

Session 3: Leading with Love

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Character
Project



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Objectives

1. Reflect on your *Leading with Growth* challenge
2. Identify *love* character behaviours
3. Exercise *love*
4. Discuss *Leading with Love* challenge
5. *Student Champions Discussion after session



Challenge Reflection

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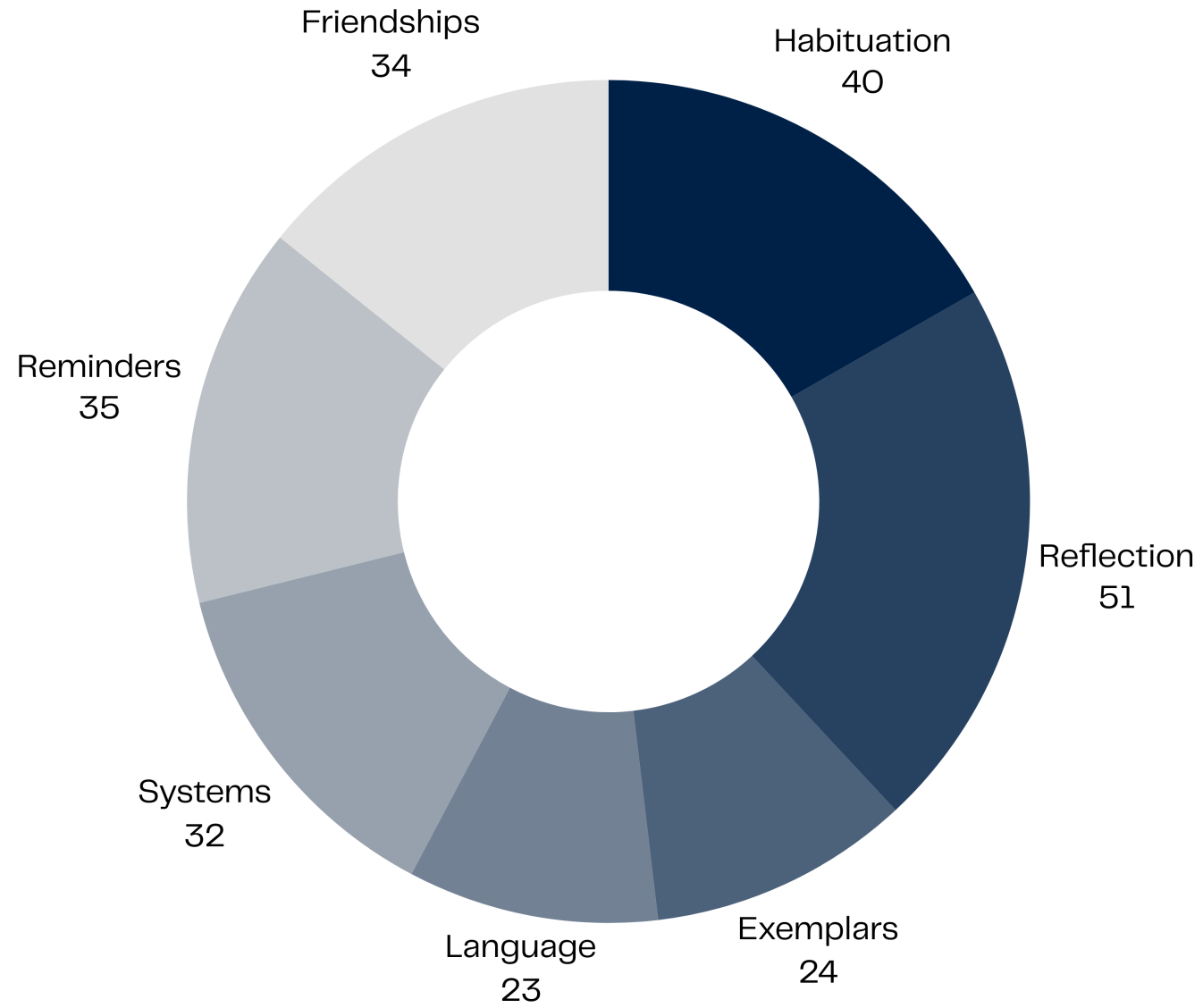


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Challenge Reflection



Purpose Reflection



Recap: Leading with Growth



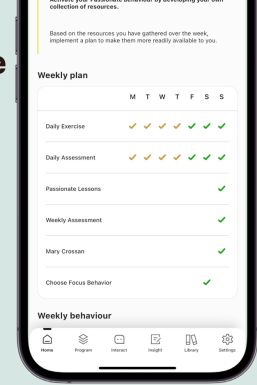
GROWTH CHALLENGE

Use the Fixed vs. Growth mindset diagram and Virtuosity to practice leading with growth.

The complete week

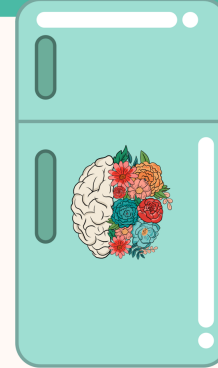
Share a photo of your Virtuosity home screen to show 7 days of practice in a row.

Or show us your own tracker and results if you aren't using the Virtuosity app.



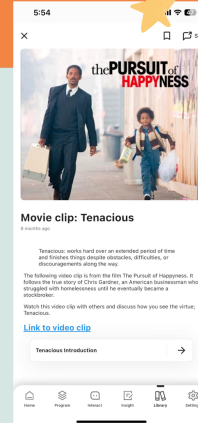
Build a growth music playlist

Put together a playlist that inspires you to lead with growth.



Set a reminder

Place your growth mindset scale in a place that you will see it so you remember to use it, or consider setting alarms as reminders for your character challenge.



Find your inspiration

Do movie night with your friends that inspires your growth. Look in Virtuosity for an extensive list of movies.

Ask a friend

Setup chats with friends to learn about how they have cultivated personal growth.



Submit!

Deadline: Jan 29th @ 5:00 EST

Questions: corey.crossan@politics.ox.ac.uk

Don't forget to submit for a chance to be featured under your university name. Let us know how you engaged with the challenge!



Scan or click to submit

Challenge Reflection



Reflection prompts



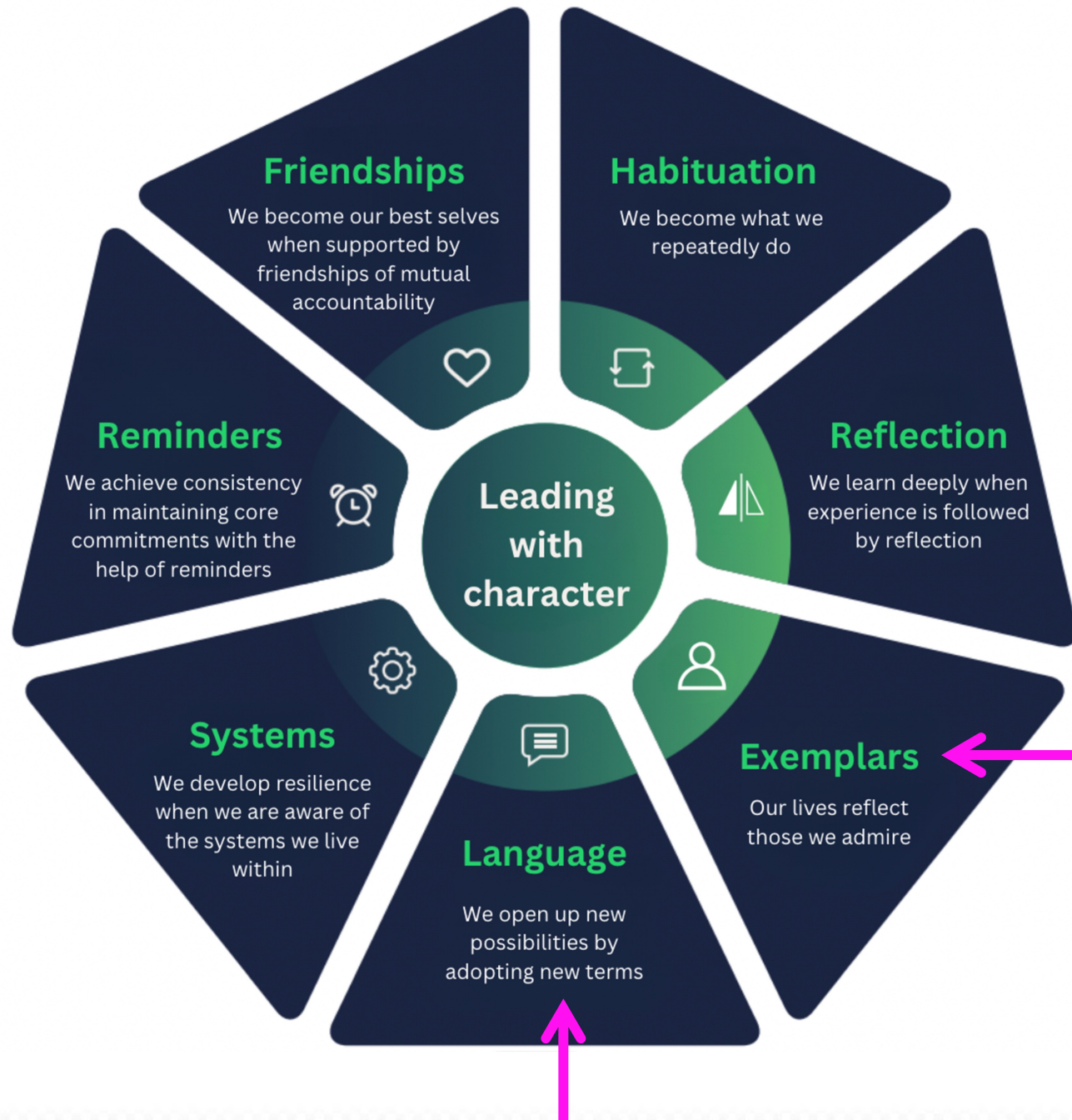
Missed last session?
Opt-in for our research!

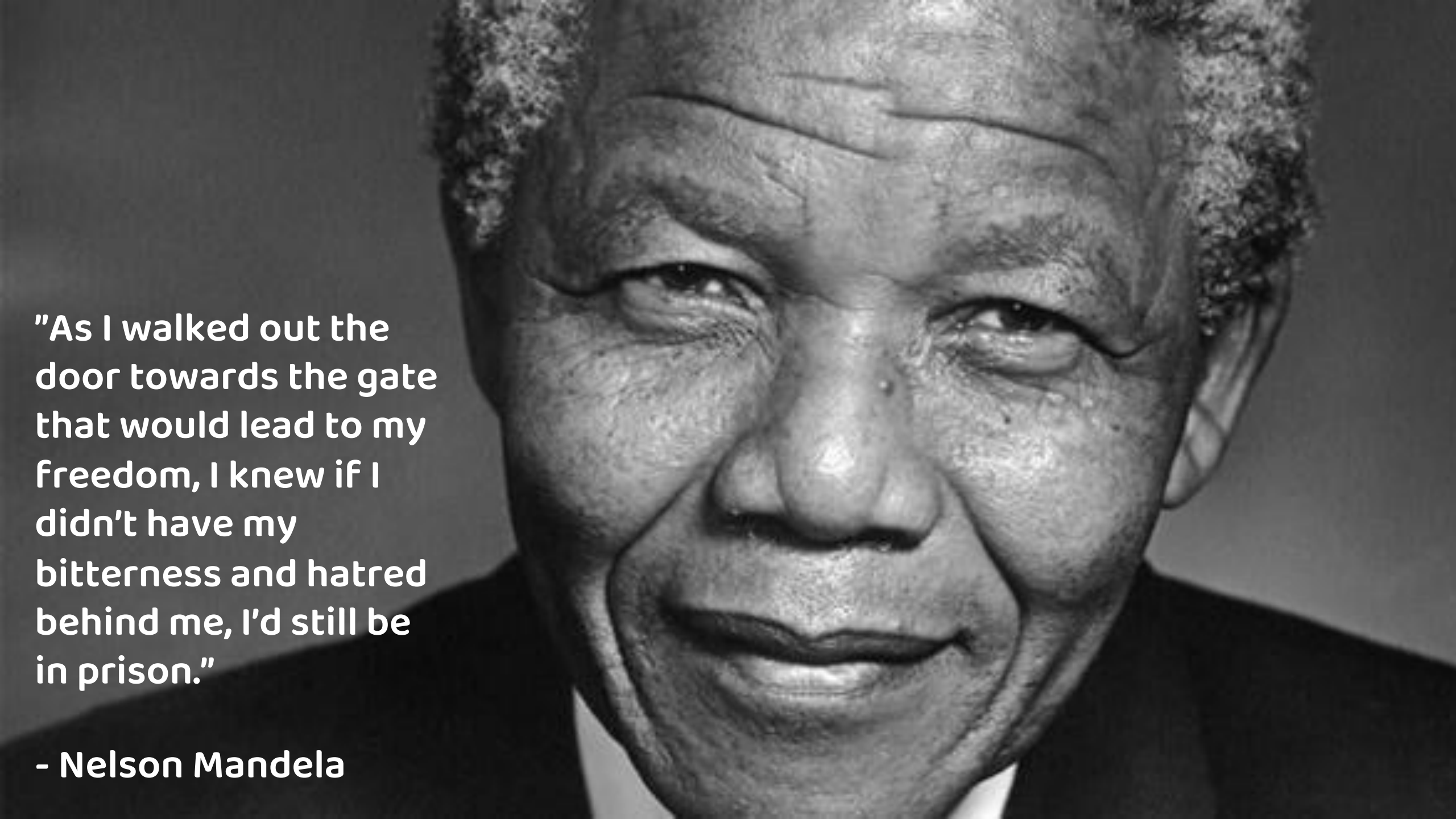
Leading with Love: Video Clip

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A black and white close-up portrait of Nelson Mandela. He is looking slightly to the right of the camera with a thoughtful expression. His face is wrinkled, and he has short, graying hair. He is wearing a dark suit jacket over a light-colored shirt.

"As I walked out the door towards the gate that would lead to my freedom, I knew if I didn't have my bitterness and hatred behind me, I'd still be in prison."

- Nelson Mandela

Virtues & Vices: Humanity

Deficient Vice	Virtue	Excess Vice
Uncaring	Compassionate	Overly concerned
Oblivious to others	Considerate	Overly-accommodating
Unrelatable	Empathetic	Overwhelmed by feelings
Vindictive	Forgiving	Exploitable
Aloof	Magnanimous	Over-bearing

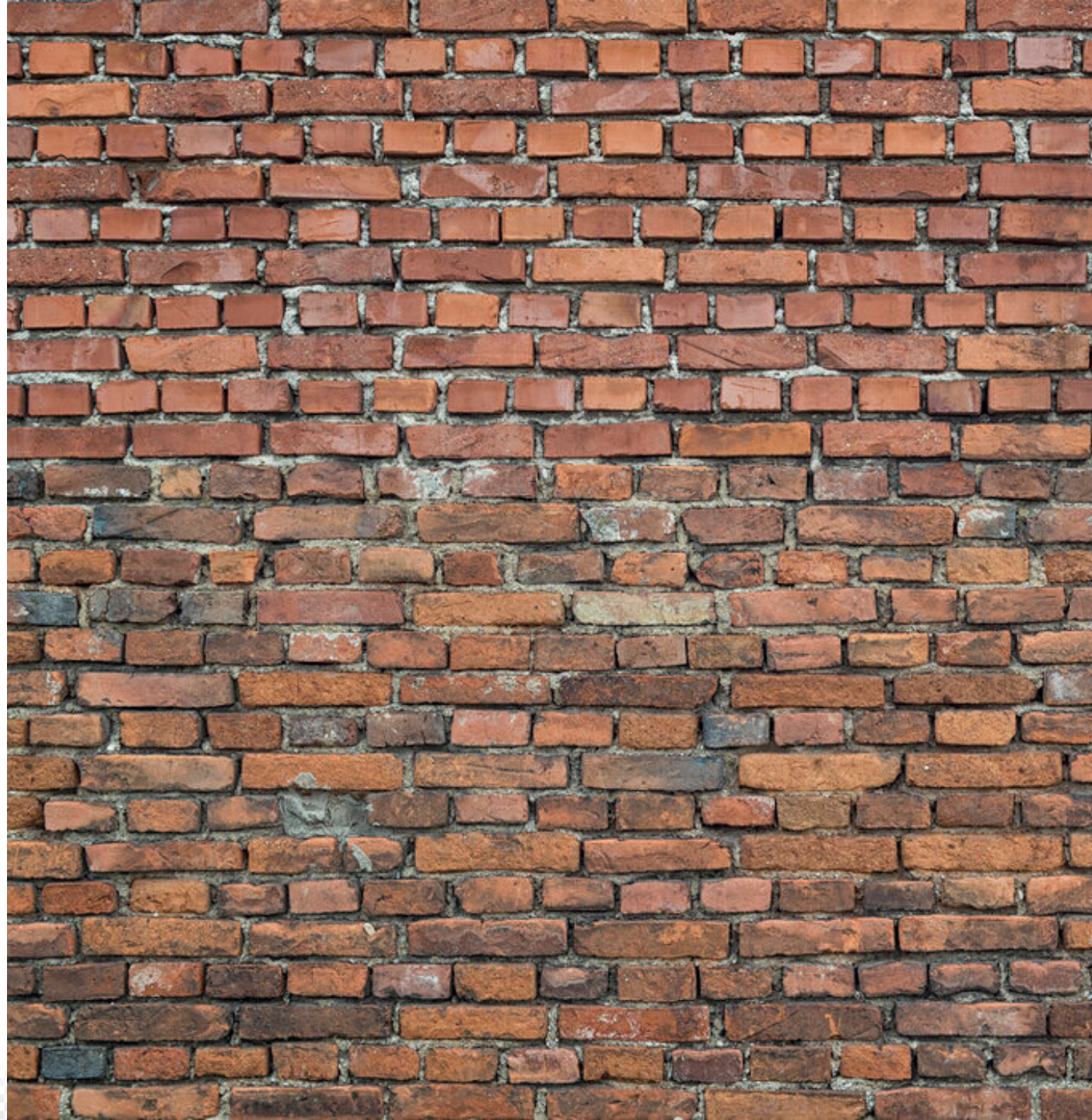
Crossan & Crossan (2023)



Deficient Vices

Time

Frustrations





Excess Vices

Overly-accommodating - Integrity

Exploitable - Courage

Overwhelmed - Accountability



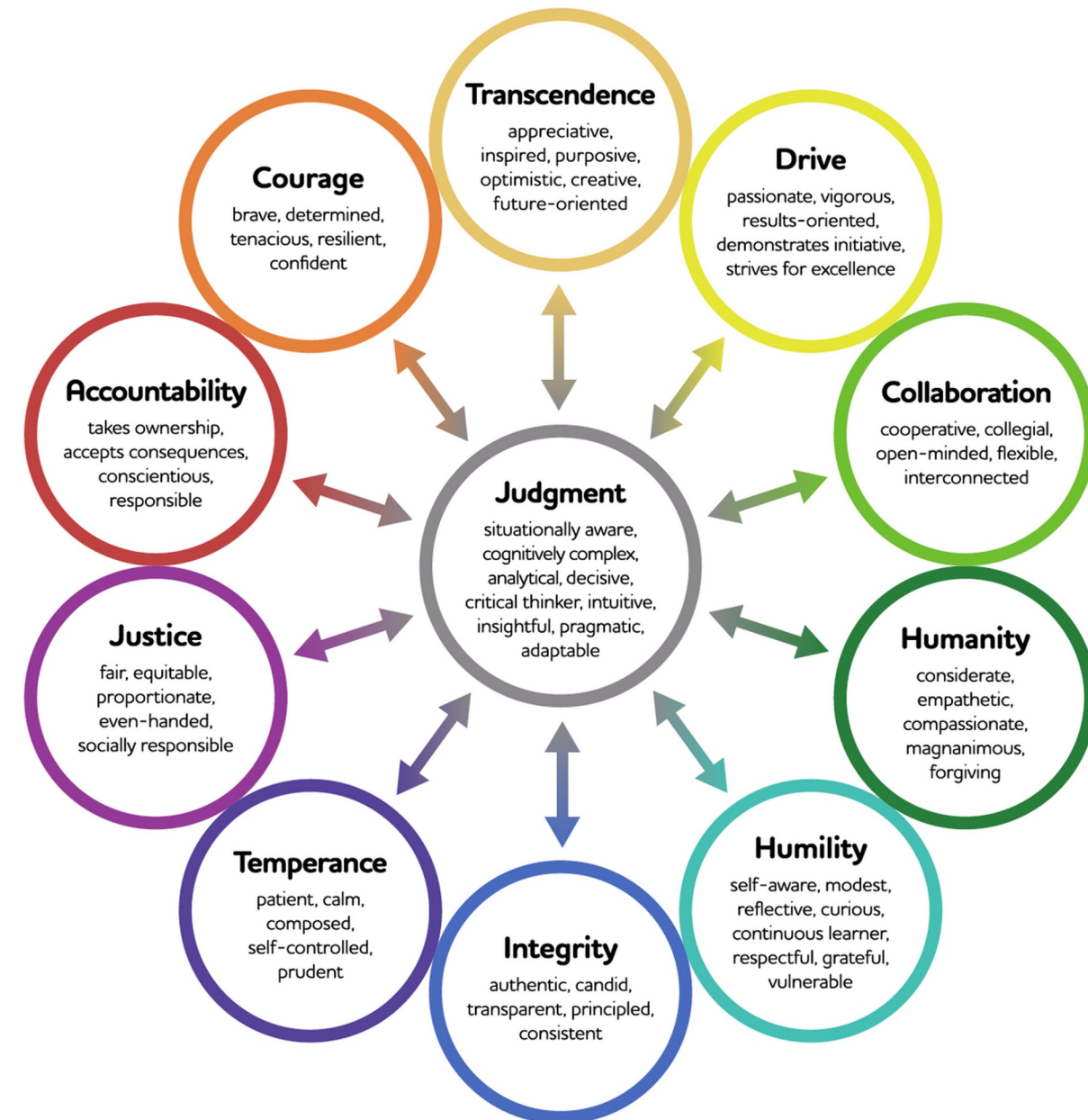
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Crossan & Crossan (2023)



Which character behaviours did Mandela need to support his Humanity?



Fostering Love

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THE 5 LOVE LANGUAGES

Gary Chapman

WORDS OF AFFIRMATION

Expressing love through verbal affirmations such as compliments, words of encouragement, and appreciation

ACTS OF SERVICES

Expressing love through helpful actions such as cooking a meal, running errands, or doing chores.

GIFTS

Expressing love through tangible gifts such as flowers, chocolates, jewelry, etc.

QUALITY TIME

Expressing love through focused and undivided attention, such as having a deep conversation or going on a date.

PHYSICAL TOUCH

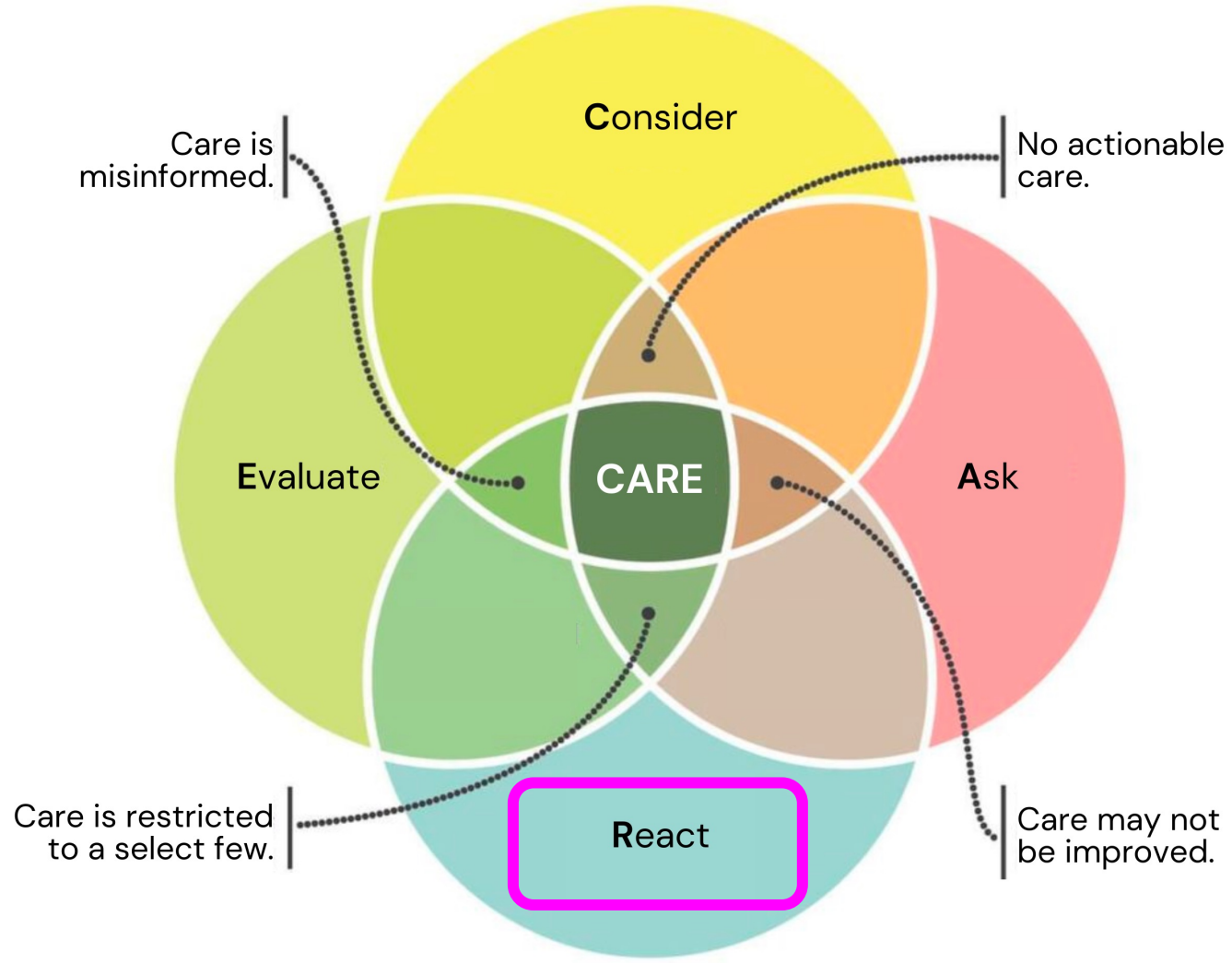
Expressing love through physical touch such as hugs, kisses, or holding hands.

Disclaimer: these are not evidence-based approaches but instead provide a starting point to consider a more robust set of ways we can express love

Which language do you use most frequently? And least frequently?

Identify one person for each language that primarily expresses love in this way.

CARE



Challenge

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Growth Challenge

We challenged our Laidlaw Scholars to practice Leading with Growth. We are featuring scholars to showcase unique and creative ways of how growth can be cultivated.

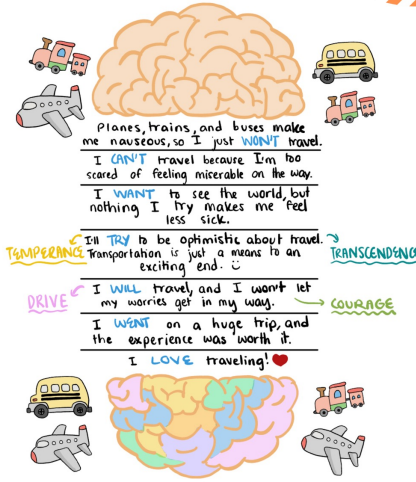


Growth Challenge



Trisha Bhujle

I've also started to view transportation more optimistically: rather than expending all my mental energy on trying not to feel nauseous on a bus, I turn my attention to the views outside or to the music on my playlist.

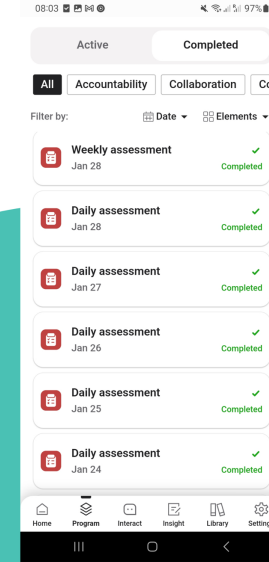


Growth Challenge



Sophia Waseem Khan

During this month, a journey of quiet self-discovery, acceptance of consequences and the emotive power of music has shaped a growth mindset that I am eager to continue nurturing in the challenges to come!



Growth Challenge



Ananyabrata Mandal

As part of the Growth challenge, I decided to make use of the app and see what I could make of it. I am glad I took this step because the experience has been much better than I expected! The daily challenges have been great at reminding me of thinking about the core values and how they are manifested in my day-to-day life, making me proactive about developing the focus I have chosen.

Weekly plan

	M	T	W	T	F	S	S
Daily Exercise	🍀	🍀	🍀	✖	✔	✔	🍀
Daily Assessment	✔	🍀	✔	✔	✔	✔	✔
Confident Lesson	✔						
Weekly Assessment	✔						
Choose Focus Behavior							●



Growth Challenge



Kiran Thind

I found this challenge slightly difficult as I did not completely understand what was required. Once I used the growth mindset scale though to try and gauge an understanding I realised that the challenge could be whatever we make of it really. I used the scale that I had previously used for completing a challenging task as inspiration...



Growth Challenge

Arwen (Jingwen) Zhang

Engaging with the 'Leading with Growth' challenge has been a transformative journey, strengthening the virtue of accepting consequences in me.



Growth Challenge

Goal: Switching to a healthier diet
Starting from breakfast:



Through this challenge, I realized any big change takes small steps to build. I am particularly happy that I was able to continue after finishing the initial 7-day challenge. This means I am starting to switch from this type of lifestyle into a habit!

Growth Challenge

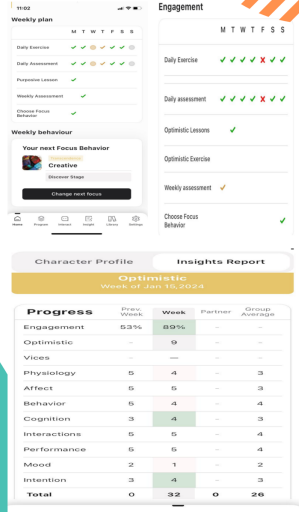


Elhadj Barry

Virtuosity app completions:
 - weekly plan
 - choose focus behaviour
 - learn the virtues and vices

Reflection:
 - monitoring my daily interaction with others
 - observe how surroundings are handling these behaviours
 - practice familiarisation with lessons

External lessons: videos, talks, conversations, and readings



Growth Challenge



Youness Robert-Tahiri
 University of Toronto

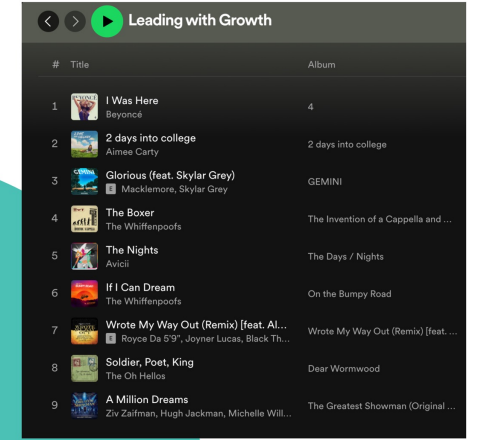
...I was specifically working on the virtue of forgiveness, which, come to think of it, may have been a very sensitive and vulnerable subject for me. As such, I think the notifications on the app were interpreted by me as having to enter a vulnerable state NOW and IMMEDIATELY. Once I disabled the notifications, I found myself naturally thinking about my progress towards a growth mindset regarding forgiveness and the cultivation of a more optimistic approach in my life. These natural occurrences almost exclusively occurred during my walks to school. It slowly became a routine: the 15-minute walk to class in the unbearable Canadian cold weather became (slightly) warmer thanks to having this time to reflect on letting go of old habits hindering my humanity...



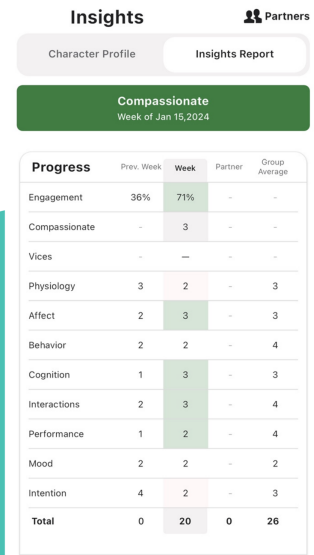
Growth Challenge



Leo Shih



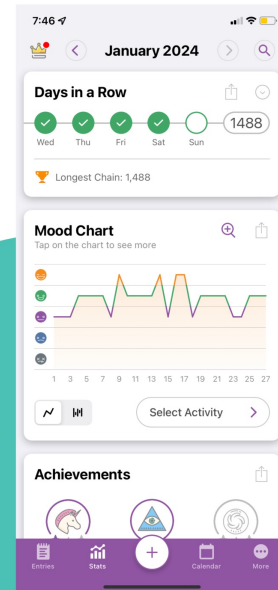
Growth Challenge



Happy to see improvements in my emotional regulation, cognitive wellbeing, and interactions with significant people in my life upon practicing compassion towards myself and others!



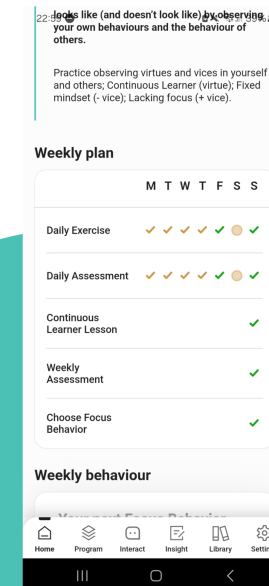
Growth Challenge



I use the app Daylio for journaling, reflection, personal growth, and tracking my progress!



Growth Challenge

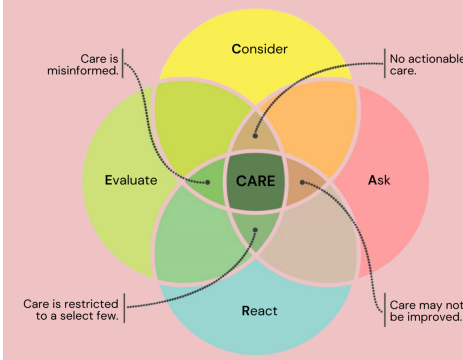
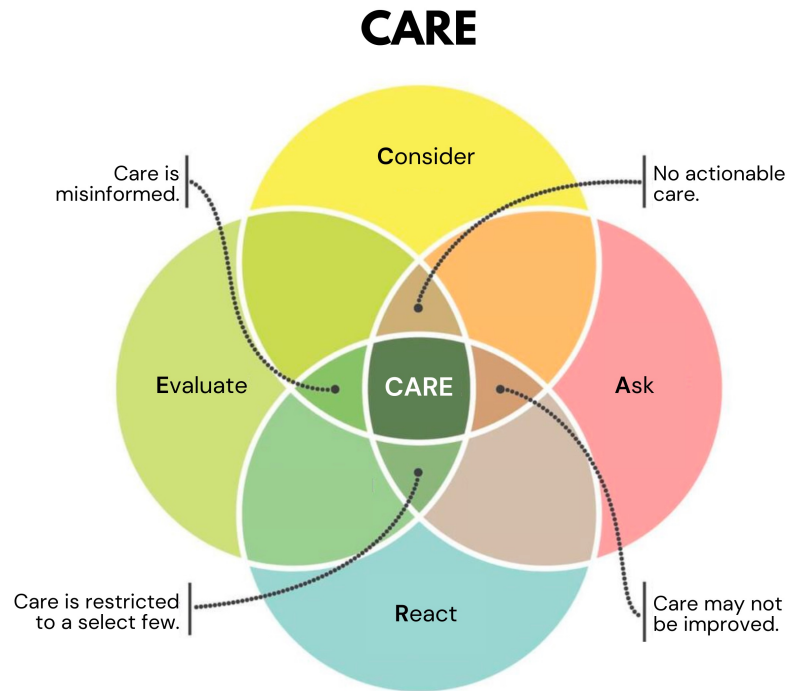


I found it really helpful to focus on developing a growth mindset as I at times do fall into a fixed mindset when things aren't going to plan. I found the strategies helpful and I have been able to change my mindset towards being more open, and being open for personal growth. I am also getting into the habit of doing my virtuosity every day. I have used habit stacking to help me out with doing it.



Challenge 2: Leading with Love

Practice love by using the CARE framework, finding opportunity to perform all five acts of love.



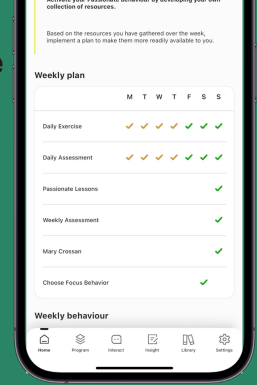
LEADING WITH LOVE

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The complete week

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Or show us your own tracker and results if you aren't using the Virtuosity app.



Physical Touch

Use your body language and touch (when appropriate) to express love to those who receive love in this way.



Quality Time

Provide uninterrupted and focused time to those who would appreciate it.



Words of Affirmation

Listen actively so that you can encourage, affirm, appreciate, and empathize how others need support.



Acts of Service

Ask others which acts of service would be helpful to them so that they feel loved and cared for.



Giving a Gift

Give a gift to someone who would appreciate it. This can take on many forms and the key is for it to be thoughtful.



Submit!

Deadline: Feb 26th @ 5:00 EST
Questions: corey.crossan@politics.ox.ac.uk

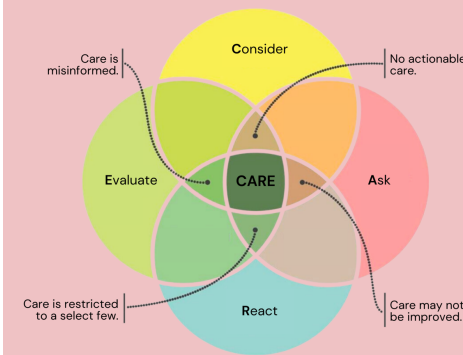
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Scan or click to submit

Discussion

Identify and share 2-3 opportunities and/or people to use the five love languages with.



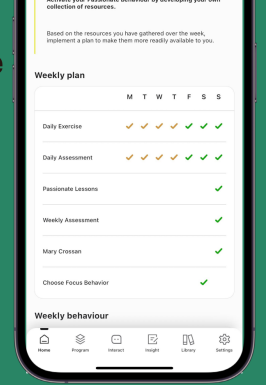
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Attendance & Student Champions Discussion



Corey Crossan, corey.crossan@politics.ox.ac.uk
Anjali Sarker, anjali.sarker@politics.ox.ac.uk

