



Horizons

Commissioner Conference 2023
Girlguiding London & South East England



Aim and Outcome of 'Horizons'

Aim of this session

To look after yourself – ideas on how to say no and making sure you take time for you

Outcome

At the end of the event Commissioners will feel more confident in their role and use the new or refreshed skills and knowledge recorded in their action plan.

Trainers: Collette Stone & Cindy Barnes

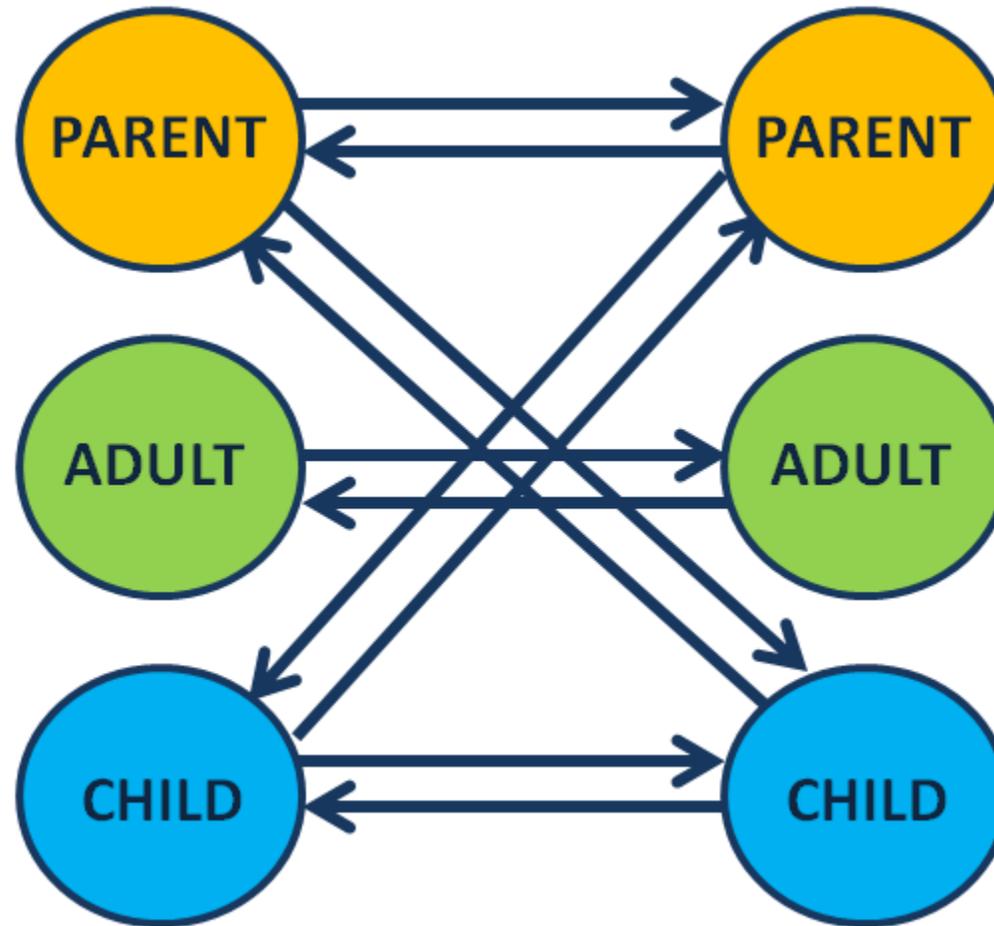
Objectives of this session: Look After Yourself

By the end of the session , commissioners will have had the opportunity to

1. Gather ideas on how to say 'no' – because we understand more about why we say **'yes'**.
2. Hear about 4 ways to make sure you take time for you.
3. Develop skills and confidence to manage the challenges encountered in this role
4. Network with other Commissioners, share ideas and offer support.

Transactional Analysis

Saying 'yes' – who is asking who?



MBTI Personality Types

We are each very different. And we all have similar patterns, or types

Extroverts

Intuitives

Thinkers

Judgers

Introverts

Sensors

Feelers

Perceivers

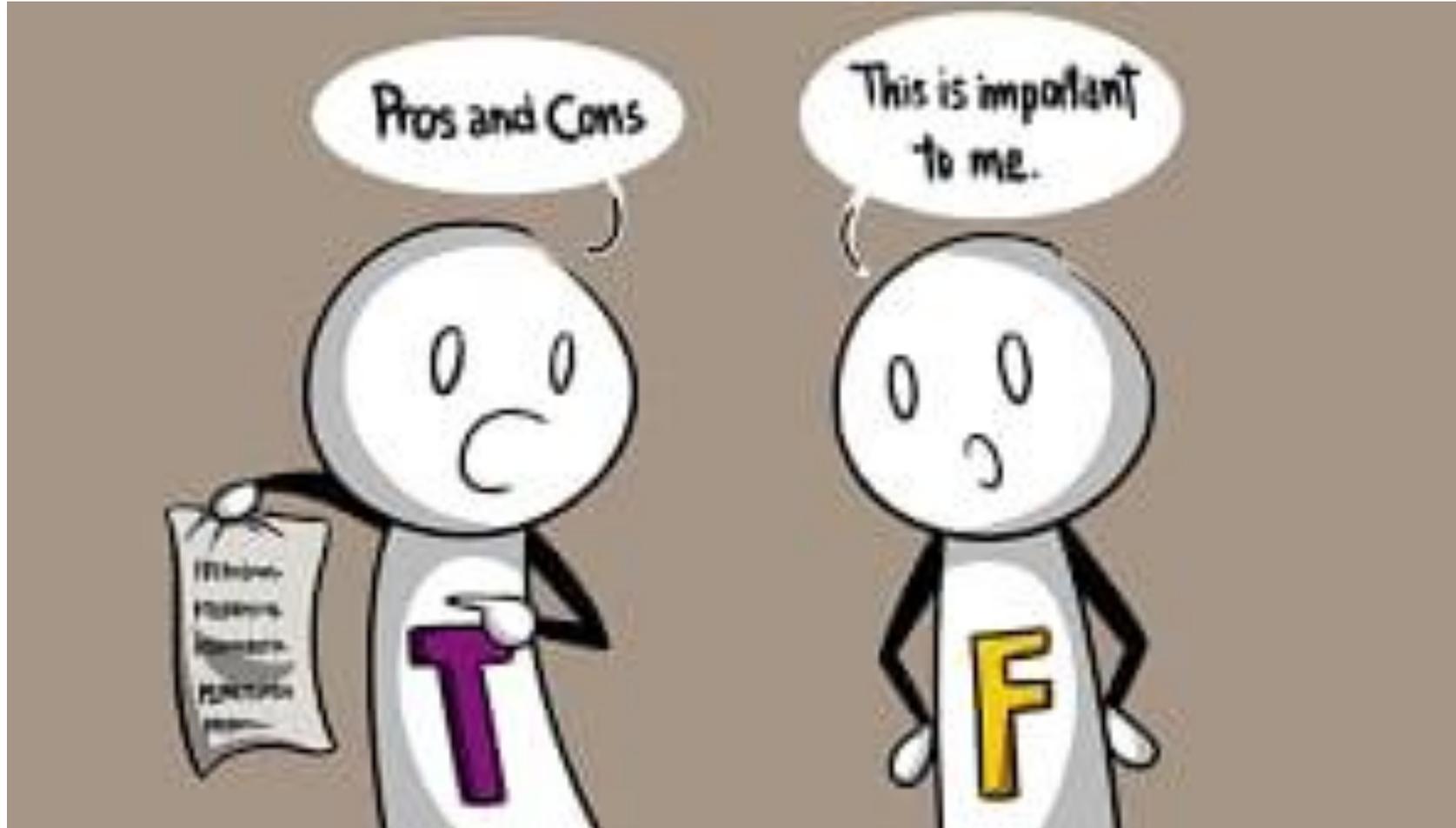
Personality types key

E Extroverts Extroverts are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.	I Introverts Introverts often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.
N Intuitives Intuitives prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.	S Sensors Sensors are realistic people who like to focus on the facts and details. They apply common sense and past experience to find practical solutions to problems.
T Thinkers Thinkers tend to make their decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.	F Feelers Feelers tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.
J Judgers Judgers tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.	P Perceivers Perceivers prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.

Source: Paul D. Tieger, Barbara Barron, and Kelly Tieger BUSINESS INSIDER

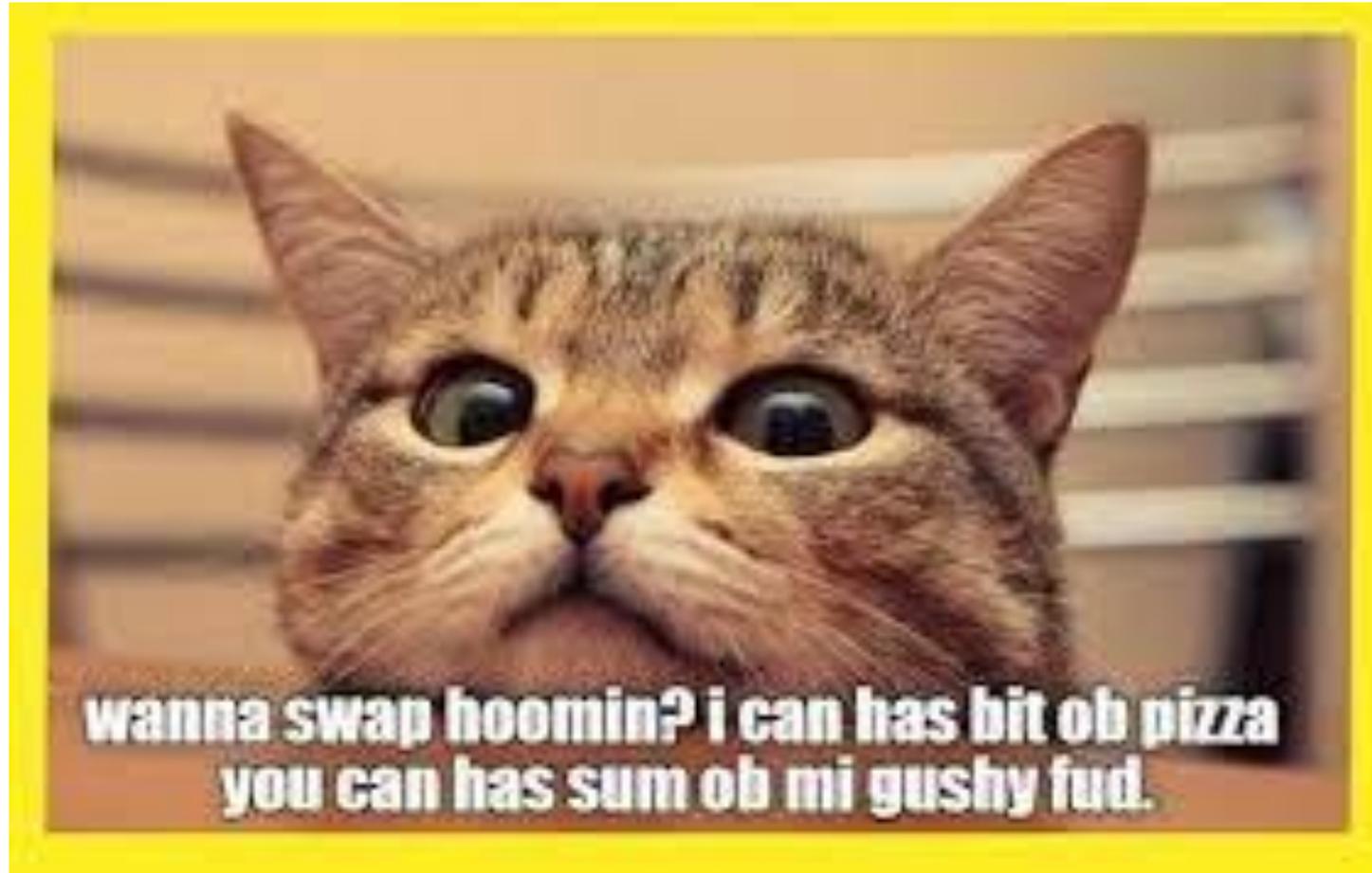
MBTI Personality Types

Saying 'yes' because it is right or because I want harmony?



Fair Exchange

Is it better to take than receive?



Fair Exchange

Is it better to take than receive?



The MoSCoW technique

Sort out the important from the rest

M

Must

O

Should

S

C

Could

O

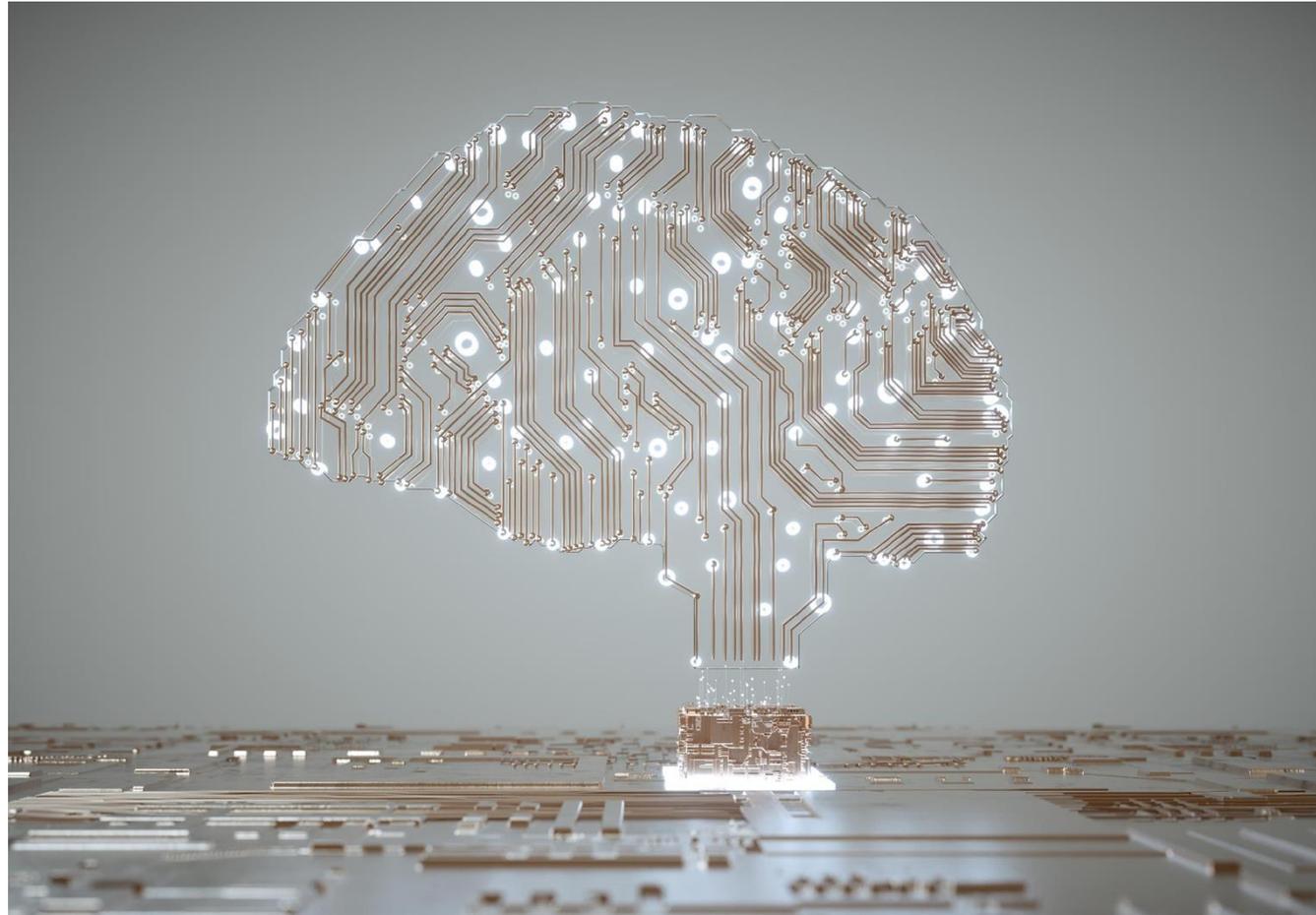
Won't

W



“What I Can Do...”

Retraining our brain to think positive thoughts



Pomodoro Technique

Get something done, a little bit at a time



A Walking or Moving Meditation

Mindfulness on the move





Out beyond ideas
Of wrongdoing and rightdoing
There is a field.

I'll meet you there.



Jelaluddin Rumi, 13th century



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