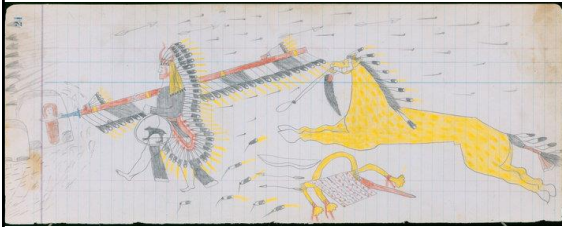
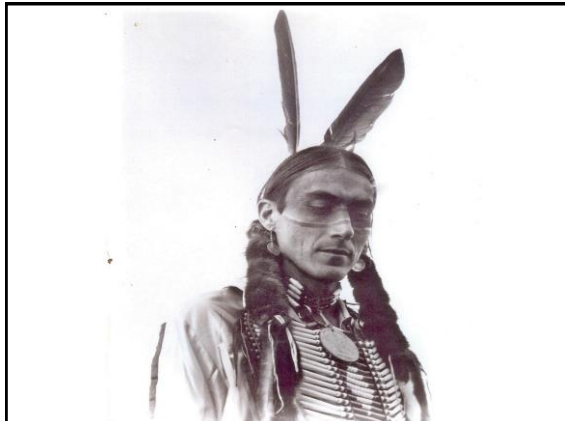
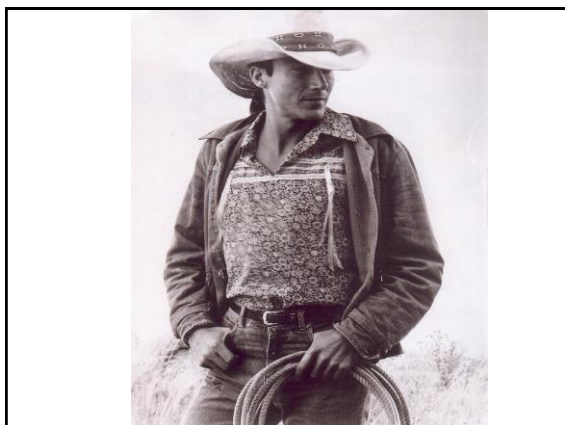


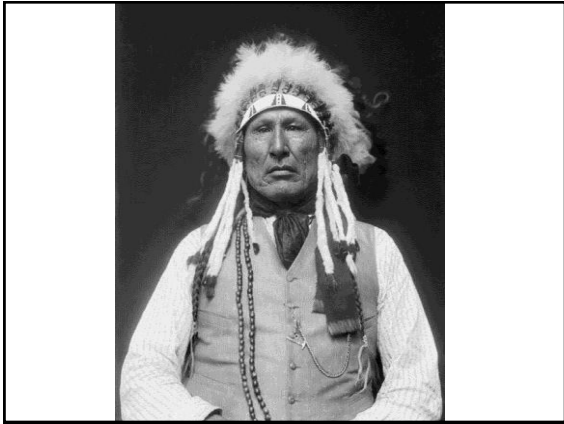
NATIVE

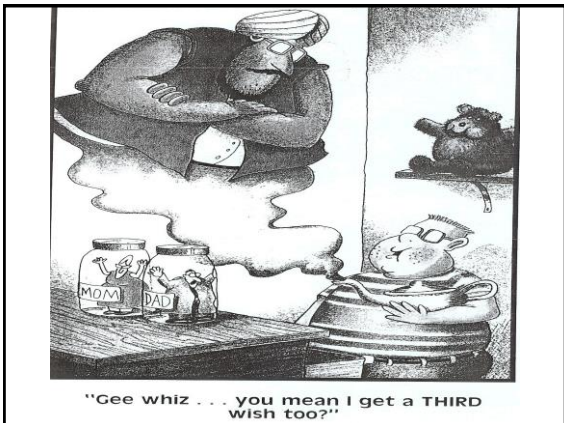


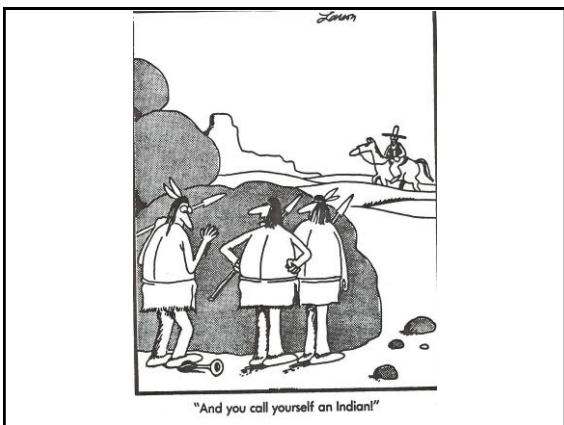
HOPE











▲ Finished files are the result of years of scientific study combined with the experience of many years of experts

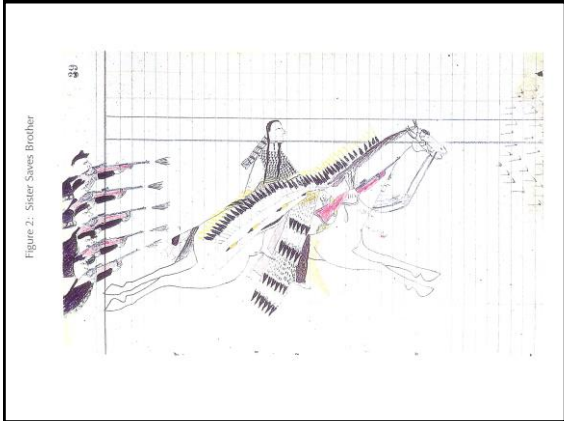




Figure 4: Victory Dance



Circle of Wellness



Native H.O.P.E. (Helping our People Endure)

Sources of Strength and Four Suicide Contributing Factors



Stages in Relationships

- 1 Co-Dependence**
- 2 Counter Dependence**
- 3 Independence**
- 4 Inter-Dependence and Co-Creation**

Who Moved My Commodity Cheese!!
Or
Am I Willing to Grow and Walk into the Light?

Metaphors
Cheese – Our dreams/desires
Maze – Where we look for our dreams/desires

Characters
Sniff – Mouse
Scurry – Mouse
Hem – Little Person
Haw – Little Person

Teachings

- Keep it Simple-
- Maintain Spirit-
- Humor-
- Be Flexible-
- Be Ready-
- Imagination-
- Fear-
- Act-

Remember...
When we're ready to learn; Teachers appear...
and
Some people grow old and wise...
Some people just grow old...
Some people grow old, twisted and bitter...

Hostility Questionnaire - Page 5

		CYN	ANG	AGGR
41	Someone is hogging the conversation at a party. a. I look for an opportunity to put him or her down. b. I soon move to another group.			
42	At times I have to work with incompetent people. a. I concentrate on my part of the job. b. Having to put up with them ticks me off.			
43	My spouse, boyfriend, or girlfriend is going to get me a birthday present. a. I prefer to pick it out myself. b. I prefer to be surprised.			
44	I hold a poor opinion of someone. a. I keep it to myself. b. I let him or her know about it.			
45	In most arguments I have, the roles are consistent. a. I am the angrier one. b. The other person is angrier than I am.			
46	Slow-moving lines can often be found in banks and supermarkets. a. They are an unavoidable part of modern life. b. They are often due to someone's incompetence.			

Scoring Key

Cynicism _____
Anger _____
Aggression _____
Total Hostility _____

Leadership Skills: Rate Yourself

The best leaders have strengths in at least a half-dozen key emotional-intelligence competencies out of 20 or so. To see how you rate on some of these abilities, assess how the statements below apply to you. While getting a precise profile of your strengths and weaknesses requires a more rigorous assessment, this quiz can give you a rough rating. More important, we hope it will get you thinking about how well you use leadership skills—and how you might get better at it.

Statement	Seldom	Occasionally	Often	Frequently
1. I am aware of what I am feeling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I know my strengths and weaknesses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I deal calmly with stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I believe the future will be better than the past.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I deal with changes easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I set measurable goals when I have a project.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Others say I understand and am sensitive to them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Others say I resolve conflicts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Others say I build and maintain relationships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Others say I inspire them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Others say I am a team player.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Others say I helped to develop their abilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total the number of checks in each column:
 Multiply this number by: x 1 x 2 x 3 x 4
 To get your score, add these four numbers: = + + + Total: _____

Interpretation:
 36: An overall score of 36 or higher suggests you are using key leadership abilities well—but ask a co-worker or partner for his or her opinions, to be more certain. 30-35: Suggests some strengths but also some underused leadership abilities. 29 or less: Suggests unused leadership abilities and room for improvement. Leaders are unique, and they can show their talent in different ways. To further explore your leadership strengths, you might ask people whose opinions you value: "When you have seen me do really well as a leader, which of these abilities am I using?" If a number of people tell you that you use the same quality when doing well, you have likely identified a leadership strength that should be appreciated and nurtured.
