

Welcome and Happy Pride!
We'll begin in a few minutes.

This is the winning design of our OPEN Pride 2021 Zoom background competition from Liv Cepe, Managing Principal Consultant in the Philippines

UNITED
WITH
PRIDE

OPEN Pride 2021 Donation Drive

GIVING OPPORTUNITY USER GIVING OPPORTUNITY **MATCHING OFFER**

+ Donate Now

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Details

START DATE: June 4, 2021 END DATE: July 2, 2021

For Pride month, let's GIVE!

Each of the OPEN (Oracle Pride Employee Network) global regions has nominated a charity and we need your help:

Pride is many things

- a global movement
- a celebration
- a protest
- an opportunity to remember those who lost their lives

It is also a time to support the great work being done by those who fight for true equality for all LGBTQIA+ people.

Details below - Please consider donating to this giving opportunity.

Oracle will match up to US\$1,000 per employee, per fiscal year.

Oxfam India: (<https://www.oxfamindia.org/>)

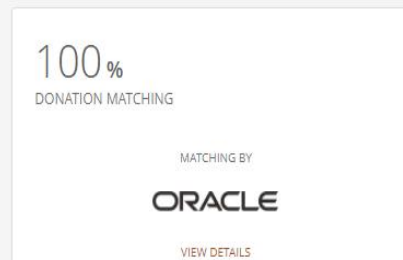
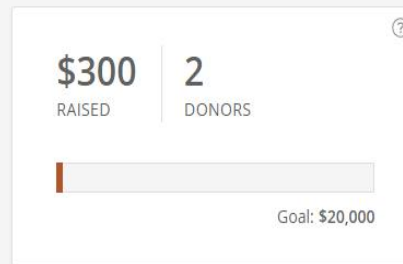
Oxfam India is supporting their communities through the deadly wave of coronavirus deaths:

- Distribute Personal Protective Equipment (PPE) to frontline health workers
- Fund oxygen cylinders and other equipment for hospitals and health centres
- Provide food, hygiene kits and handwashing facilities to the poorest and most vulnerable communities

ILGA-Europe: (<https://www.ilga-europe.org/>)

The International Lesbian, Gay, Bisexual, Trans and Intersex Association (ILGA) provides funding and training for its 500 member organisations to:

- Maximise efficiency and the use of resources
- Maximise the impact of advocacy work at the European level









Introducing your host...



Michael Kazakaitis
Senior Administrative Assistant
Product Development

A few housekeeping items

-  All attendees have been placed on mute during today's webinar.
-  The hosts will allow for interactive conversation and questions throughout the session.
-  If you have any questions, feel free to add them to the chat at any time.
-  You can also raise your hand (icon is on the bottom of your screen).
-  Our post event follow up will include a link to the recording of today's session and answers to questions we may not have had time for today.
-  This Powerpoint Presentation and worksheets shown will be provided on Dana's website. You can scan the QR code on the next slide and the link will be provided in the chat.

Introducing...



Dana Piscopo

Sr. Sales Operations Analyst with CEGBU
Certified Sobriety and Recovery Life Coach



What is a Life Coach Anyway...



What is a Life Coach Anyway...

First...*what we are not*...



More importantly... *what we DO*...



Coaching is intended for those who want to reach a higher level of performance, satisfaction or learning. People who feel they've lost time to addiction are especially eager to do well and enjoy life. They make committed and enthusiastic coaching clients. Therapy is for those who are seeking relief from emotional or psychological pain.

Questions...

How did you get into life coaching?

Do you ever have moments where you feel like you need a life coach yourself?

Let's Talk Moxie

Mox-ie

force of character, determination, or nerve.

"when you've got **moxie**, you need the clothes to match"

Moxie describes **someone** with a fighting spirit.



Reclaim Your **Moxie™** Framework

Measure your current challenges to evaluate the ‘how’ and ‘why’ you are in this space.

Optimize your priorities. We choose your top 3 to start and then we create the...

X-Factor plan to *Reclaim Your Moxie™* and where you want to take it.

Implement tools and techniques for success and to understand **you** are your **own** knight in shining armor.

Execute the **moxie!** The light shines from the soul and you are ready to take off on your new life’s adventure.

ORACLE

The Power of Character Strengths

APPRECIATE and IGNITE Your Positive Personality

6 CHARACTER VIRTUES CONTAINING 24 CHARACTER STRENGTHS

What Are Our Character Virtues and Strengths?

- **WISDOM**
 - Creativity
 - Curiosity
 - Judgment/Critical Thinking
 - Love of Learning
 - Perspective
- **COURAGE**
 - Bravery
 - Perseverance
 - Honesty
 - Zest
- **HUMANITY**
 - Love
 - Kindness
 - Social Intelligence
- **JUSTICE**
 - Teamwork
 - Fairness
 - Leadership
- **TEMPERANCE**
 - Forgiveness
 - Humility
 - Prudence
 - Self-Regulation
- **TRANSCENDENCE**
 - Appreciation of Beauty & Excellence
 - Gratitude
 - Hope
 - Humor
 - Spirituality

ARE YOU READY??

VIA Strengths Survey

Poll Time!!

Why Strengths Are Important

- *Amplifying and Growing the Positive*
- *Learning From and Reframing the Negatives*

Key Features of Strengths - The Three Es

- ***Essential*** – They feel essential to who you are as a person.
- ***Effortless*** – When you enact the strength, it feels natural and effortless.
- ***Energizing*** – Using the strength energizes and uplifts you. It leaves you feeling happy, in balance, and ready to take on the world.

Why A Strength Is Valuable

- *Why does this particular strength matter?*
- *Why use this strength?*
- *What outcomes might be expected if you regularly use this strength in a balanced** way in your life?*

****Strengths can also be over-used and become a negative piece of your life.**

How To Evaluate Your Strengths

- **What to know about _____.**
Get a general working understanding of the strength, its many pieces and parts, and how it can play out when you are at your best.
- **Why is _____ so valuable?**
*Why does this particular strength matter?
Why use this strength?
What outcomes might be expected if you regularly use this strength in a balanced way in your life?
Get a better understanding of the power and substance of this strength.*
- **How to ignite your _____.**
Reflecting, Spotting the Strength, Taking Action, Finding Balance

Answer these questions after filling out the graph below:

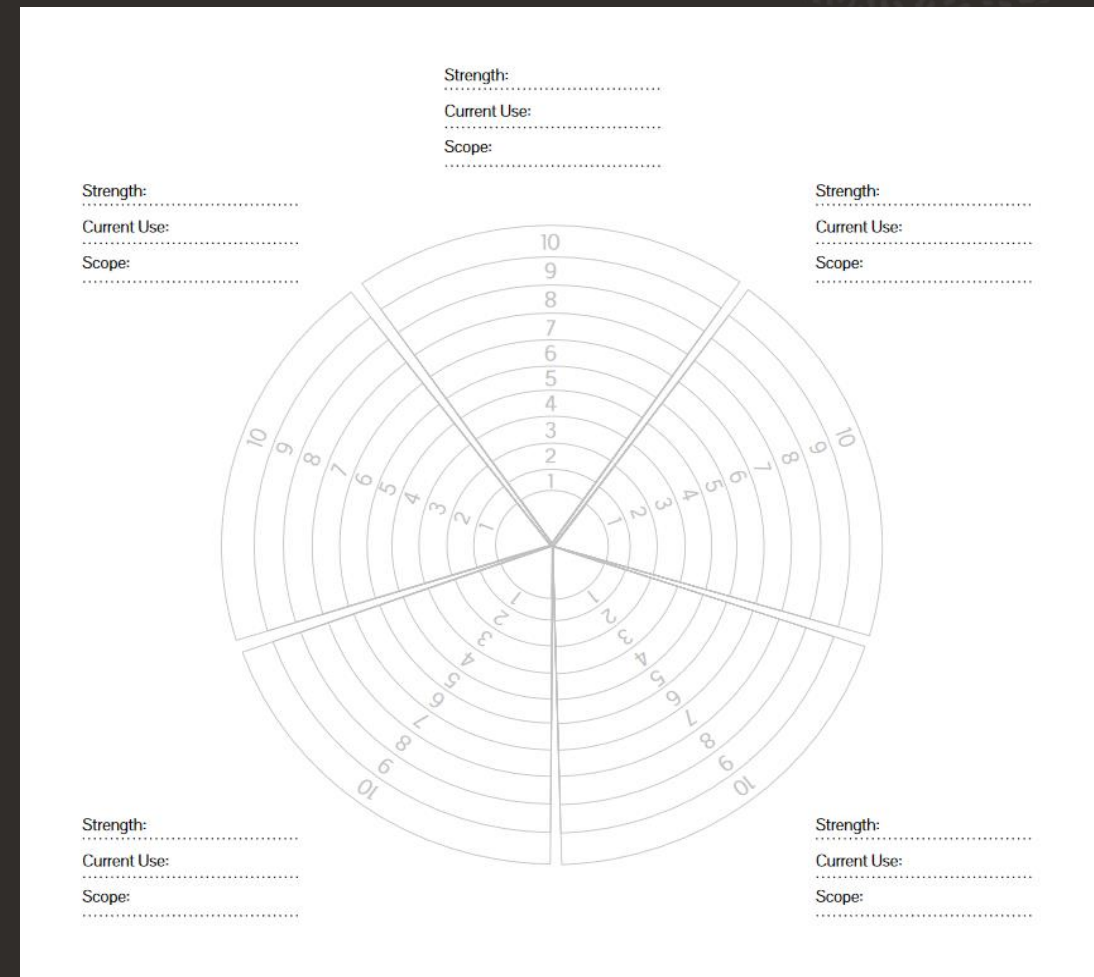
What do you notice when you take a look at the graph?

Overall, how would you consider your strengths to be useful in this context?

Which strengths could be used more?

Which strengths leave little or no room for expansion?

What could you do to start using your strengths more in this context?





THANK YOU!!!

LINKS

[Reclaim Your Moxie Confluence Page](#)

[Oracle Mindfulness Confluence Page](#)

[Reclaim Your Moxie Slack Channel](#)

[Oracle Mindfulness Slack Channel](#)

[Color Your Life, LLC](#) (download PPT and Handouts)

[VIA Institute on Character](#)

[Gendercool Promo Video](#)

[Oracle Giving](#)