Cody Clark Magic

Revealing the Secrets Behind Essential Skills

A Magical Presentation by Cody Clark

Self Management

- **Definition:** Ability to consistently complete personal tasks

- **Self Management Need to Knows:**

1. What you want/need to do
2. How you plan on doing it
3. Your timeline
4. Accountability/Rewards

Real Time Goal Breakdown

Goal/Desired End Result: Help mom w/ groceries

What Do You Need?: Groceries, a trip to the grocery store, you and your mom's assistance

Steps:

1. Make trip to grocery store. Help mom in grocery as needed
2. Drive home
3. Unlock trunk door
4. Divide and conquer
5. Bring groceries in house
6. Make return trips and repeat as needed
7. Close trunk
8. In home, put groceries
9. Dispose of bags
10. **Reward:** Eat snacks you purchased with groceries!

Cody Clark Magic

People Management

- **Definition:** Relating well with other people

- **Key Social Skills:**

1. Active listening
2. “What do you think?”
3. Be assertive about your ideas/feelings, yet open minded to any result

Emotional Management

- **Definition:** Handling life's many feelings
- Mr. Rogers - "It's okay to be sad or mad…..as long as you handle it in a way that doesn't harm others"
- Key is to accept, yet address negative emotions,

1. Safely experience emotions
2. Look at facts
3. Consider ALL outcomes
4. Make basic action plans
5. Act on preferred, knowing you have options



This Photo by Unknown Author is licensed under CC BY-NC-ND



This Photo by Unknown Author is licensed under CC BY-SA

Cody Clark Magic

Benefits of Emotional Management

- Clear, peaceful mind
- Better able to practice self management
- Can keep calm in people management situations too

Cody Clark Magic

Cody Clark Magic

Conclusion

Thank you for listening!