

A person in a dark jacket and shorts stands on a rocky beach, looking out at the ocean during a sunset. The sun is low on the horizon, creating a bright orange glow and a reflection on the water. The sky is filled with colorful clouds, and the overall scene is serene and contemplative.

Transforming Your Professional Development to Fuel Your Soul

Teeba Rose
Marketing Manager

UNIVERSITY of HOUSTON | HOUSING



A man with a mustache, wearing a blue suit jacket over a white button-down shirt, is smiling and leaning on a wooden balcony railing. The background features a large body of water with a prominent fountain spraying water into the air. Residential houses and trees are visible in the distance under a clear blue sky. A dark grey triangular graphic is in the top-left corner.

Who am I

Teeba Rose
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Ten Years



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ABOUT THIS SESSION

- IDENTIFY YOUR PURPOSE
- PRODUCTIVITY BOOSTERS
- STRATEGIES TO FOSTER A HABIT OF EXCELLENCE
- IDENTIFY AND MANAGE DISTRACTIONS
- HELP YOUR TEAM FUNCTION BETTER AS A UNIT

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#1

What professionally comes natural for you and you enjoy?

- Organization
- Speaking / presenting
- Managing projects
- Leading others
- Creating visions
- Communication
- Problem solving
- Implementation
- Event Planning
- Marketing
- Research
- IT / Computers
- Accounting / Budgeting

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The image features a dramatic landscape with mountains, a lake, and a cloudy sky. A diagonal line divides the image from the top-left to the bottom-right. The left side is dark and contains the text. The right side shows a bright, blue-toned landscape with mountains and a lake.

What do you need
to be the best version
of yourself?

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Your wish list

What do you need, to be the best version of yourself?

- Software
- Training
- Skill
- Conference
- Larger Team
- An incentive / recognition
- An accountability partner

*Teeba Rose
Marketing Manager*

The background is a dark blue gradient, split diagonally from the top-left to the bottom-right. The top-left section is a lighter shade of blue. Several birds are scattered across the background, appearing to fly. At the top center, there is a white double quote symbol.

“

How would you be different
if you reached your goal?

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What if . . . you followed through?



More Confidence

Better Health

More Energy

Look Amazing

Inspire Others

Become the Example



More Confidence

More Money

Example for my kids

Motivational Speaker

Fulfilling Life

Great Testimonial



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How would you be different

More self confident

Subject matter expert

More earning potential

Less stress

The **SIZE** of the leader...

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#2

Productivity Boosters

- Attitude is everything
- People are more productive when they have accomplished something
- Expect to have a great day and work to make it so
- Food is powerful
- Always engage in “Plan - Do - Review”

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#3

Strategies for Excellence

- Your brand
- Duplicates
- Accountability Partner
- Own it



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Marketing Manager

#4

Manage Distractions

Schedule breaks

Disconnect

Procrastination

Remove temptations / people



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#5

Better Functioning team

Attend a local networking event

Strong partnerships and relationships (quality over quantity)

Industry Conference

Build your network on campus

You're better = We're better

Be a life long learner (books, free classes, webinars)

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SESSION RECAP

#1 IDENTIFY YOUR PURPOSE

#2 PRODUCTIVITY BOOSTERS

#3 STRATEGIES TO FOSTER A HABIT OF EXCELLENCE

#4 IDENTIFY AND MANAGE DISTRACTIONS

#5 HELP YOUR TEAM FUNCTION BETTER AS A UNIT

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