

SERVE HERE AMERICA

Learning Module Week 3: Addressing Millennial Generation Challenges & Building Intra-power

Before conversations about building social capital can start, participants must first become aware of their own strengths and interests. Please ask participants to provide examples of situations, both personal and professional, in which they excelled. What was learned from these successes?

Preparation

Suggested Reading from the Springer Text:

- “Social Capital: Models and Efforts to Build and Restore among Marginalized Individuals and Communities” by Bronwyn A. Hunter

Additional Suggested Resources:

- “The Power of Mindful Leadership” by Bill George (July 2016)
http://www.huffingtonpost.com/bill-george/the-power-of-mindful-lead_b_7878482.html
- Smith’s (2015) “How to identify your workplace strengths” by Jacquelyn Smith (August 2013)
<http://www.forbes.com/sites/jacquelynsmith/2013/08/30/how-to-identify-your-workplace-strengths/>

Learning Objectives:

- Define 3 aspects of “leadership”
- Identify and list 3 leadership qualities that you possess
- Identify which of these qualities is most relevant to your role at your place of employment, and how that quality is beneficial to your position

Class Objectives:

- A. Invite participants to discuss work-related matters and provide workplace updates before diving into the planned material
- B. See PowerPoint for Week 3
- C. Suggestion: Invite a Guest Speaker With Expertise in Building Intra-Power or Mindfulness

Note: See PowerPoint slides

Slide 1: Addressing Millennial Generation Challenges: Building Intra-power

Talk about work-related matters before diving into the planned material for the evening. Have each participant speak and provide an update.

Slide 2: Being Introspective

- “Given the realities of today’s 24/7 world, how do great leaders slow down and focus in order to make thoughtful decisions?” (George 2015).
 - MINDFULNESS

- UCLA's Mindful Awareness Research Center found meditation can improve executive functions (sustaining attention, diminishing distractibility) better than medication in many cases (George 2015).

Slide 3: Mind Full, or Mindful?

Slide 4: Ted Talk

- How can we learn how to be [mindful](#) with so many distractions?

Slide 5: Workplace Strengths

- Envision
- Design
- Build
- Operate
- What are our workplace strengths? Why is important that we be able to identify them?

Slide 6: Listen to Yourself

- One simple way to identify your workplace strengths is to “listen to your emotions when you are working,” Canchola says. “What activity, such as leadership or problem solving, provides satisfaction and happiness? A more complex way consists of validation from others. When others ask for your competency or praise you, that’s usually a good sign that you have identified a workplace strength.”(Smith 2015).

Slide 7: Models of Social Capital

- Bourdieu – social capital benefits the individual and helps one accumulate economic capital
- Coleman – collective resource tied to a social network; the group reaps the benefits of social capital
 - Reciprocity, information channels, norms, sanctions
- [Putnam](#) – concerned with decline in group memberships
- Perkins et al. – multi-system view of social capital; quality of groups, networks, communities and societies that create benefits through formal and informal relationships