



# **Making a Difference** *for you & others*

ESD 112 Retreat 2017

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a little about me... a little about you.





## Micah's story...



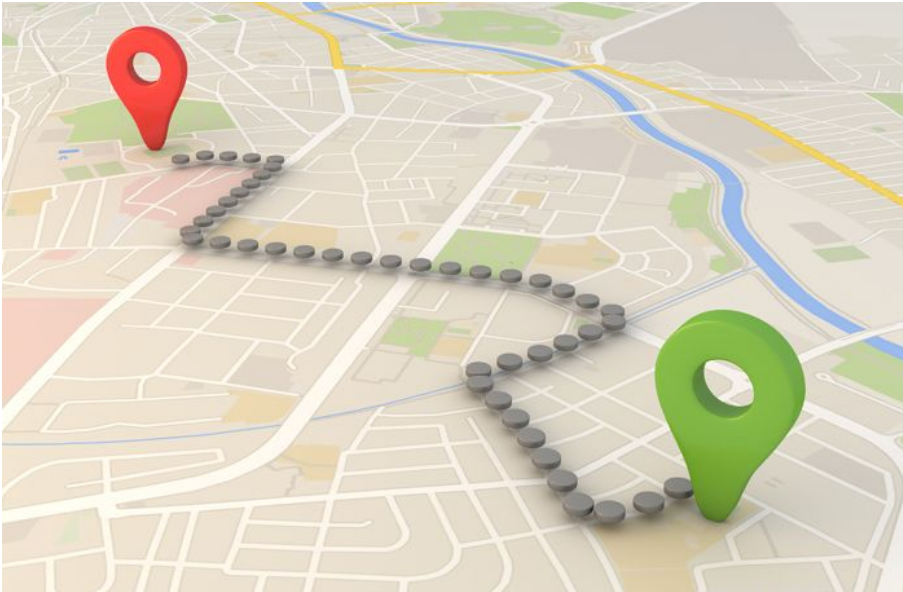


# Making a Difference Outcomes

- Personal reflection about your purpose
- Personal reflection about your path to making a difference
- Inspiration for the journey on your path

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## What do we control?



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## **Assets** - *what are you great at?*



a useful or valuable  
thing, person, or  
quality controllable  
emotion

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## Assets - *what are you great at?*



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## Passion - *finding your why*

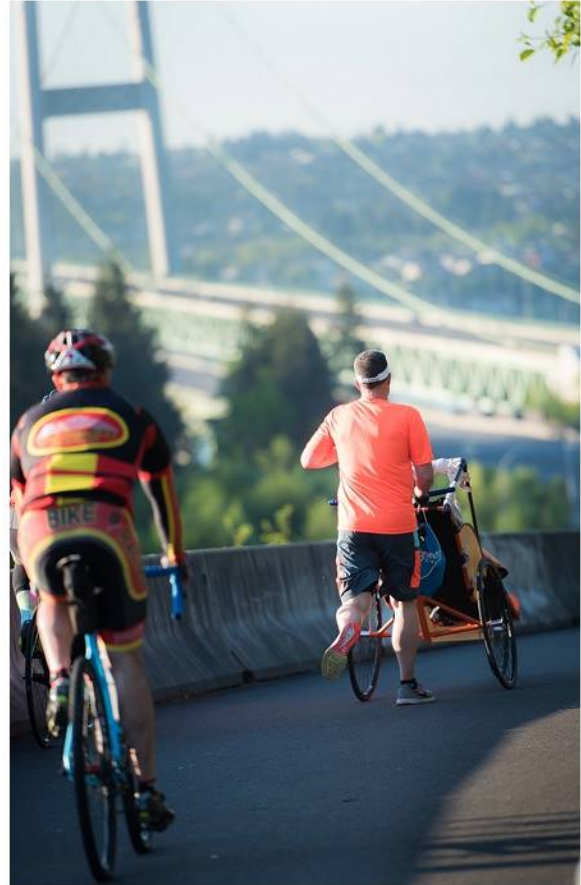


strong & barely  
controllable emotion



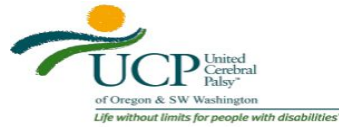
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# Passion - *finding your why*





## Need - *trailheads*



required because it is essential or very important

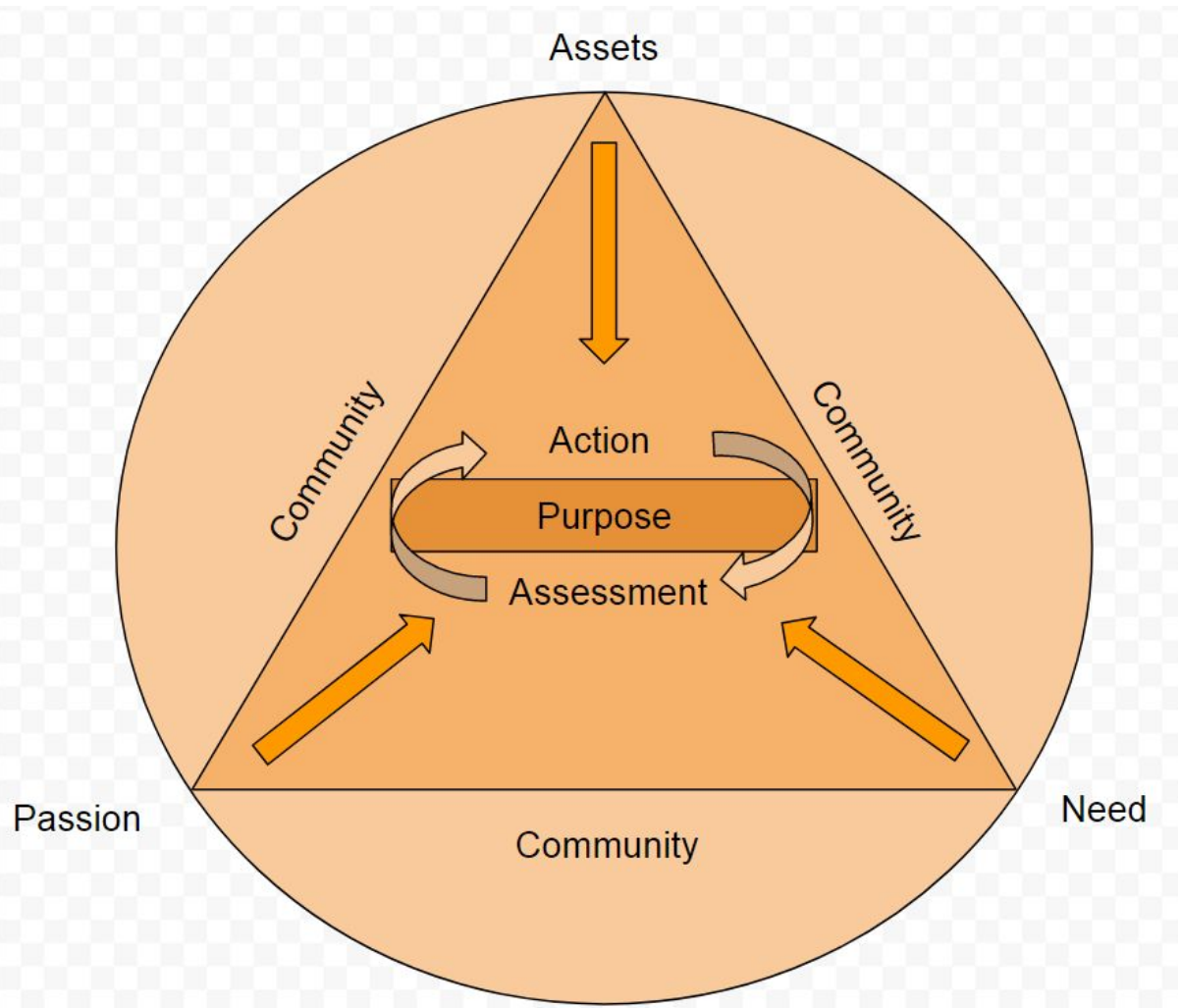
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# Making a Difference

*for you & others*

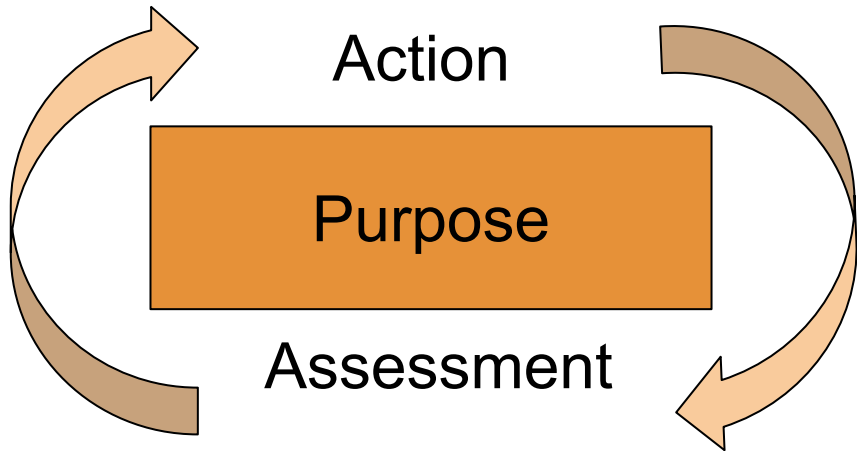


*A framework for  
making a  
difference for you  
and others*

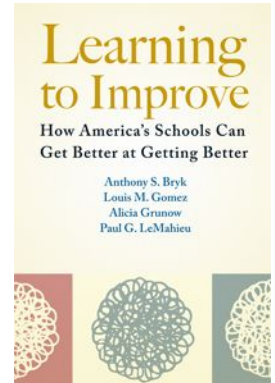




## Cycles



*tests of  
small  
change*



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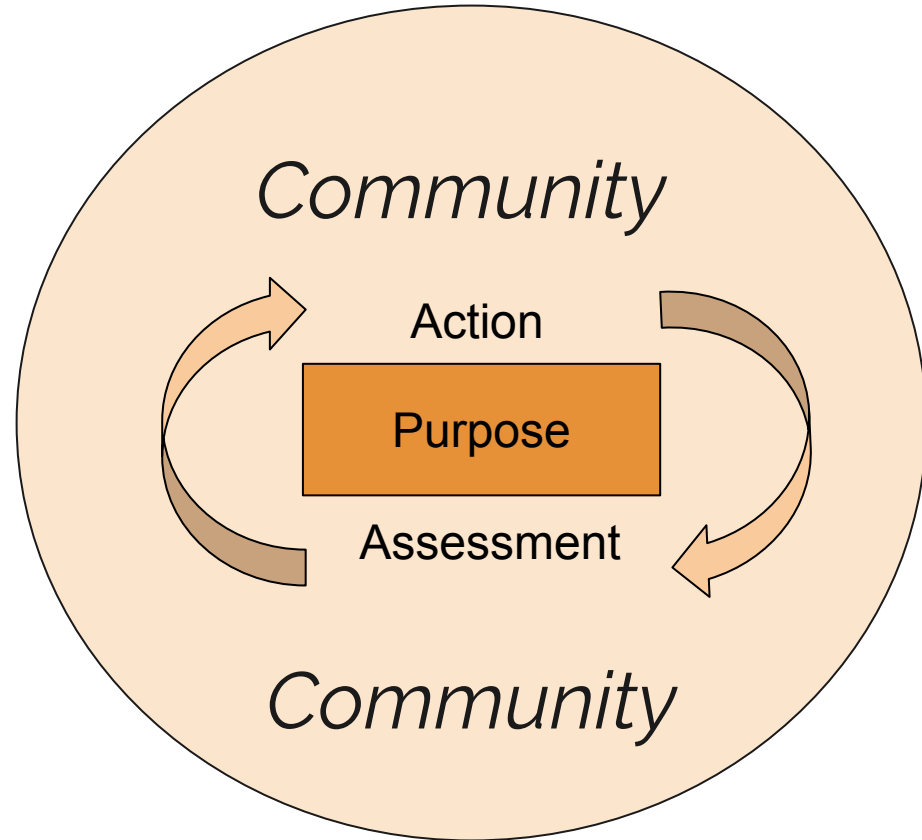
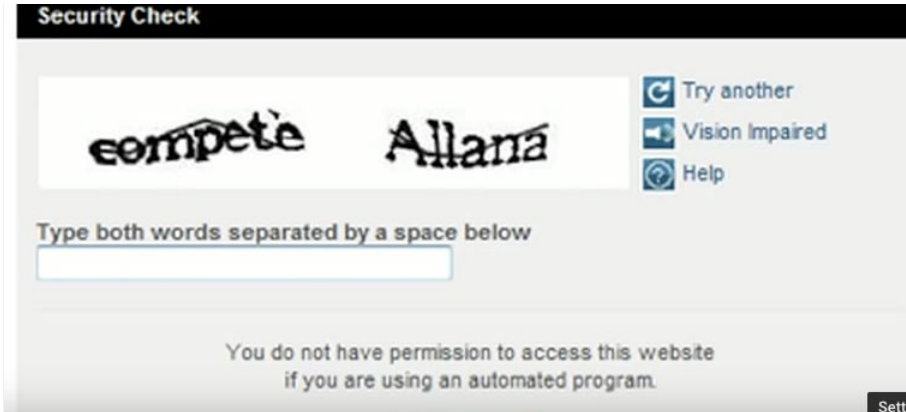
# Making a Difference

*for you & others*

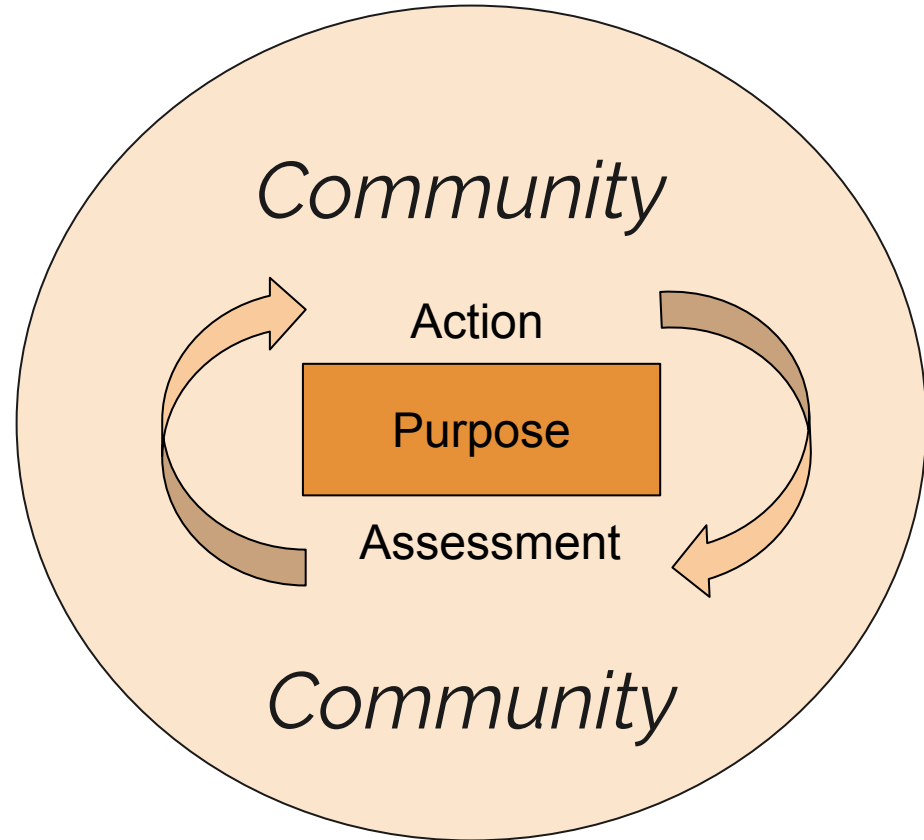
tests of small  
change



# Community



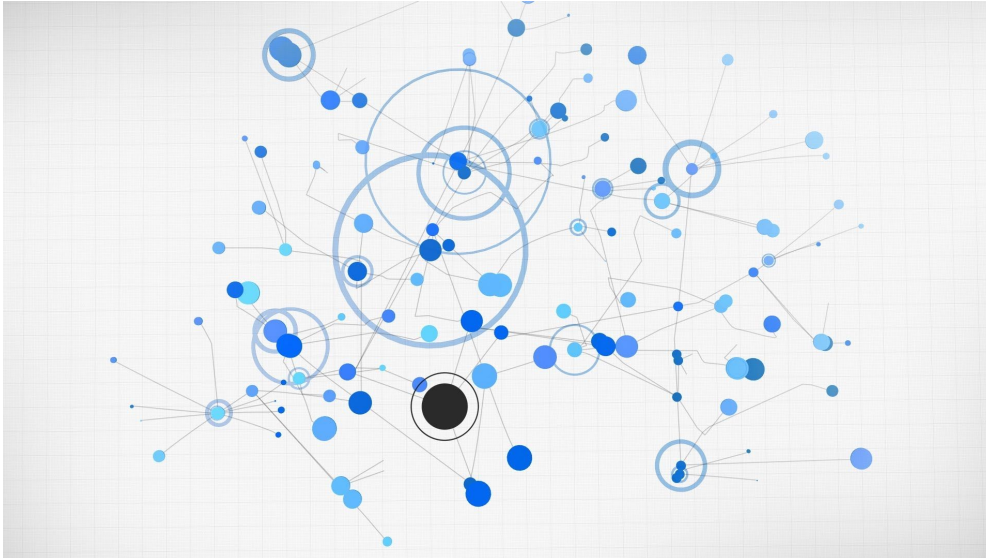
# Community





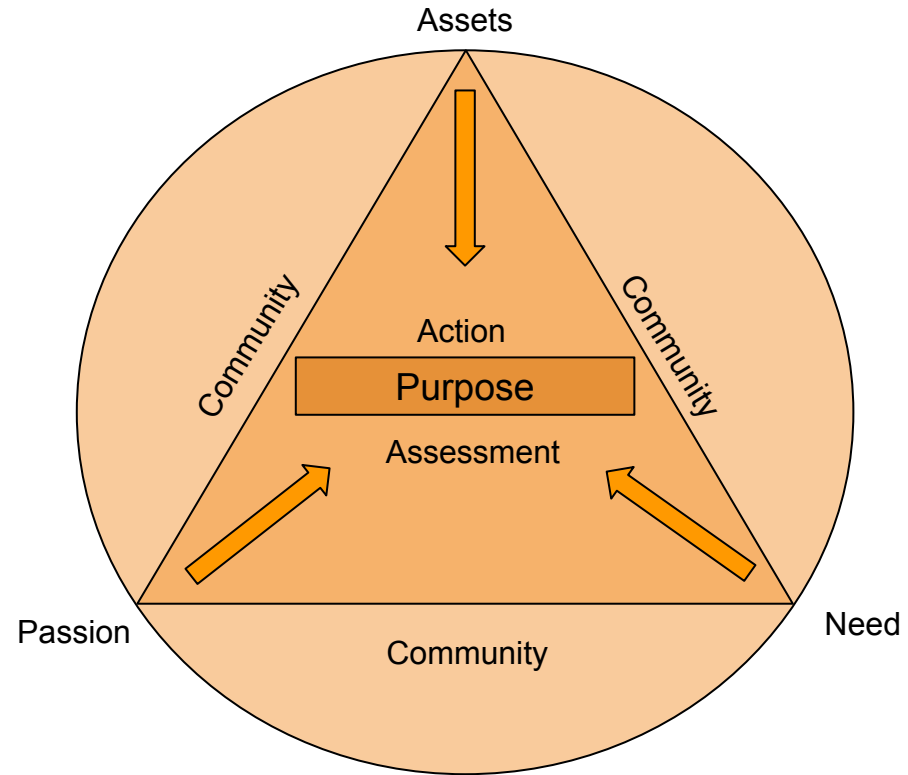


# Where are your cycles & community?





## Micah's story...







# How can you be a part of Team Micah's Miles?

The poster features a central graphic of a bridge with a diamond-shaped sign in the middle. The sign contains icons of a person walking, a person in a wheelchair, and a person running, with the text 'WALK ROLL 'n' RUN for UCP'. Below the sign is the UCP logo and the text 'United Cerebral Palsy of Oregon & Southwest Washington'. The event date is 'Saturday, September 16, 2017' and the website is 'walkrollnrun.org'. The event details are '5k Run • 2 mile Walk/Roll • Portland, OR'. A tagline reads 'Forward Together... 100% of funds stay local and support Life Without Limits for people with disabilities'. At the bottom, there is a grid of sponsor logos including Paulson Coletti, 94.7 WJZ, 105.1 BUZZ, Beneficial State Bank, Bliss Therapeutics & Risk Advisors, Durham Ins Bates, Country Financial, JDFulwiler & Company Insurance, Kaiser Permanente, KinderCare, Morel Ink, Pacific Office Automater, Palladio, Pappa Properties, Performance Mobility, Portland Parks & Recreation, Miller Nash Graham & Dunin, Stephens LLC, and US Bank.

The screenshot shows the Facebook page for 'Micah's Miles'. The page header includes the name 'Micah's Miles' and navigation options like 'Page', 'Inbox', 'Notifications', 'Insights', and 'Publishing Tools'. A notification banner at the top says 'Turn on Ratings & Reviews' with a '5' star icon and a button 'Add Reviews Tab'. The main content area features a large photo of a man in an orange shirt, a woman in a grey hoodie, and a baby in a stroller. Below the photo are interaction buttons: 'Liked', 'Following', 'Share', and 'Watch Video'. The left sidebar shows the page name 'Micah's Miles', a 'Home' button, and a list of menu items: 'Posts', 'Videos', 'Photos', 'About', and 'Community'. At the bottom of the sidebar is a 'Promote' button and a 'Manage Promotions' link. The right sidebar contains a section for 'Cause in Vancouver, Washington' and 'Page Tips' with a 'See All' link.

*Thank you!*



*Thank you!*

Making a Difference for You & Others