

Believe You Belong – Inspiring Fearless Confidence

A presentation by Dr. Joseph Parent

This year's theme:

Passion Flowing In2 Purposeful Action - Unleashing the Power of Us

“Unleashing” means that power is inherent and available. Clearing obstructions rather than manufacturing something new.

“Power” means energy and effectiveness arising from the synergy of us

“Us” means self and other, and the communication between

Authentic communication depends on shared meaning. The power arising from that depends on shared passion.

“Passion” combines energy, vision and intention flowing in a one-pointed way

“Flowing” means fully immersed with energized focus in a purposeful way

“Purposeful” is the vision that guides the flow of passion into action

“Action” is how we express ourselves and engage our world

The theme of this presentation:

Believe You Belong – Inspiring Fearless Confidence

Confidence: Belief in one's ability to accomplish

Conditional and Unconditional Confidence

Conditional means dependent on recent events and conditions

Unconditional means independent of recent events and conditions

Relative: unconditional belief in one's particular ability

Absolute: unconditional belief in one's self-worth

Fearless: transcending fear rather than absence of fear

Inspiring: giving rise to energy with vision, for oneself or for others

“Believe you belong” is a perspective of unconditional confidence, both relative and absolute, for actualizing one's passion in the context of a reference group or situation

Perspective of capable/fullness/enrichment model rather than incapable/deficiency/repair model

Focus on what we are capable of vs. what could go wrong

Passion: not so much what we desire as what inspires us to fulfill our potential, to actualize our inherent richness

Getting in our own way: obstacles to realizing our passion

Hope and Fear: Confused perspective of conditioned desires

Eight conventional preoccupations: what prevents us from identifying and activating our true passion

Getting out of our own way: changing reference points

Authentic understanding: hearing, contemplating, integrating insight arising from mindfulness of self and awareness of other

True passion and compassion: inspiration to BE in a way that is fulfilling from within and in relation to others

Compassionate communication: reference point of authenticity of all beings, enriching others ability to hear, understand, integrate. If no need for fulfillment from others, communication is congruent with what will bring benefit to others, to the world we live in

Purposeful Action: Action with awareness, response rather than reaction. Skillful methods guided by wisdom expressed with confidence

Unconditional confidence, believing we belong, frees us to activate our passion, inspires us to inspire others through authentic communication, and unleashes the power of purposeful action.