

# Is Your Team Running on a Full Tank & Why Does it Matter?

Presented By  
LeeAnn Rohmann  
Peggy Tiderman  
Mark Tiderman





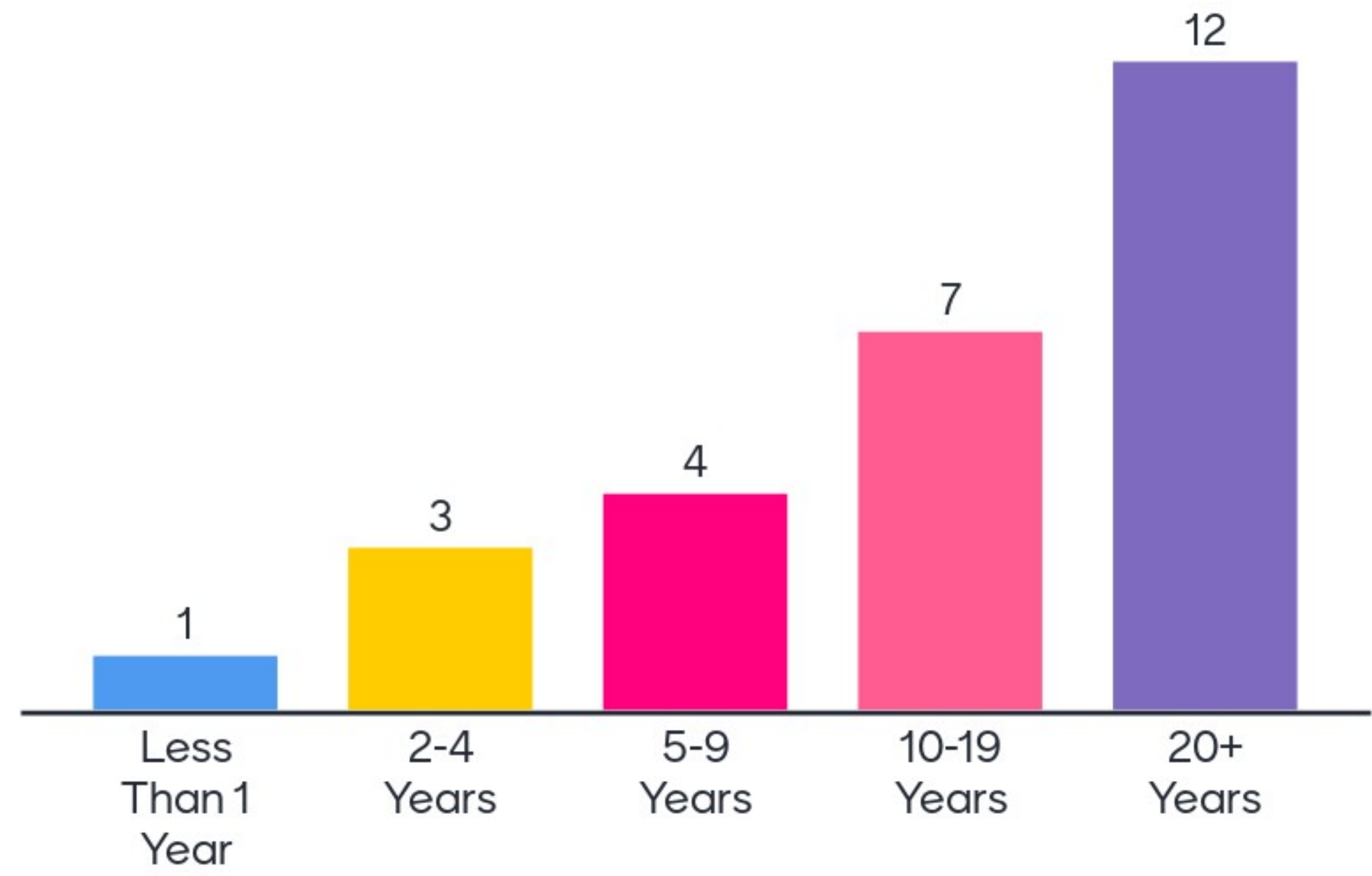
# Who is in the room today?







# How Many Years Of Experience Do You have in Education











# When I was growing up I knew I wanted to work in higher education





# LeeAnn Rohmann

- CEO of LEGACY EDUCATION
- HDMC, CCC, Integrity
- CAPPS Board Member
- 35 Years in Education





# Peggy Tiderman

- School Owner/Operator (27 years)
- Past Chair - ACCET
- 100+ accreditation visits
- Leadership Coach
- A "Warrior" for this industry (35+ years)
- Legacy, Asher, IntelliTec, Mikhail Education, UCSD



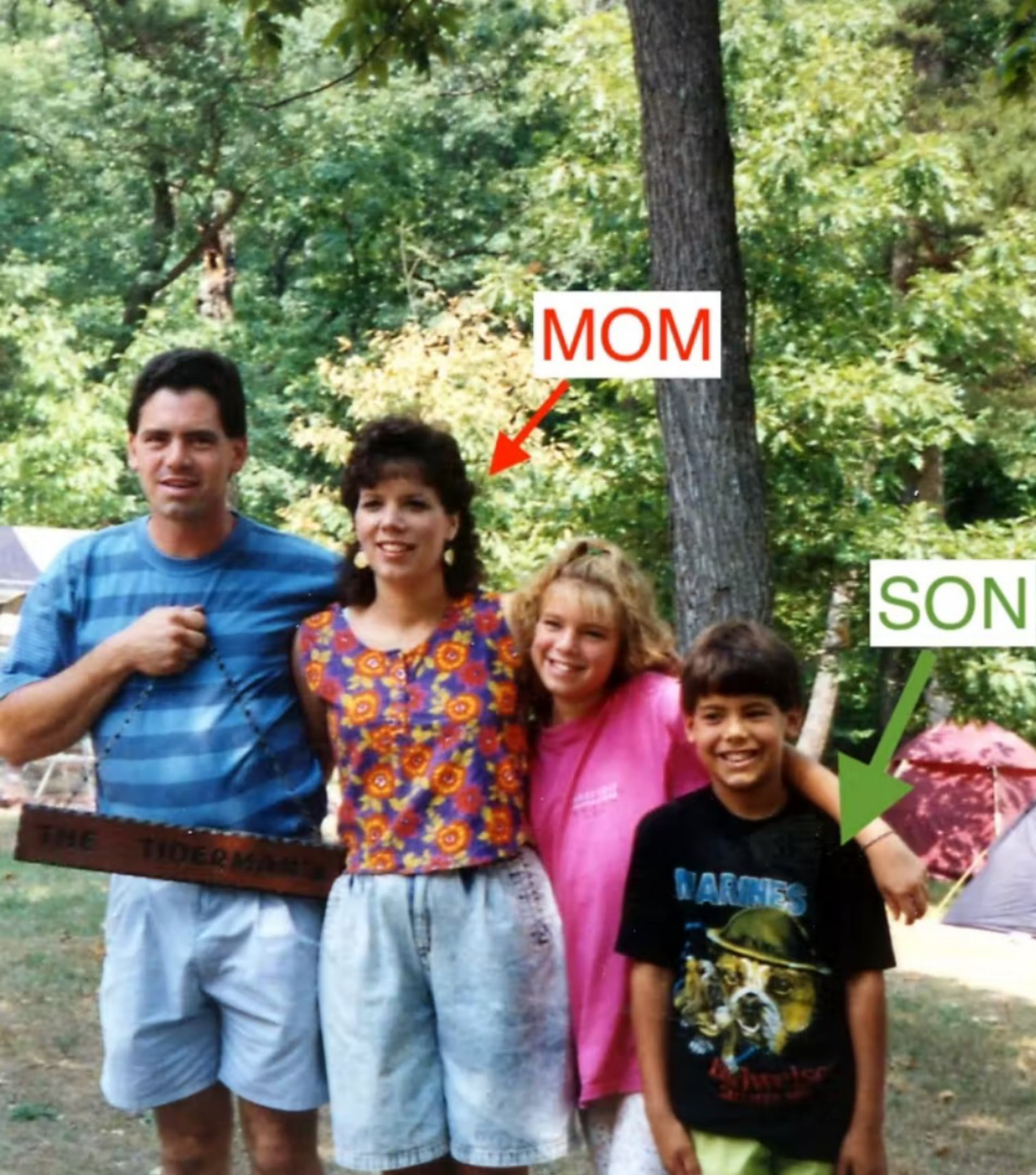




# Mark Tideman

- Leadership coach, focused on growth
- Background in tech, startups, innovation,
- Went to a career college (DCI, in PA)
- P&G, Honeywell, HHS, VA
- Designs and leads workshop
- Team Tideman in Cincinnati OH





## Just to Clarify

- Yes, we have the same last name
- No, we are not married
- Yes, she is my mom
- Yes, it is really cool to work with your mom



# streamlined coaching

Great leadership has the power to change anything. Therefore, the wisest investment you can make in your organization is to invest in your leaders.

Our mission at streamlined is to help build the leadership capacity of organizations helping others.



# Goals

1. Why you need to fill your fuel tank
2. What is the best type of fuel
3. Blueprints on how to fill your own fuel tank
4. Blueprints on how to help your team fill theirs
5. Create your own gameplan



**Fun  
Grow  
Win**





BONUS - Roxanne



# What has the biggest impact on student retention on your campus?



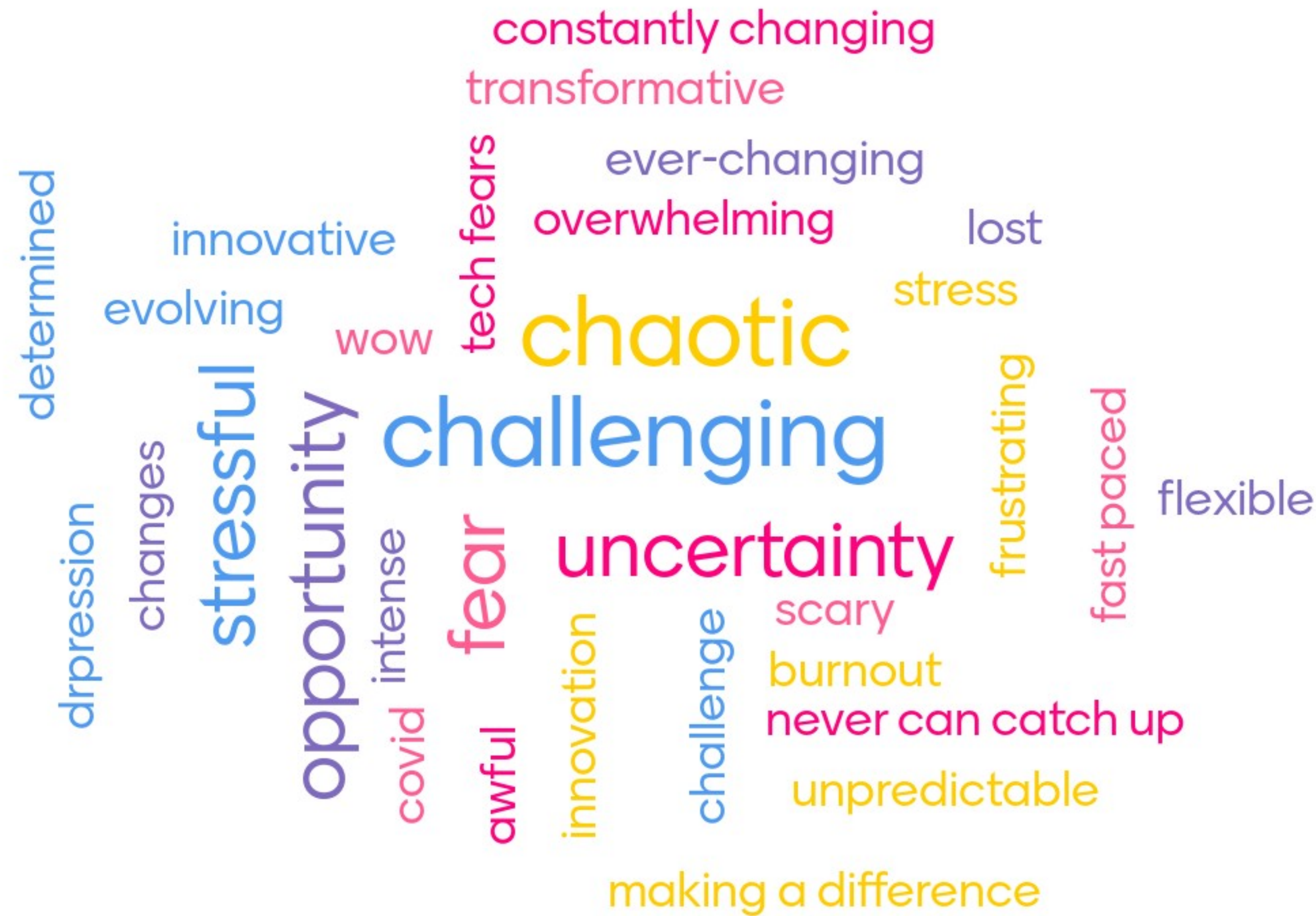


**“The caring  
attitude of college  
personnel is  
the most potent  
retention force on  
a campus”**





# Describe the past 3 years in education





# VUCA

Volatile	→	ADAPT
Uncertain	→	PLAN
Chaotic	→	SIMPLIFY
Ambiguous	→	CLARIFY



**Have You Checked  
Your Fuel Tank?**



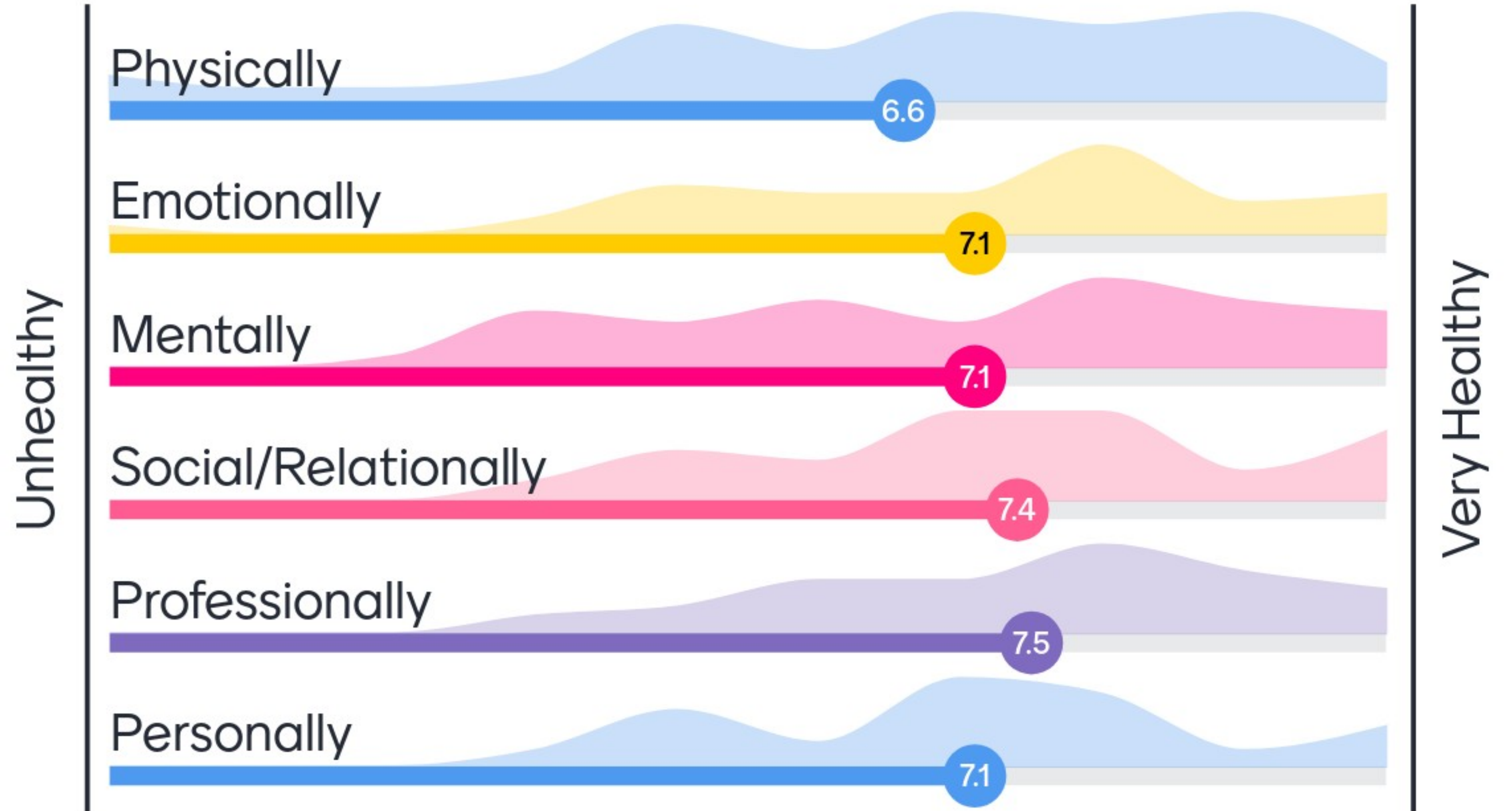


**Put Your Oxygen  
Mask on First,  
Before Assisting  
Others**





# How are you doing?





**We are pouring out  
in more ways than  
ever before**







# The cost of fueling up is more expensive than ever

Both literally and figuratively






# We are in an energy crisis

We must find a way to create new sources of energy for our organizations



A photograph of a large array of solar panels installed in a grassy field under a blue sky with scattered white clouds. The panels are tilted at an angle and extend from the foreground into the distance.

**We must  
capture or  
create  
renewable  
energy in our  
organizations**



A close-up photograph of a person's hand holding a gas pump nozzle and inserting it into the fuel tank of a silver car. The person is wearing a yellow long-sleeved shirt. The background is blurred, showing other parts of the gas station.

# **5 WAYS TO FUEL UP YOURSELF**

Body, Mind, Spirit



# Get Physical

- Breathing
- Hydration
- Sleep
- Steps





# Improve your workplace with Breathwrk

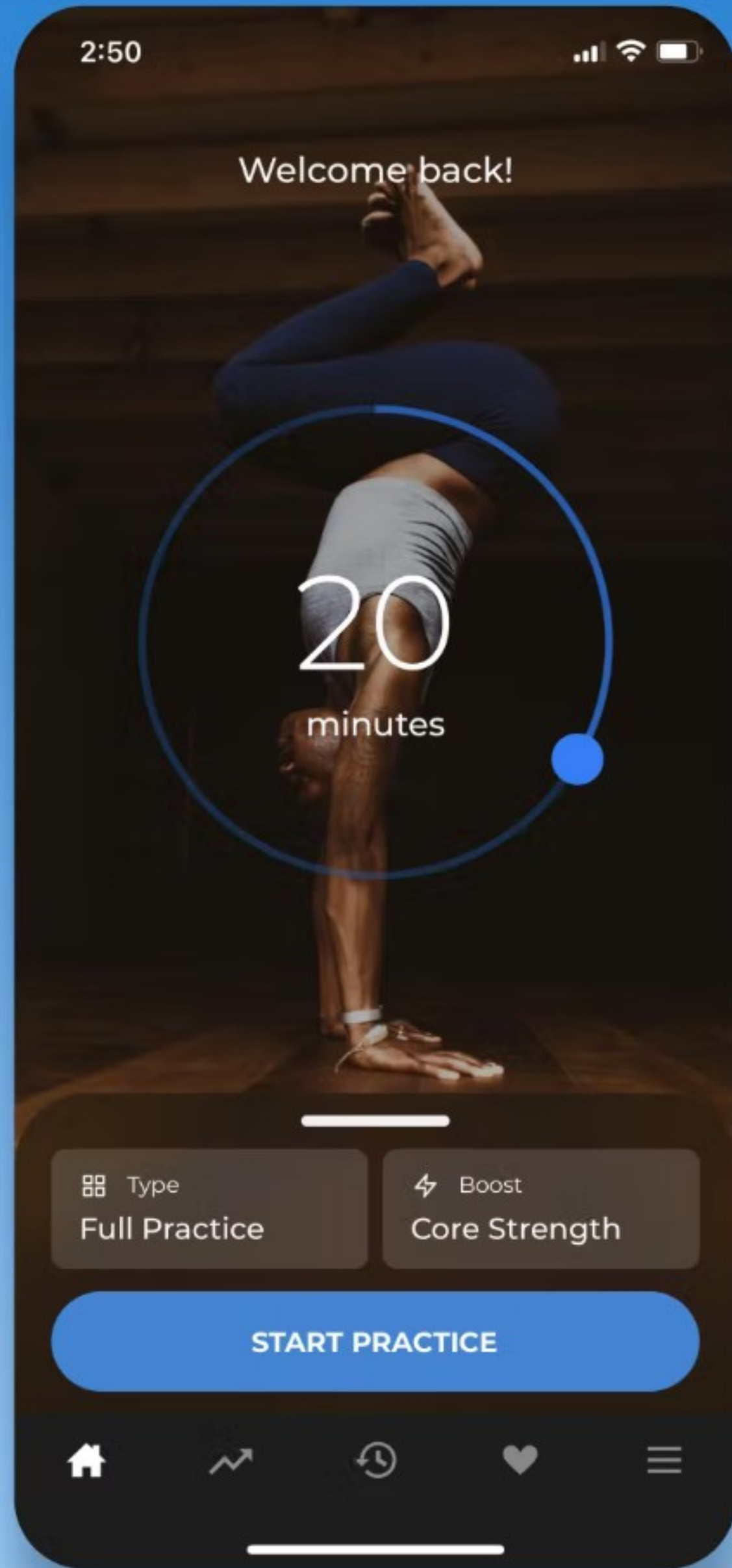
Help your employees reduce stress and improve focus in seconds.

Contact Us



Breathwrk





FAQ

Support

Companies



## Yoga

Select your time, level, focus, voice, and music, and Down Dog creates a unique, personalized yoga practice every time.

START

Download on the  
App Store

GET IT ON  
Google Play

# Down Dog Yoga App

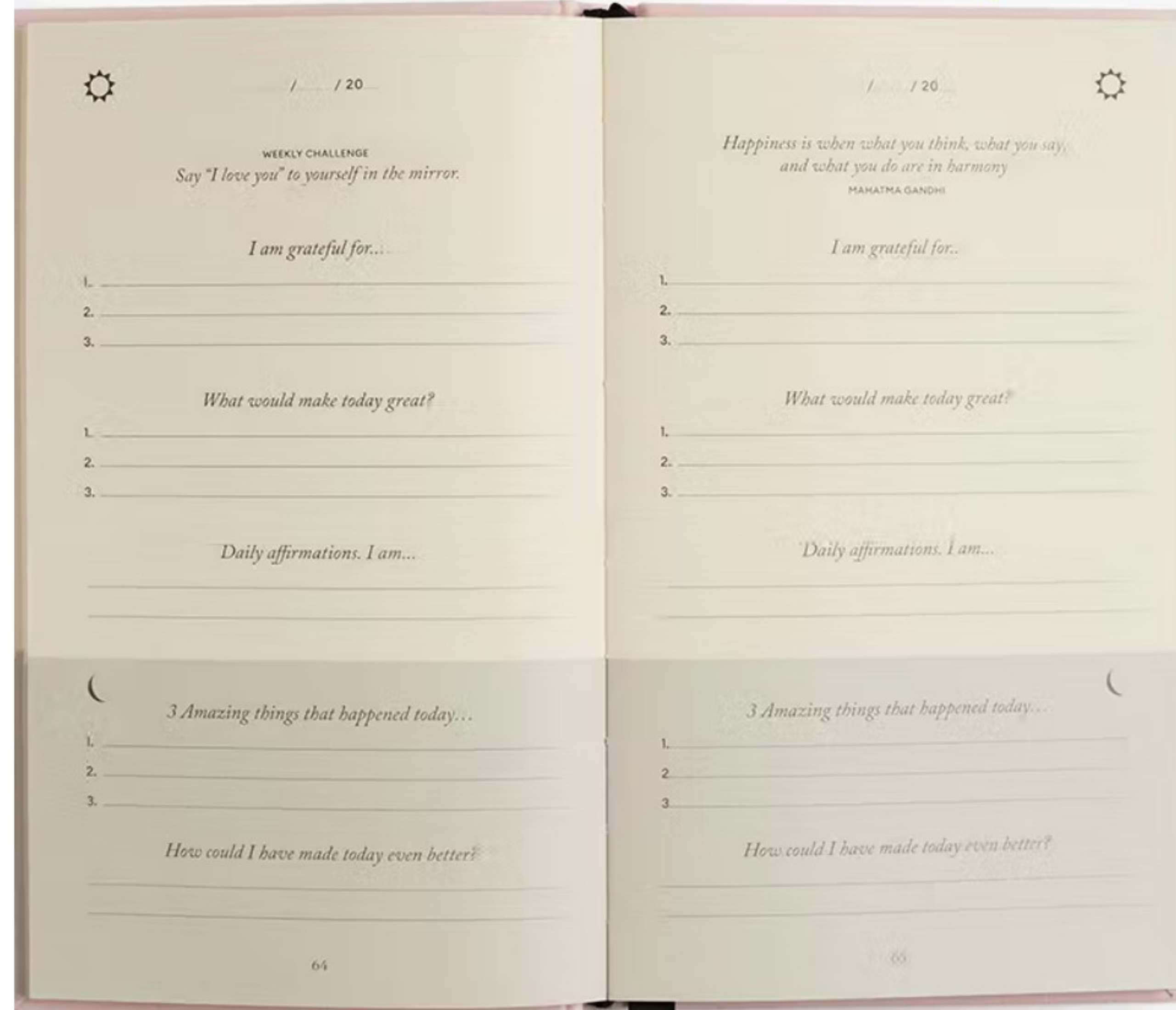
FREE for educators

<https://www.downdogapp.com/schools>



# Reflect / Journal / Meditate

- Gratitude
- Emotions
- Goals
- Inspiration
- Meditation
- Read a devotional
- 5 Minute Journal





- Develop emotional fluency
- Suppress. Surrender. Submit.

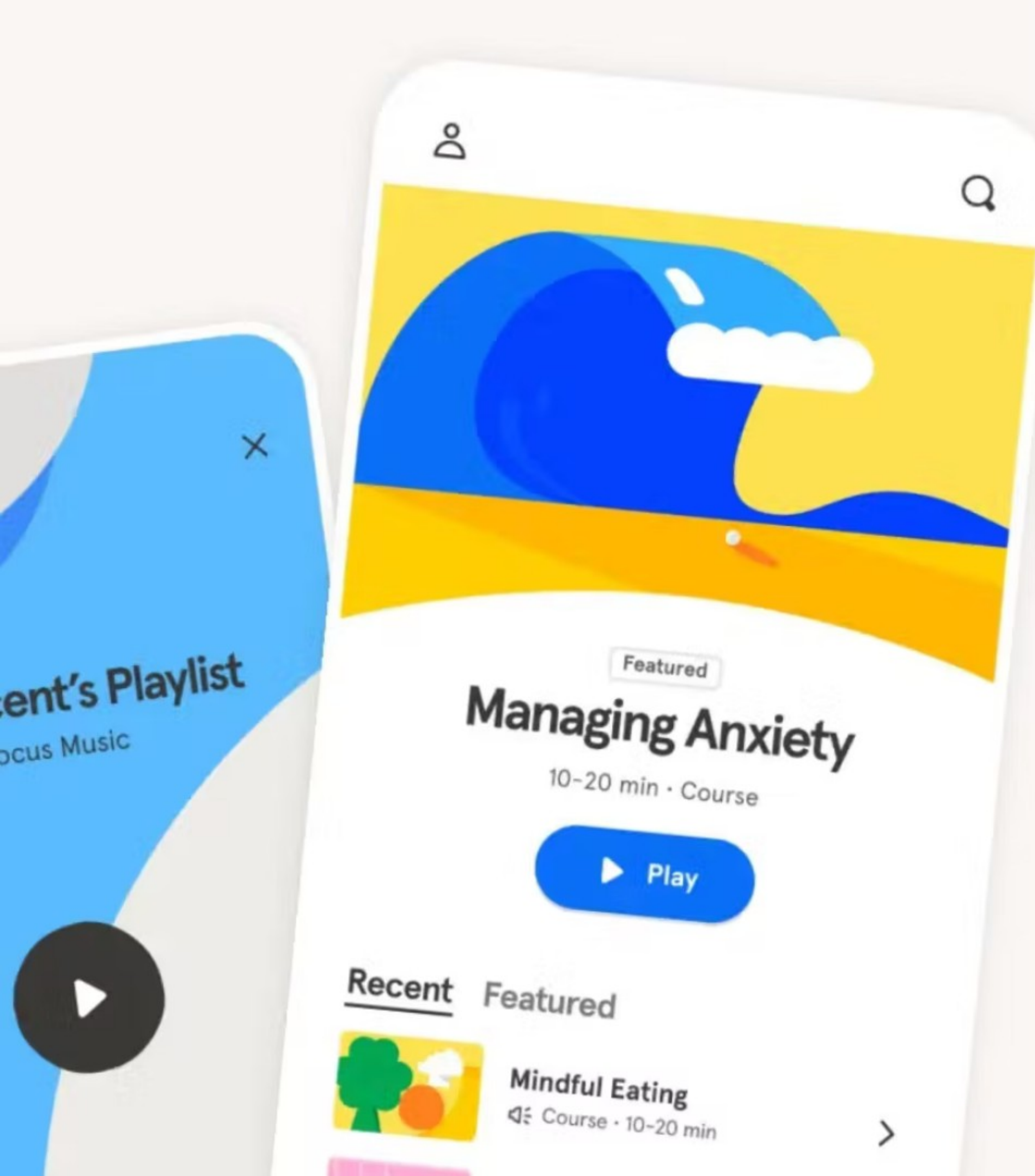
- Develop emotional fluency
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# Headspace Medication App

FREE for educators

<https://www.headspace.com/educators>





# BE KIND TO YOURSELF

- Positive self talk
- Forgiveness





# 7 WAYS TO FUEL UP YOUR TEAM





# In Service Days

- Make it an event
- Simple lunch and learn
- Delegate to an up and coming leader or internal expert
- Bring in outside energy
- Use breakouts cross-pollinate (especially for remote or cross campus)







# Have Fun Together

- Music
- Games
- Food
- Laughter
- Challenges
- Fun. Grow. Win.



A close-up photograph of a small green seedling with several leaves growing out of dark, textured soil. The background is blurred, showing more foliage.

## Cultivate Life

- Run a daily update
- Run a spotlight session
- I see you!
- Most powerful word in any language
- Build Connection



# Offer a Leadership Development Program

- Monthly or biweekly
- Start with a book club
- Build leadership skills
- Challenges
- Create a teams channel
- Tap someone internally
- Bring in outside help (LLDP)







# Holding Space

- Listen without an agenda
- Especially in a remote environment
- Space to vent
- Micro connections
- Leadership coaching
- Daily High / Low



# It is ok to not be ok

- Normalize the conversation around mental health
- Anxiety
- Depression
- Steve's Story
- Suffering







Empathy is: “simply listening,  
holding space, withholding  
judgment, emotionally  
connecting, and  
communicating that incredibly  
healing message of you’re not  
alone”

– *Brene Brown*





# Give them a voice

- Surveys
- <https://www.mentimeter.com/>
- Implement their feedback



# Personal Energy Gameplan

Write out 3 ways you are going  
to fill your own fuel tank





A close-up, shallow depth-of-field photograph of a foil football game. In the foreground, two players in maroon jerseys with white numbers are positioned on a black field with white yard lines. A player in a white jersey is also visible. The background shows other players and spectators, all slightly out of focus.

# Team Energy Gameplan

Write out 3 ways you are going  
to fill the fuel tank of your team



# Share

Turn to a small group and share your gameplan.



# Repeat

Repeat this exercise with your team when you get home.



**streamlined  
coaching**

**Thank you**

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