

LEADERSHIP 101

Topics to Covered

September 22, 2014

9AM-3PM

- Trust: It's the most valuable currency we have
- Power: Why we need to understand it
- Emotional Intelligence: What is it and how do I develop it?

This six hour workshop will focus on these three primary topics through discussion and engaging activities.

Engagement Leader: Abel Pacheco, MPA

BA: California State University,
Northridge

Panetta Institute: Certificate of Public
Policy and Leadership

MPA: University of Washington

WORKSHOP OUTLINE

Time	Activity
9:00AM	Introductions and overview of the day
9:15AM	Team Discussion- Trust : It's the most valuable currency we have
	-How important is trust in our day to day activities? At work?
	-What is the relationship between trust and leadership?
	-Can you be effective in a team without trust?
9:45AM	Team activity surrounding trust
10:15AM-10:20AM	Bathroom break
10:20AM	Team Discussion- Reflection on the trust activity
10:30AM	Team Discussion- Power: Why we need to understand it
	-What is power?
	-How do we exert it?
	-When do we use it in our day-to-day activities?
	-Is "power" a positive or negative?
	-What are the different forms of power?
11:15AM	Role playing- Situations of Power
12:00PM	Lunch Break
1:00PM	Team Discussion- Reflection on the "power playing"
1:15PM	Team Discussion- Emotional Intelligence
	-What is it?
	-How does it help me at home, work, and in social settings?
	-How do I nurture and develop my EI?
	-Day-to-day practice tools
2:00PM-2:05	Bathroom break
2:05PM	Role playing- Situations where we can all use EI
2:45PM	Final team reflection



Abel Pacheco Jr

Abel began working at the Seattle Police Foundation as the Communications Planner in July of 2011. Since then, he's been promoted to Communications and Programs Specialist. He is responsible for assisting the Foundation achieve its communications goals under its strategic plan, assisting with donor engagement, and providing logistical leadership for programs per the direction of the President & CEO.

Prior to working at the Seattle Police Foundation, Abel worked as a Summer Fellow at The Seattle Foundation. There he was able to work closely with the Vice-President of Community Leadership and Engagement, and several senior program officers in providing research for educational and economic initiatives, and assisting with grant evaluations. Before his fellowship at The Seattle Foundation he was working for LA City Councilmember Jose Huizar, as a field deputy.

Abel is a graduate of the Evans School of Public Affairs at the University of Washington where he earned his Master's in Public Administration with an emphasis on Leadership, Management, and Decision-Making. Originally from Venice, California, he attended California State University (CSU) Northridge, graduating with a Bachelor of Arts in Political Science and a Minor in Business Administration, and as a finalist for the Outstanding Graduating Senior Award. During his time as an undergraduate, he was active in the Associated Students of CSU Northridge and served as President from 2009-2010. He currently sits on the following boards:

- Promoters of Plymouth (PoP)
- Wallingford Community Council
- UW Graduate School Fellowship Committee- Latino Scholars

And a former member of:

- United Way's Emerging Leaders- Engagement Committee
- Guidestar User Advisory Panel
- American Society of Public Administration- Seattle Chapter