

Key Take-Aways

Can I Make a Difference?

Community, Family, Schools and Workplace: A Winning Combination!
A Lake Bluff, Lake Forest, Knollwood Community Workshop
March 24, 2010

Presenter: Nate Eklund
Topic: Can I Make A Difference

This evening event was for all community members from Lake Bluff, Lake Forest and Knollwood. It featured Nathan Eklund, a nationally recognized author, speaker and Senior Education Consultant with The Search Institute, www.search-institute.org. The workshop helped participants discover the impact a positive environment has on their lives and their part in creating a strong, connected community. Key areas of focus were; how to embrace change, enhance connections in your life, recognize and appreciate the power of your relationships, and how to be more positive and motivated, and influence others to do the same.

- Be present when you are with people.
- Have the capacity as an organization or community to swim towards your fears to conquer them. It is critical to swim towards that uncomfortable space and deal with it.
- How much energy are you going to use up by not taking care of your challenges? How much better will you be for facing them?
- It is important to reflect on where we place the relationship with others compared to how we feel and treat ourselves.
- Think of one personal activity that has sustained you. What brings you joy?
- It's critical to REALLY value what each of us brings to the table.
- To grow communities it is critical to have open/honest communication.
- Be focused when you listen. Reflect on what draws you away from that?
- Have the freedom of dialogue without repercussion.
- Take action on your concerns, don't leave them unattended.
- We want healthy adults working in healthy environments.
- Ask your friend/spouse/others to describe what you're like when you come home. Use this as an opportunity to make positive change based on this feedback.
- Think about what you want to be spending your time on to be healthy and happy.

We want to thank the community sponsors for this event; Bluffington's Café, The Charmm'd Foundation, CROYA, Domino's Pizza, Einstein Brothers Bagels, First Presbyterian Church of Lake Forest, Foodstuffs, The Fresh Market, Gorton Community Center, Lake Bluff School District 65, Lake Forest/Lake Bluff Chamber of Commerce, Lake Forest College, Lake Forest School Districts 67 & 115, LEAD, Sunset Foods, and Starbucks Coffee.

Imagine... capitalizing on your strengths to conquer your fears.