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2002 ANNUAL CONFERENCE
UC UNDERCONSTRUCTION:
BUILDING OUR FUTURE


April 22, 2002

Santa Barbara California

Motivating Ourselves While Motivating Others



Al Baeta



People innately strive for excellence -

Because with excellence there is a deep sense of satisfaction

Satisfaction missed by those unwilling to become competent.

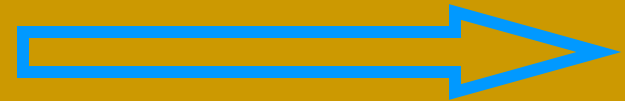
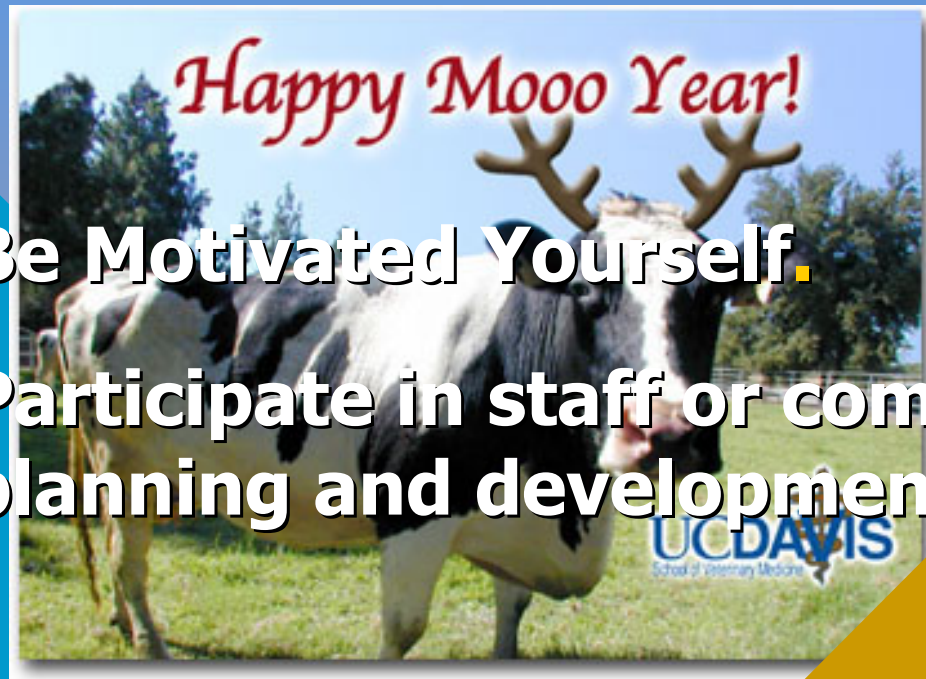
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The Presentation Plan

- **Addressing the need for examining our own personal motivation quotient.**
- **Providing for your consideration a four step program for personal motivation while working with others.**

The Four Step Personal Motivational Program

- 1 Be Motivated Yourself.**
- 2 Participate in staff or committee planning and development.**



The Four Step Personal Motivational Program - Continued

- 3** Create opportunities for those you supervise to test and try new skills.
- 4** Create a positive atmosphere for work and activity.

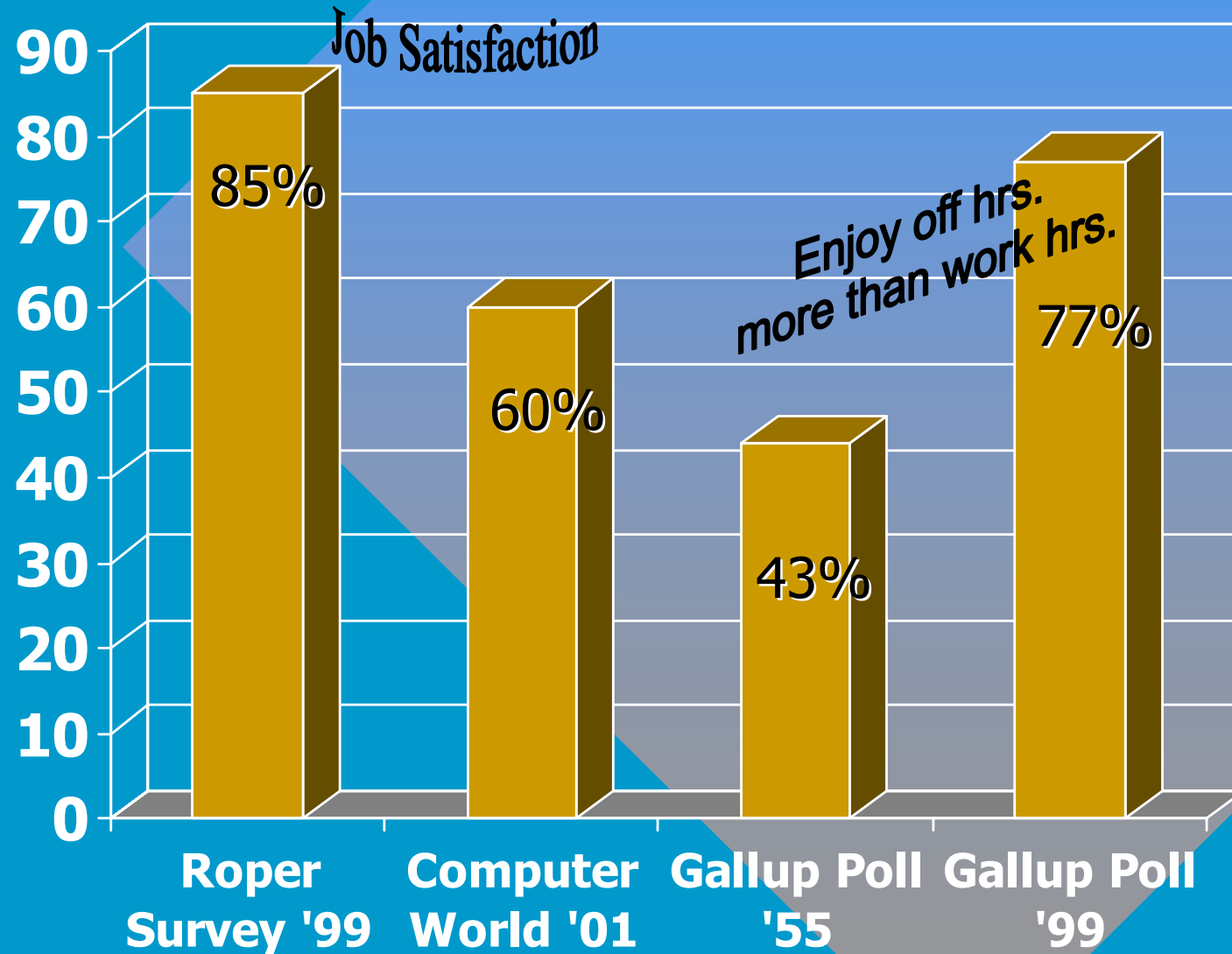
First!
Self Motivation
Concepts

UCI University of California, Irvine

“have knowledge of ourselves
before sharing knowledge
with others”



Job Satisfaction



Source: Public Perspectives Sept. 2000 and Computer World Annual IT Survey 2001

“Nature gave us two ends -

One to sit on and one to think with. Ever since then man’s success or failure has been dependent on the one he used most.”



George Kirkpatrick

Opportunities to Learn rekindles excitement

- Whenever new projects come along opportunities to learn rekindles excitement.
- Be aware of and take advantage of them!



Always “Coach Up”



- We may prejudge and “coach down”

“We don’t stop having fun
because we grow old -



“We grow old because we
stop having fun.”

Dealing with Negatives in Our Professional Lives

- 1. Continue to do what we do and complain, but do nothing to change it**
- 2. Continue to do what we do but mentally remove ourselves from the task while doing it to spare ourselves the agony of the situation**
- 3. Try to improve our morale by bettering the conditions we work in**
- 4. Quit!!**

“One of the greatest inventions of



Vincent T. Goss

Toda
Tomorrow”

Mark Twain Once Said

**“I am an old man and
have had many
terrible problems,
and most
of them never
happened.”**

Progress Review

Physical Activity and Fitness

President's Council on physical Fitness and Sports and

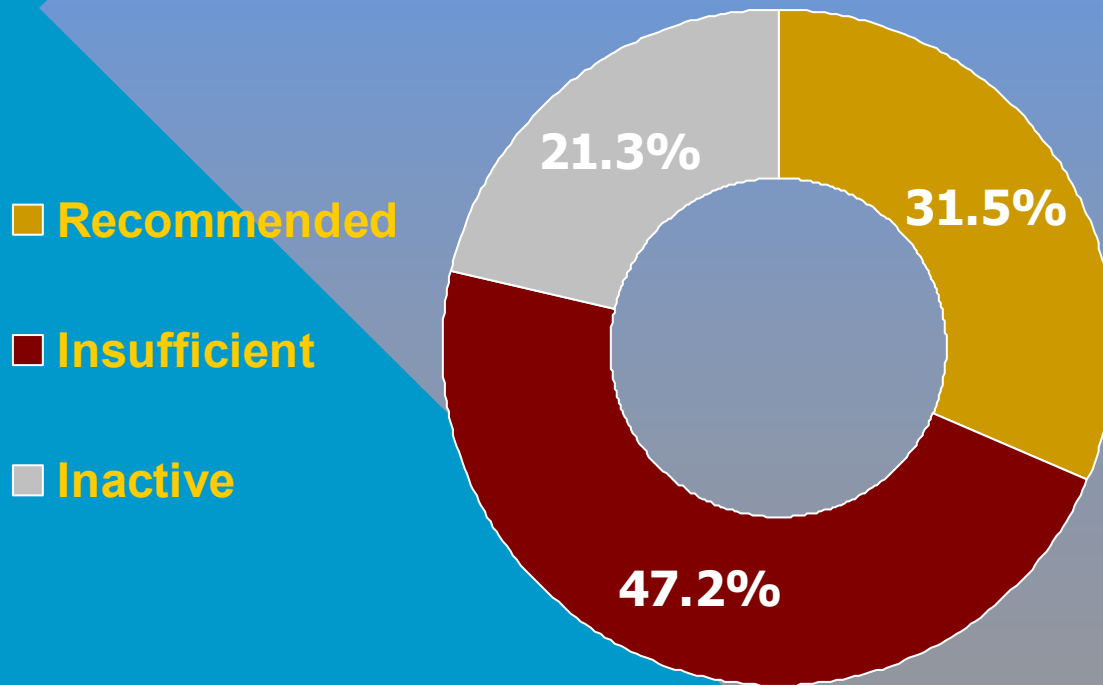
The Center for Disease Control, 2001 Report

38 million American adults, 20% of the population, meet the classification of obesity, a BMI of 30 >

Studies have shown that strategy focused on reducing inactivity, as in the amount of time spent watching television, is more successful in decreasing obesity and maintaining weight loss than one which emphasizes increasing activity.

Only 26% of Americans exercise 3-5 x per week, 46% less than 3 x per week and 28% inactive.

Physical Activity Prevalence California 1998

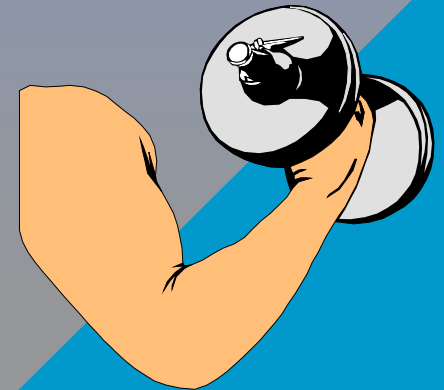


Center for Disease Control - Behavioral Risk Factor Surveillance System 2000



**The goal in life is to die
young
as old as possible**

Ashley Montague
Anthropologist



Payton Jordan 1968 Olympic Coach

“There are times to teach and times not to teach.”

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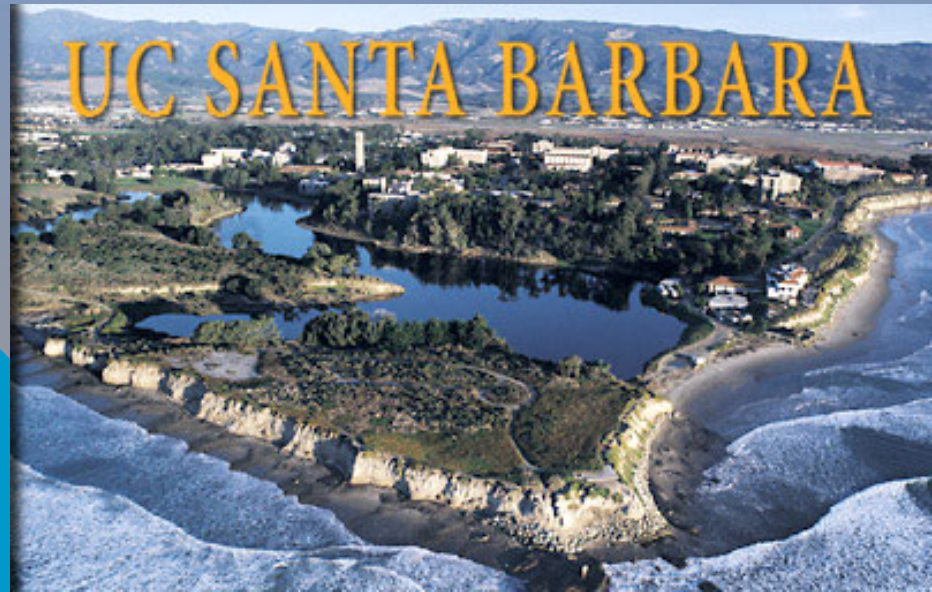


Excellence

“We are what we repeatedly do, Excellence, then, is not an act, but a habit.”

Aristotle

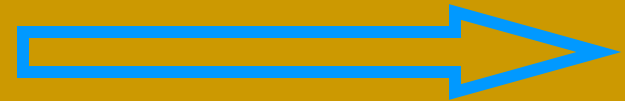
Motivating Ourselves While Motivating Others



The Four Step Personal Motivational Program

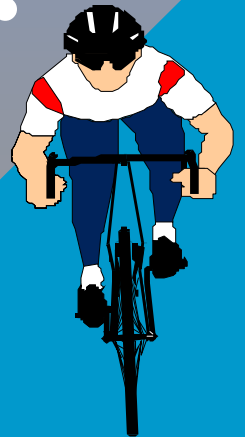
1. Be Motivated Yourself.

2. Participate in staff or committee planning and development.



Will Rogers

“Even if you are on the right track, you’ll get run over if you just sit there.”



The Four Step Personal Motivational Program

- 3.** Create opportunities for those you supervise to test and try new skills.
- 4.** Create a positive atmosphere for work and activity.

For Successful Performance in the office and on the playing field,

“There must be an atmosphere in which the individual can improve upon and adapt positively to the emotional/mental stresses they are subjected to”

“Challenge yourself with commitments

and

You will meet those commitments.:



Coach Baeta

Creating the Positive Working or Competitive Atmosphere

- Develop and share ideas
- Communicate
- Discuss the value of a team



UCSD

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Team Building

UCLA



ARE WE TOGETHER

Team Building Stages

Forming

Storming

Norming

Performing



Extend Yourself



welcome

University of California
San Francisco

UC
SF

Unless you try to do something beyond what you've already mastered, you'll never grow.

The Biggest Loss?

“Lost wealth may be replaced by industry, lost knowledge by study, lost health by temperance or medicine.



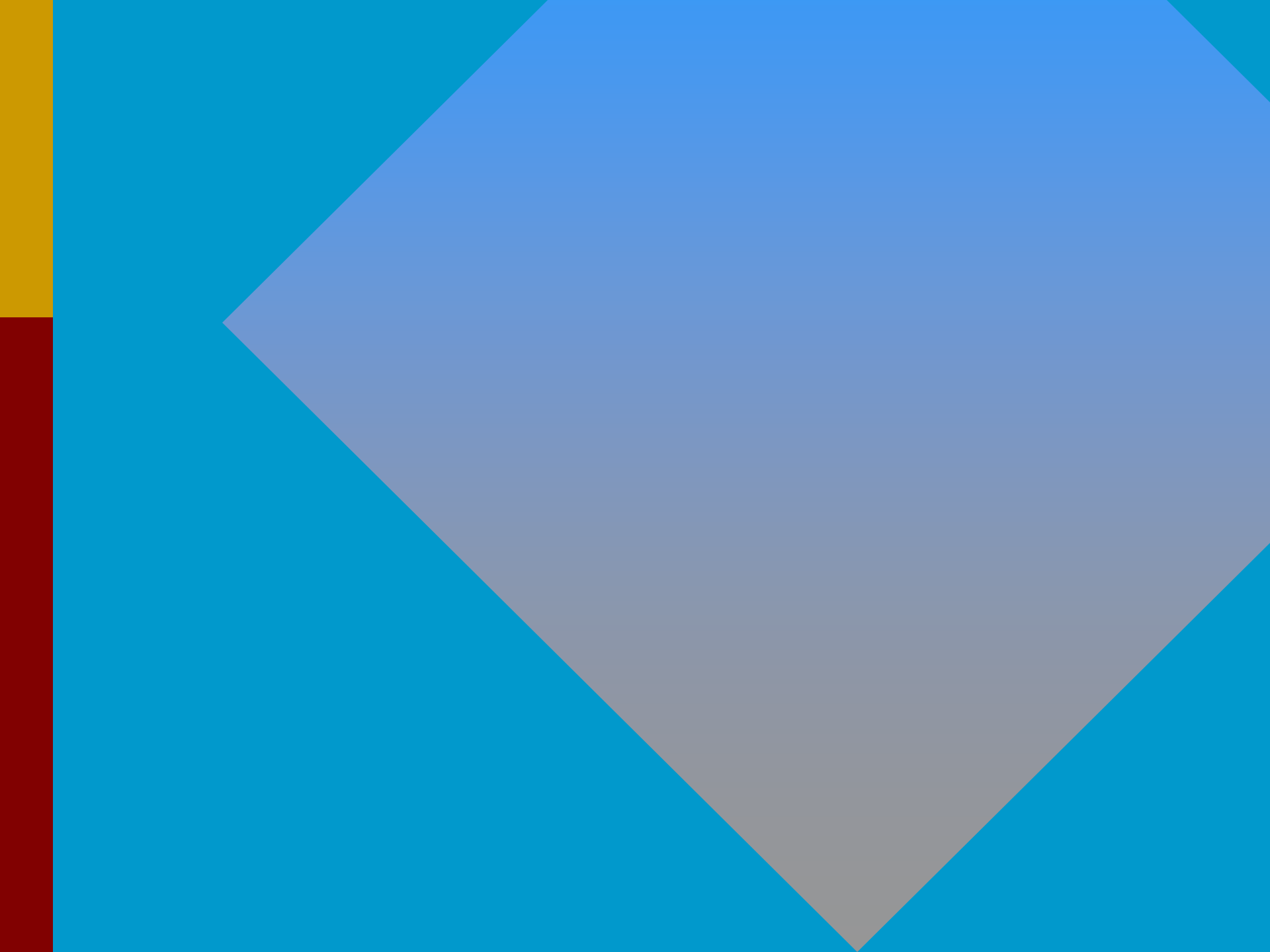
But lost time is gone forever.”

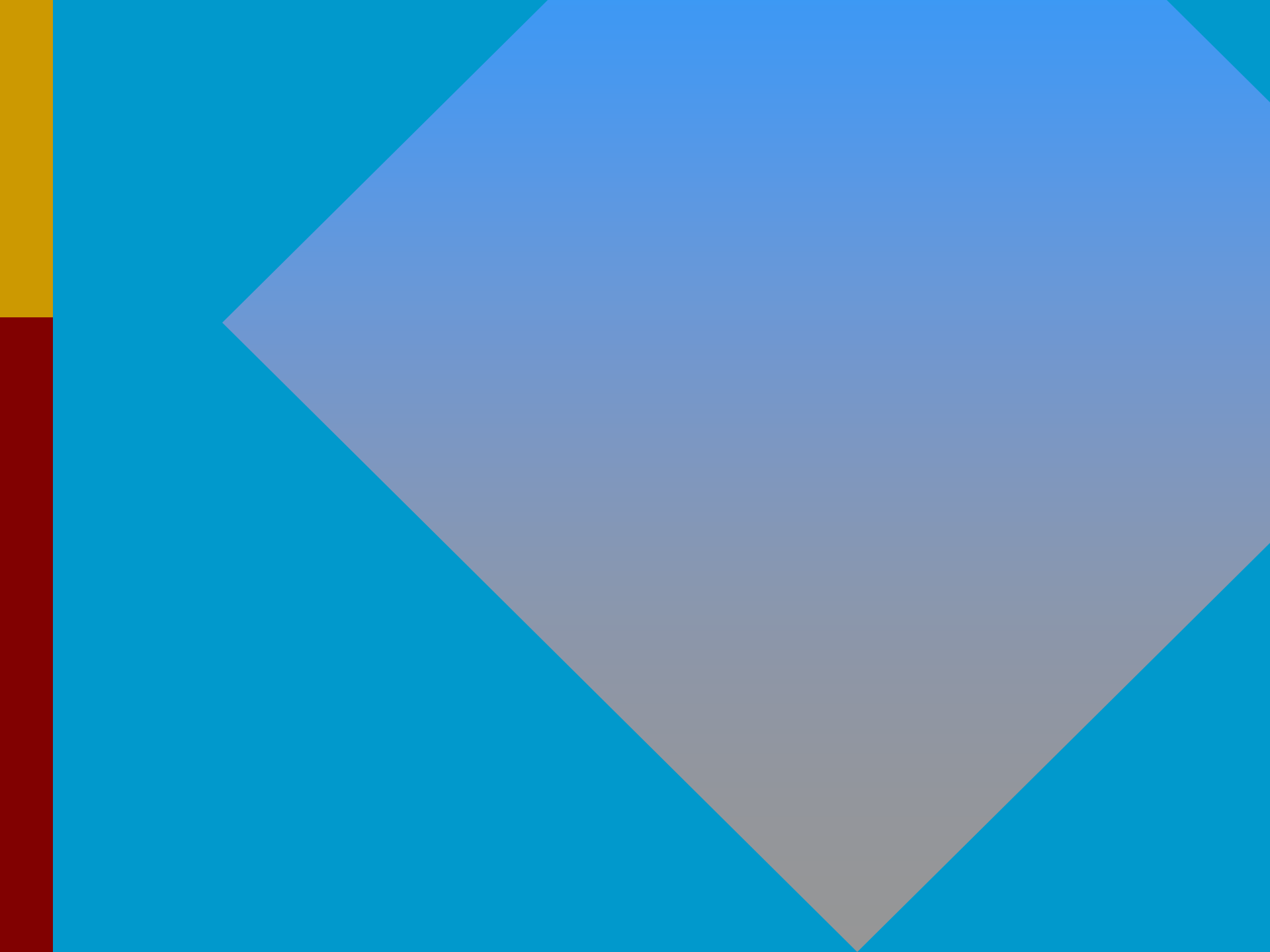
Close

Motivating Ourselves While Motivating Others



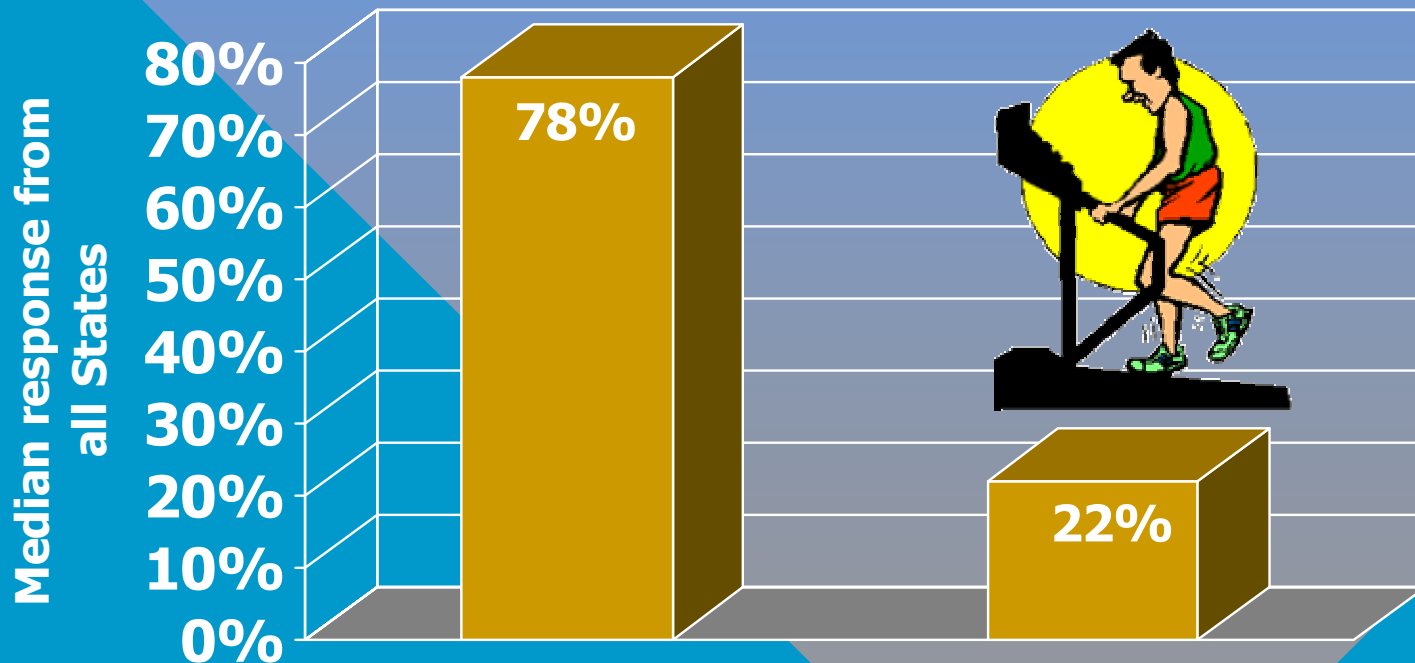
A positive double-edged sword in creating an atmosphere of excellence and excitement



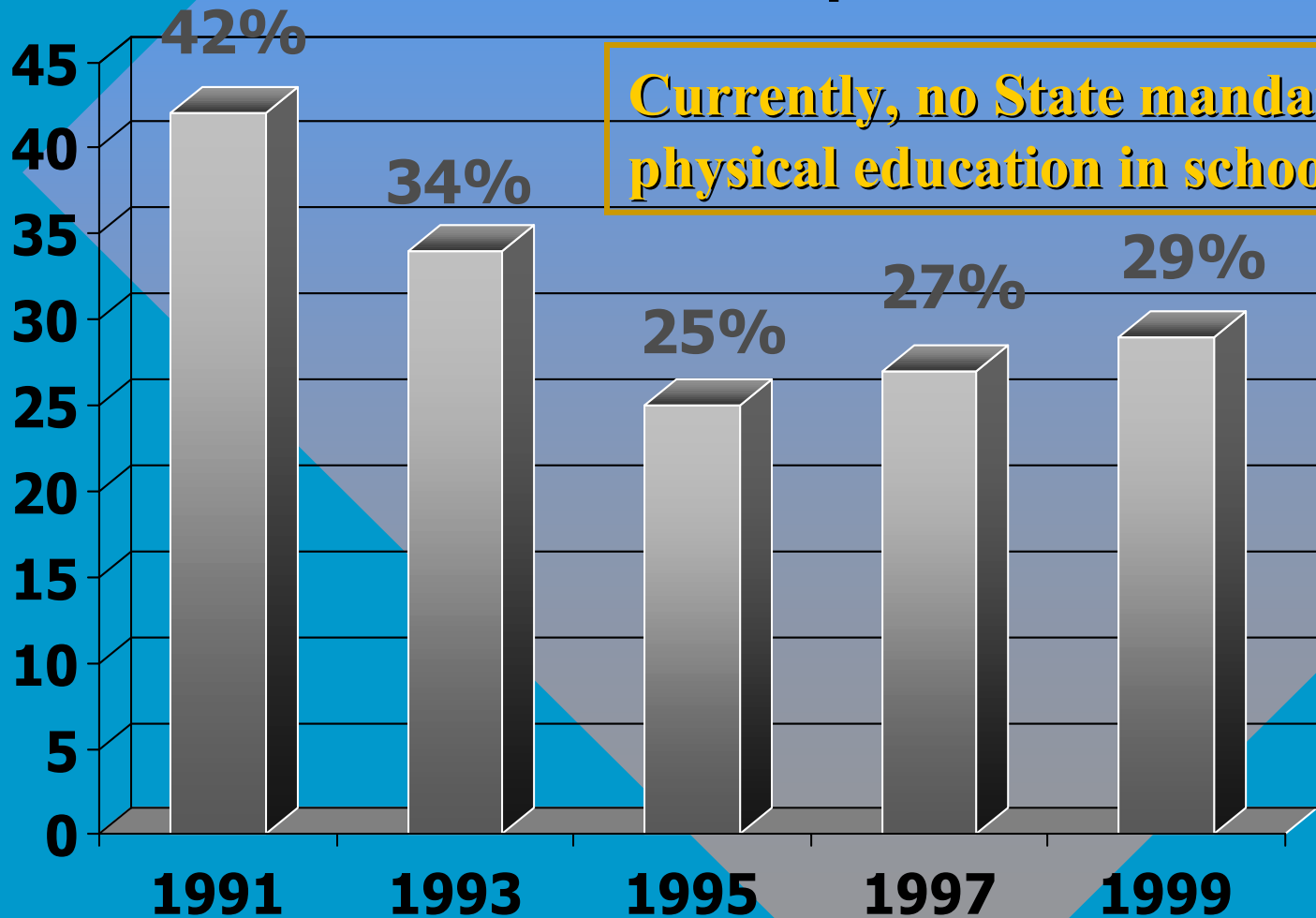


At risk for health problems related to lack of exercise (regular and sustained physical activity)

Lack of Exercise Nationwide 2000



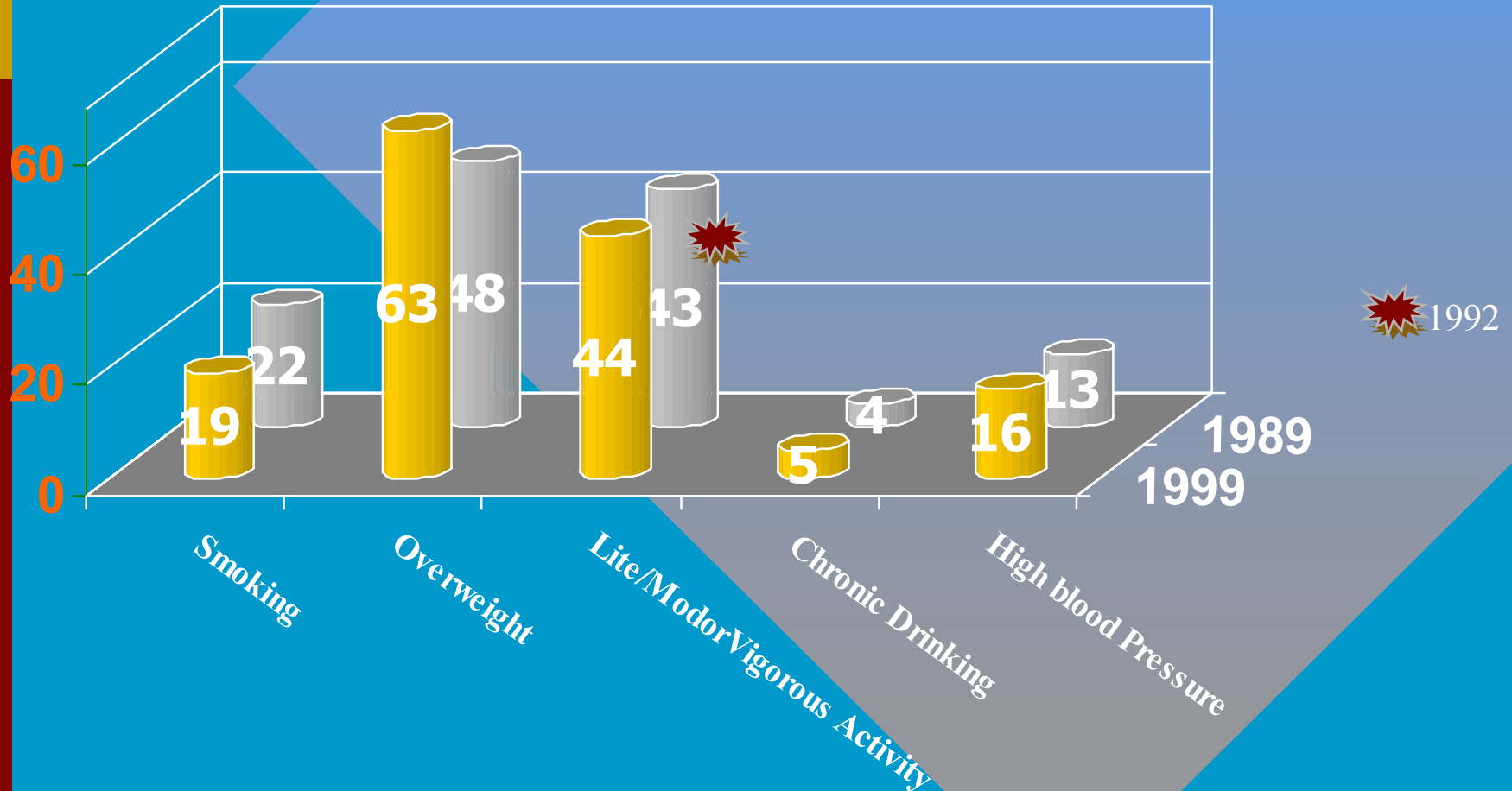
Daily Physical Education Grades 9-12, Participation



Source: Center for Disease control: Youth Behavioral health risk surveillance system reported in Health people 2010

Behavioral Risk Factors

Working Age Californians 18 and older, 1989-1999



Source: California Behavioral Risk Factor Survey, 1984-1999 July 2001

Physical Activity Prevalence California 1998

