

40th Annual InterCourt Conference



Closing Session:
Begin with Who, not What,
How, or Why, for
Sustainable Health,
Balance, and Well-Being

Presenters: *Dr. Donnie
Hutchinson*

March 15, 2024
10:15 - 11:45 a.m.



THE SUPREME COURT *of* OHIO
JUDICIAL COLLEGE



Begin with Who, not What, How, or Why, for Sustainable Health, Balance, and Well-Being.

Dr. Donnie Hutchinson

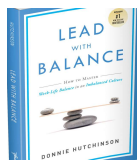
March 15, 2024

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Dr. Donnie Hutchinson



MBA Program
Professor



Author



6-Years



Workshops



Self-Care, Wellness and
Work-Life Balance



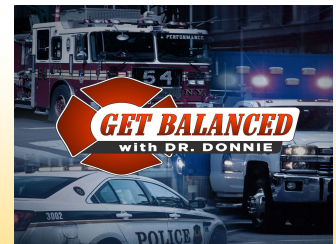
My Wife 10-years



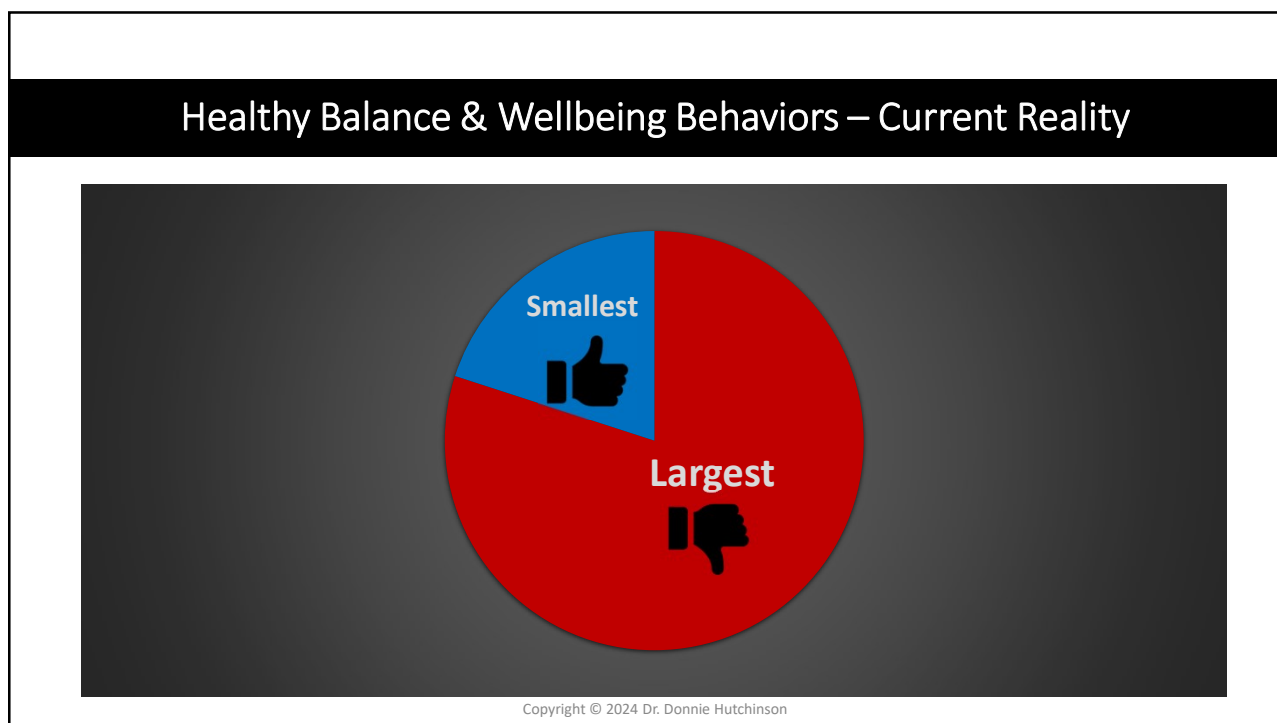
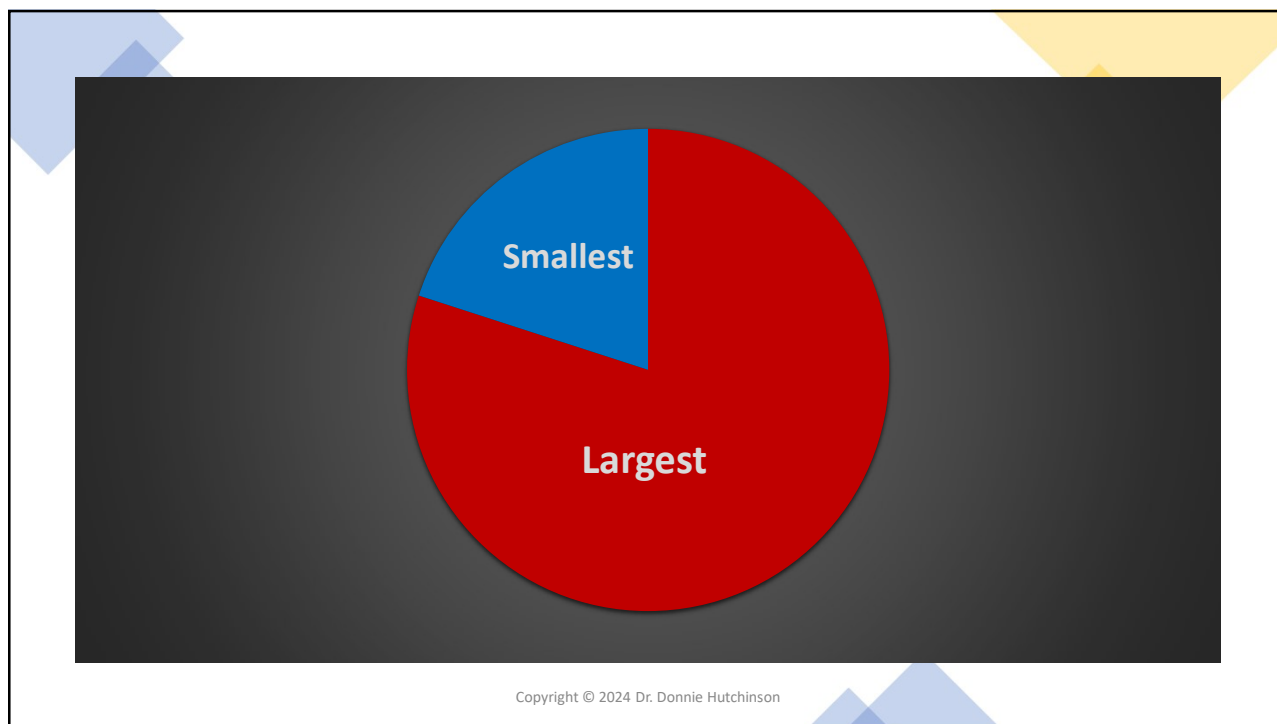
Children

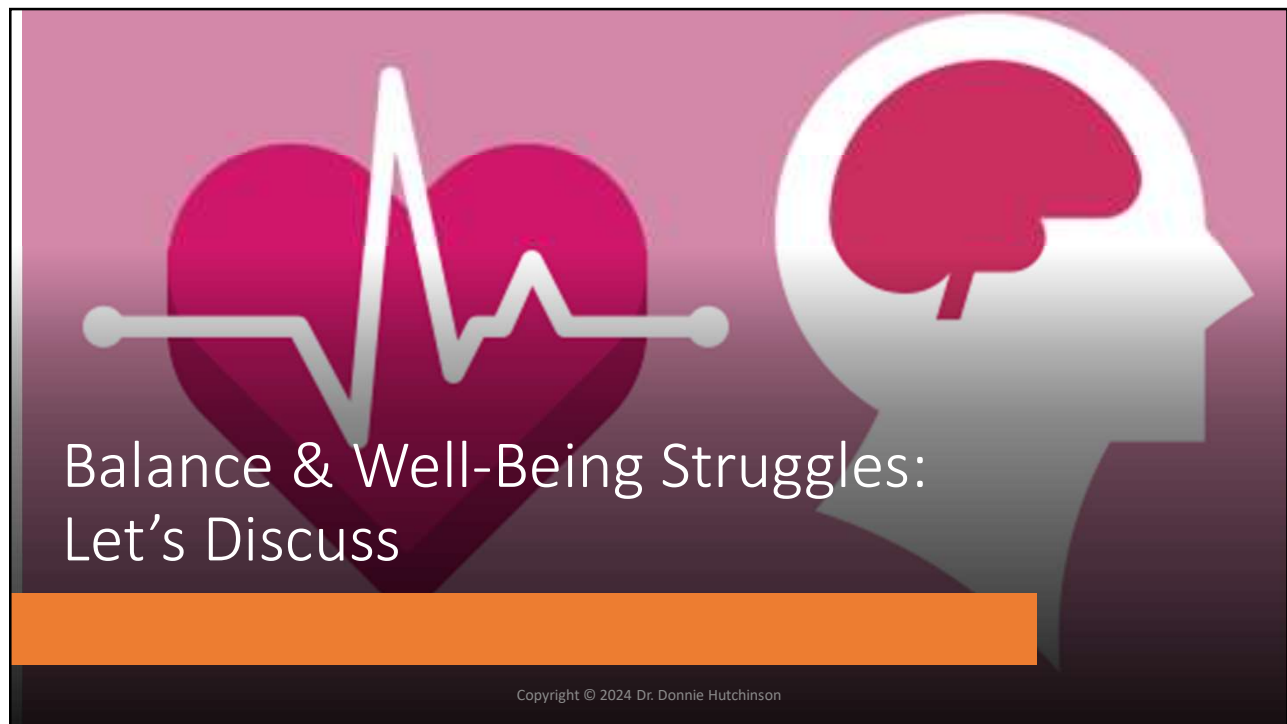


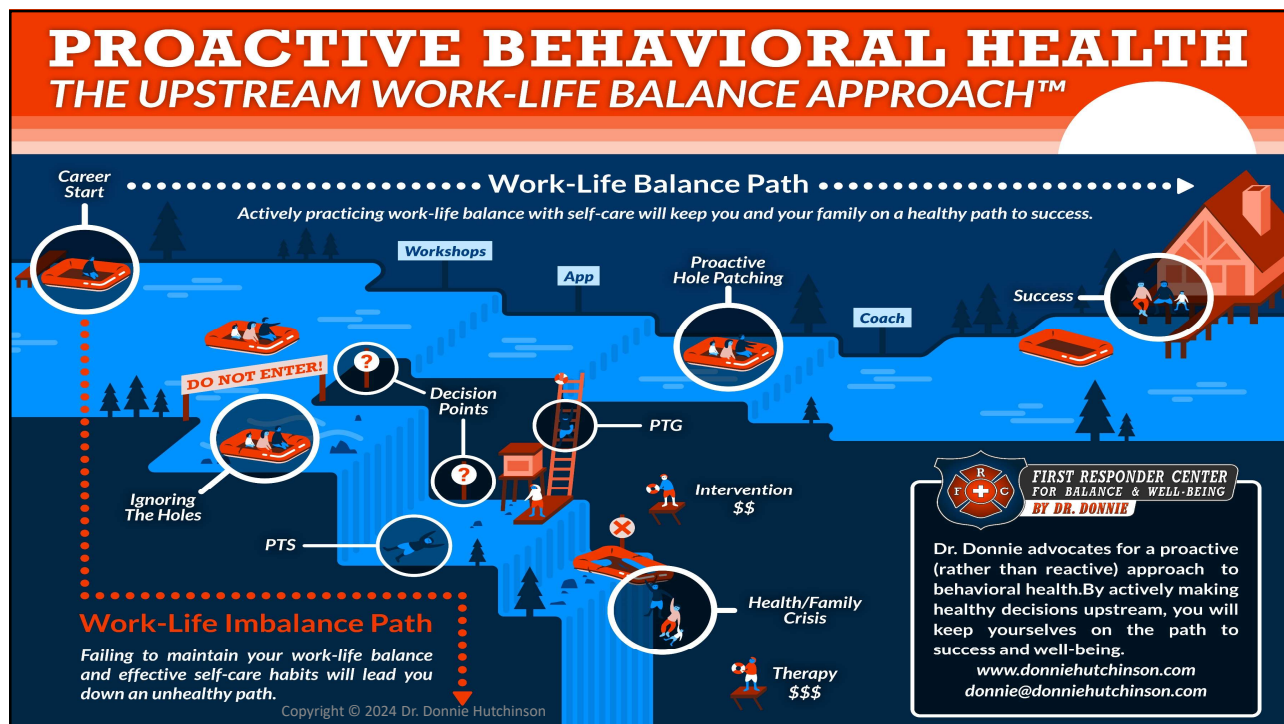
Online Coaching



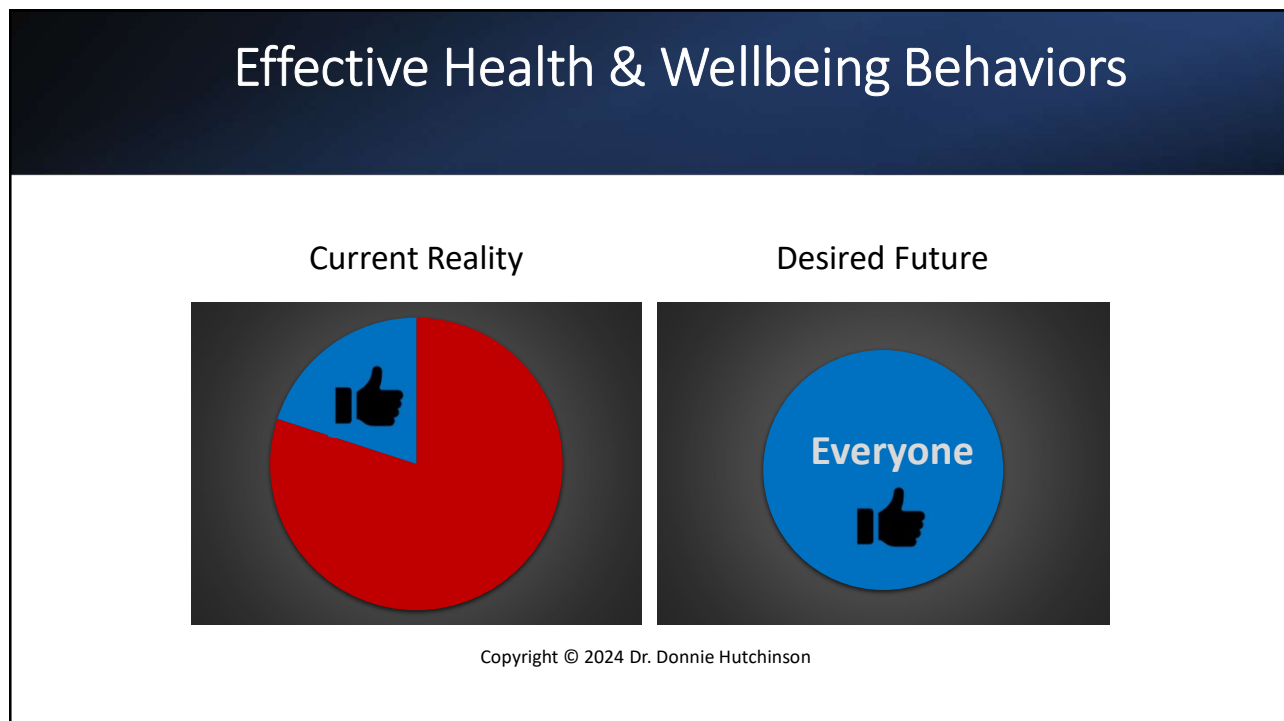
Weekly Podcast







7



Work-Life Conflict

*Time
Conflict*



*Behavior
Conflict*

*Energy-
Conflict*

Prerequisite



Universal Self-Care Needs



You cannot
pour from an
empty cup.
You must fill
your cup
FIRST.

Your Choice Nutrition

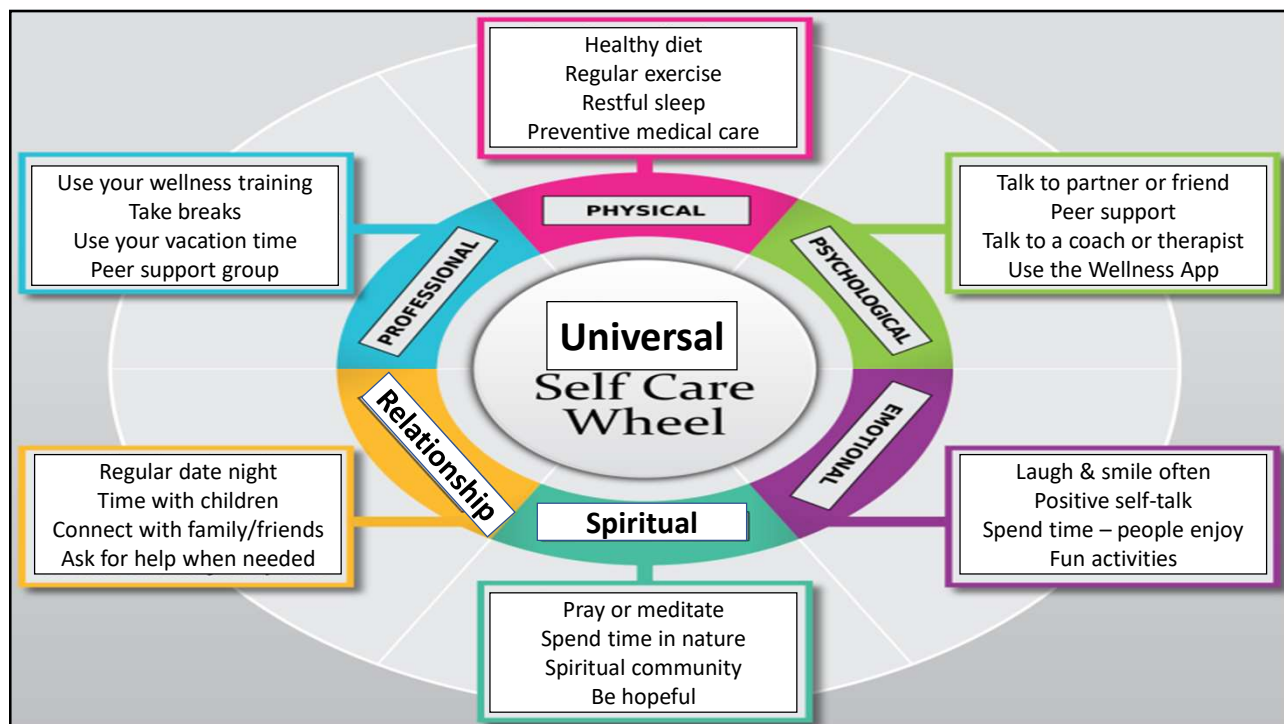
Physical

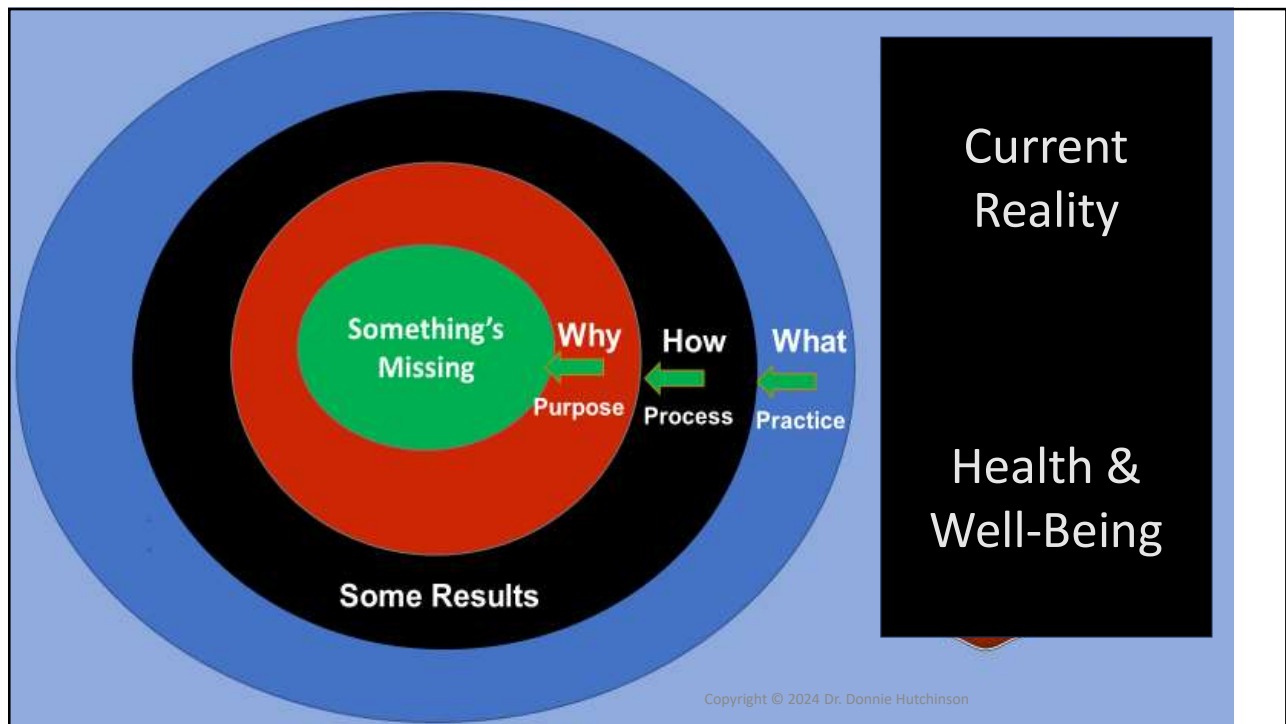
Mental

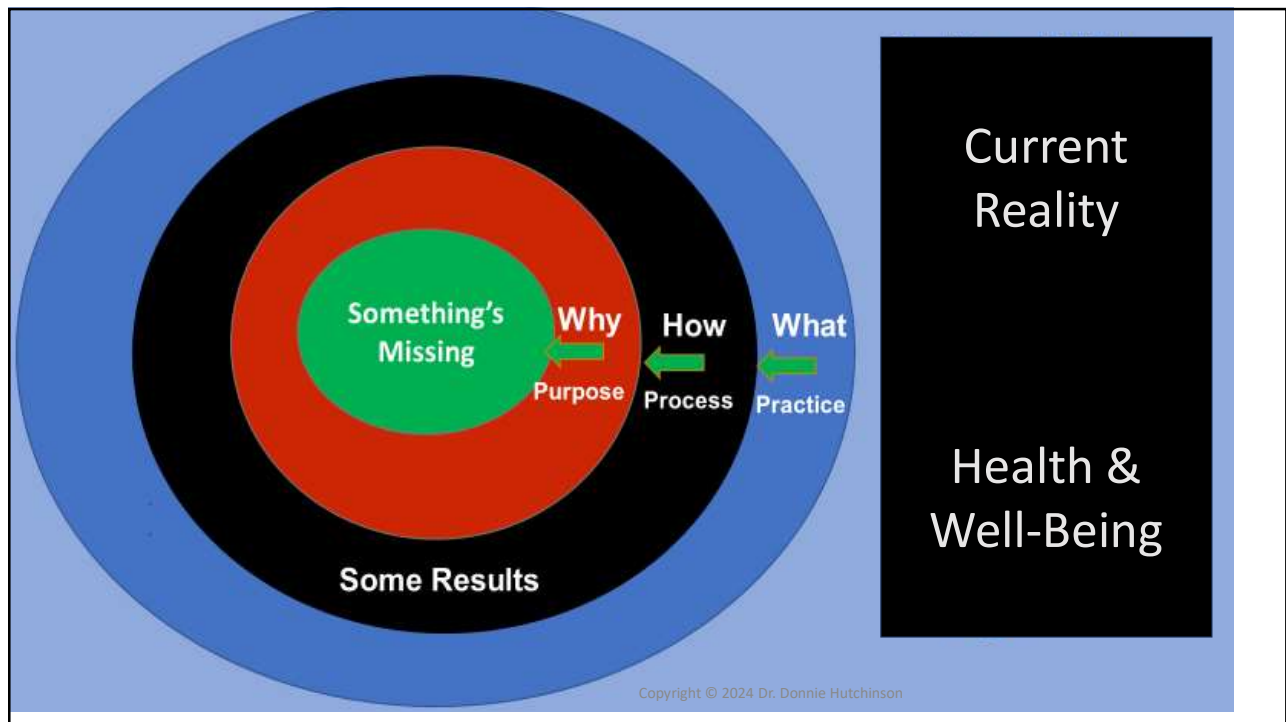
Social

Spiritual

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Your Desired Future

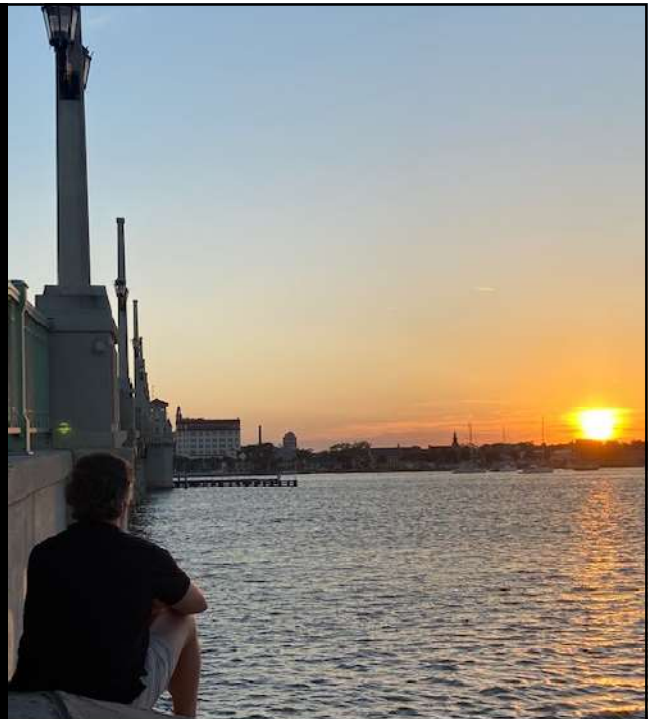
- What's holding you back?
 - Doing things, you've always done?
 - Guilt/Regret?

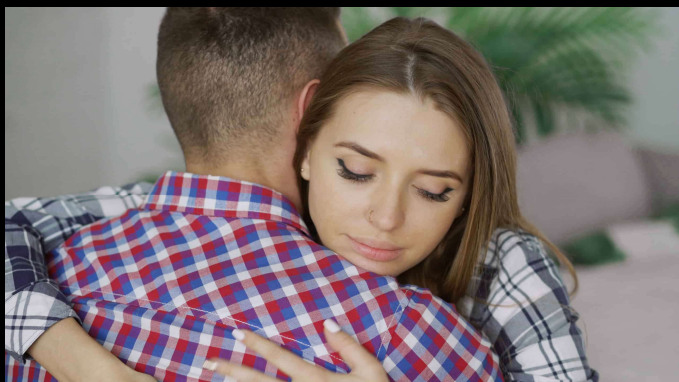


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Self-Forgiveness:
...a learned skill

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Receiving Forgiveness

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Spillover Theory

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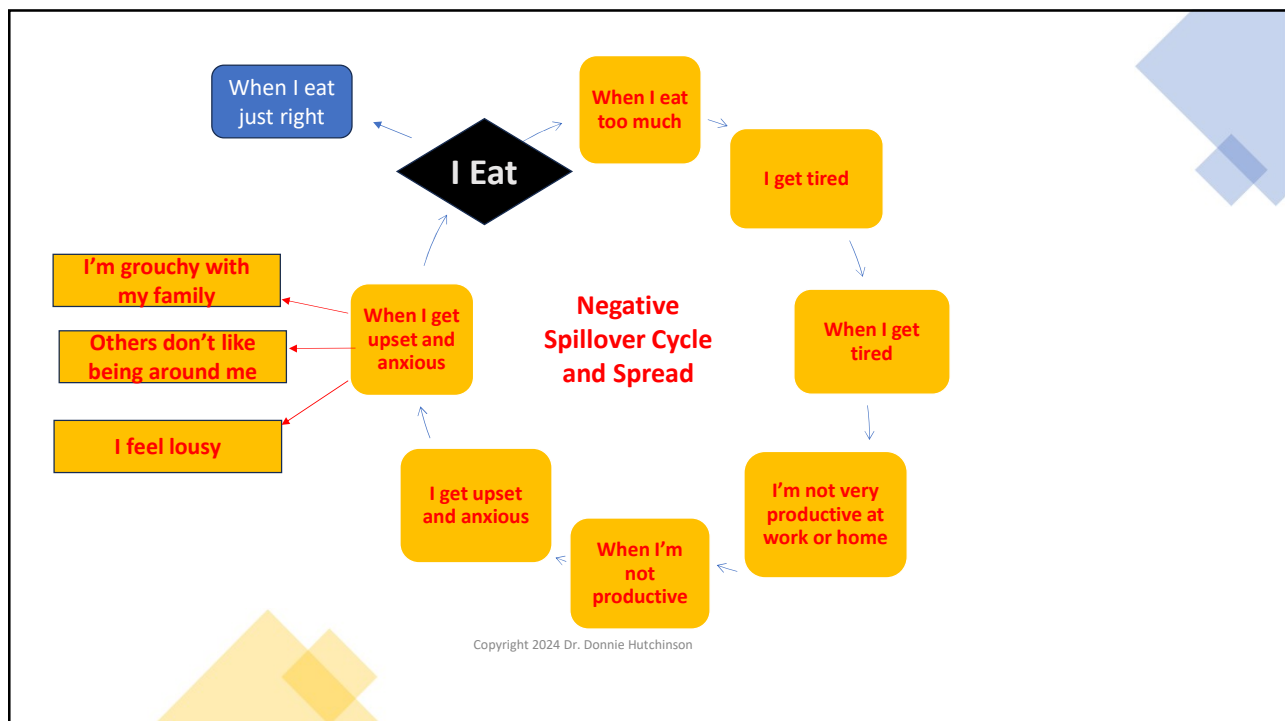


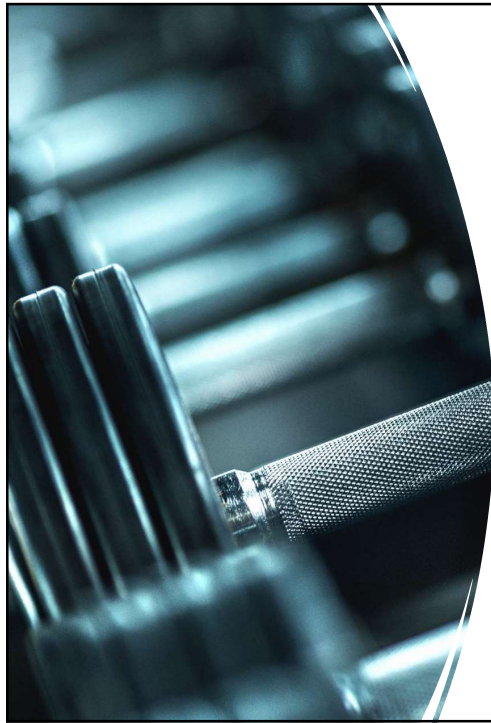
The Science: Negative Spillover

- All leaders of the study suggested the reason why they chose to satisfy their self-care needs was their awareness and recognition of the destructive power of negative spillover.

- Hutchinson, D. (2019). Work-Life Attributes of Self-Care with Authentic Leaders: Multiple Case Study.

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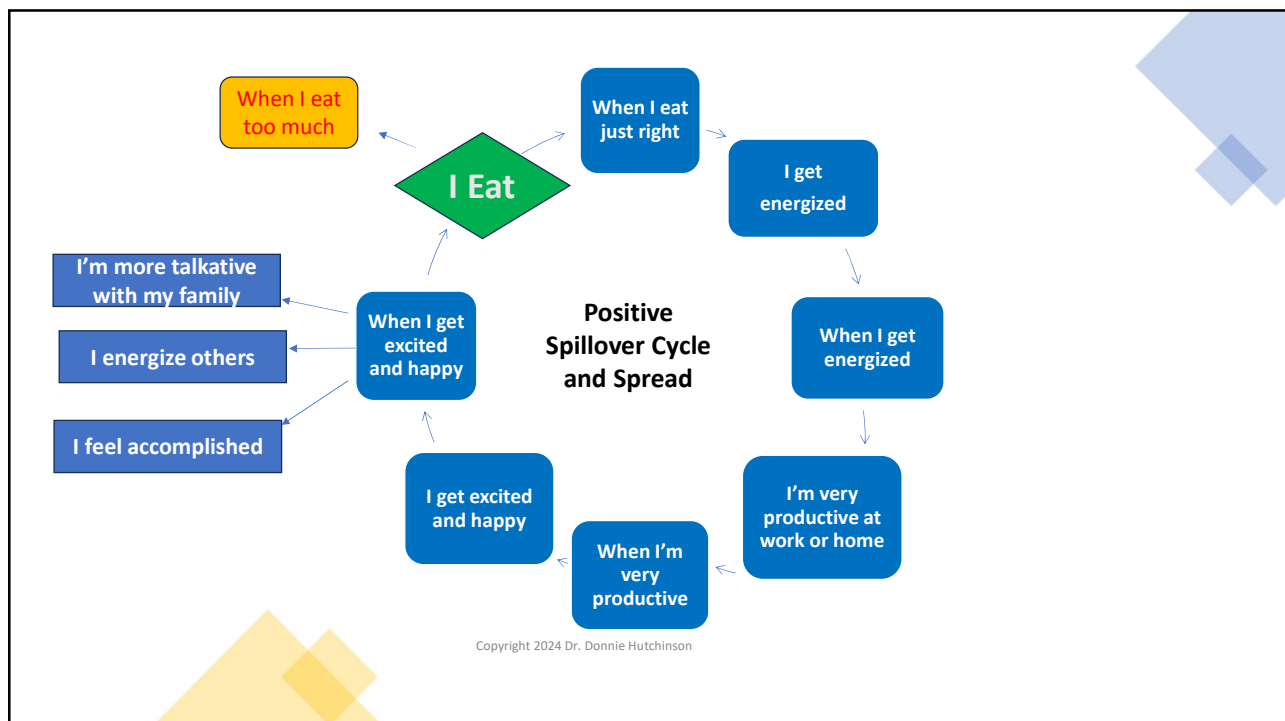
The Science – Positive Spillover

- Health and wellness empirical research overwhelmingly demonstrate that healthy, sustainable behaviors of proper diet, exercise, sleep, positive relationships, and prayer or meditation promote a healthy:
 - Physical Fitness
 - Psychological Fitness
 - Social Fitness
 - Spiritual Fitness

- **ALL BENEFICIAL TO THE INDIVIDUAL**

Hutchinson, D. (2019). Work-Life Attributes of Self-Care with Authentic Leaders: Multiple Case Study.

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Would You Jump Out of the Way of a Speeding Bullet?



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Will You Jump out of the way of these Slow-Moving Bullets?



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Dr. Donnie's Motivational Star – Begin with Who

Why _____

When _____

What _____

Who _____

Potential Roadblocks

-
-
-

How to Clear the Roadblocks

-
-
-

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Where _____



How _____



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**Scheduling
Workshops now
for 2024 & 2025**

In-Person | App | Online

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Podcast: Get Balanced with Dr.
Donnie

**3:2:1 Get Balanced
Wednesday Newsletter**



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