



God wants to help you walk in good deeds so that you can know Him more.

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Colossians 1:9-10 (ESV)

#### **CLICK TO DOWNLOAD**

#### CHALLENGE:

What is a cause or topic that you see is important? Pray about it. Try to discover what God's Word says about it and find a way to contribute to that cause.



## VIDEO: INCLUSIVE LEADERS SEE PAST BROKENNESS





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#### **TAKEAWAY**

Inclusivity is recognizing that every person is more than the worst thing they have done or the worst circumstance they are in. Having empathy for their story will help you include them and your life will be richer. of the whole.

#### **REFLECTION QUESTIONS**

Who is someone that you have developed an opinion of, that is based solely around a negative thought about them.
What is one way you can reach out to build a positive connection?

- 1. What are some benefits of getting to know people that are different from you?
- **2.** Even though we know there are benefits to getting to know people differ-ent than us, why do we tend to not do this?



#### VIDEO: BECOMING A SET-THE-TABLE LEADER





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#### TAKEAWAY

One of our highest callings as leader is to live with integrity. To be the same person at home, at work, and with our family and friends.

#### **REFLECTION QUESTIONS**

Take time to reflect, what stood out to you?

Is there an area in your own life that you would like to grow in?

- 1. What does it feel like when you meet a leader who doesn't live out the same values between their public and private life?
- **2.** What are some things you could do to help prevent this from happening in your own life?



### BLOG: THE JOYS AND DANGER OF LEADING FROM YOUR HEART





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#### **TAKEAWAY**

Business and work need a purpose beyond the bottom line.

Your heart is a great navigation to find and build purpose and when we discover joy in our work, that can't be robbed from us no matter what.

#### **REFLECTION QUESTIONS**

Think about your school, organisation or workplace.

Is there a project or opportunity they are currently running that you could be passionate about?

- **1.** Brainstorm together how you could find purpose and connect with your heart during school, classes, and work.
- 2. Take one idea you talked about to heart and plan to implement it when you feel drained by school and work.

# WEEK FOUR LIVING AN INCLUSIVE LIFESTYLE DR KRISH KANDIAH

#### **SOCIAL MEDIA RESOURCE**



Having empathy for one's story will help you include them and your life will be richer.

#### **CLICK TO DOWNLOAD**





What is one way you have grown learning a different point of view from another person?

#### **CLICK TO DOWNLOAD**

#### **CHALLENGE:**

Find someone today that you realize you don't know much about.

Ask them some questions to learn more about them.



#### WEEK FIVE LIVING AN INCLUSIVE LIFESTYLE DR KRISH KANDIAH

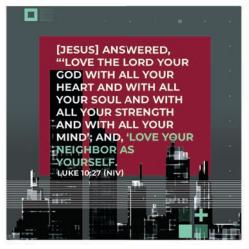
#### **SOCIAL MEDIA RESOURCE**



God calls us to love our neighbor as ourself. What if we lavished love and care on each person we come across?

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"Love your neighbor as yourself." Luke 10:27

#### **CLICK TO DOWNLOAD**

#### **CHALLENGE:**

Make a plan this week. How will you stop long enough to really notice the people you come across? Ask someone how you can pray for them. Then really listen to their story.

#### WEEK ONE CULTIVATING YOUR CREATIVITY

FREDRIK HÄRÉN

## VIDEO: THE MINDSET OF TRULY CREATIVE PEOPLE





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#### **TAKEAWAY**

Everyone is creative but in different ways. Lack of confidence, kills creativity. The sweet spot is learning to be confident and humble at the same time.

#### **REFLECTION QUESTIONS**

When do you feel most creative?

What are some specific ways you are creative that others might not see?

If you don't think you're a very creative person, what do you think holds you back from growing in creativity?

#### **DISCUSSION QUESTIONS**

**1.** What do you think holds people back from being creative and sharing their ideas with others?

2. What is one way you could be encouraging towards someone who is trying to be creative?helping you grow as a leader?

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# WEEK TWO CULTIVATING YOUR CREATIVITY

FREDRIK **HÄRÉN** 

#### **VIDEO: THE STRETCH TO IMAGINE THE IMPOSSIBLE**





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#### TAKEAWAY

It's important to approach life with an ambition and attitude to aim big and reach high, to not be afraid to fail and to always try new things.

#### REFLECTION QUESTIONS

What is something you want to aim for, but feel is out of your normal reach?

What has held you back?

#### **DISCUSSION QUESTIONS**

1. How can being more creative and having an optimistic attitude



# WEEK THREE CULTIVATING YOUR CREATIVITY

FREDRIK HÄRÉN

## BLOG: THE INHERENT POWER OF YOUR OWN IDEAS.





**CLICK TO READ** 

**CLICK TO DOWNLOAD SLIDE** 

#### **TAKEAWAY**

There seems to be an inherent energy that comes from making our own idea happen. That extra energy can push us further towards achieving our goals.

#### REFLECTION QUESTIONS

When was the last time you acted on an idea to make it into a reality?

How did it feel when you succeeded?

- **1.** How supportive of is your organization, school or youth group to creativity?
- 2. Where is some place in your daily life that you could bring more creativity to?

# WEEK FOUR CULTIVATING YOUR CREATIVITY

FREDRIK **HÄRÉN** 

#### **SOCIAL MEDIA RESOURCE**



Trust in the creativity God has given you to join in His Kingdom work



Don't shut down the creative process by saying you are not creative.



WHAT IS A CHALLENGE YOU ARE FACING

CONSIDER HOW YOU CAN USE CREATIVTY TO SOLVE IT.

TODAY?



Choose a challenging goal you are facing today. Pray about it and start walking.

Take action in some way and do ONE small good thing toward it.

Pay attention to any creativity you used to build on for the future

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365 LEADERSHIP

#### WEEK FIVE CULTIVATING YOUR CREATIVITY

FREDRIK HÄRÉN

#### **SOCIAL MEDIA RESOURCE**



Trust in the creativity God has given you to join in His Kingdom work



Ephesians 2:10 (ESV)

#### **CLICK TO DOWNLOAD**



#### **CLICK TO DOWNLOAD**

#### CHALLENGE:

Choose a challenging goal you are facing today. Pray about it and start walking.

Take action in some way and do ONE small good thing toward it.

Pay attention to any creativity you used to build on for the future