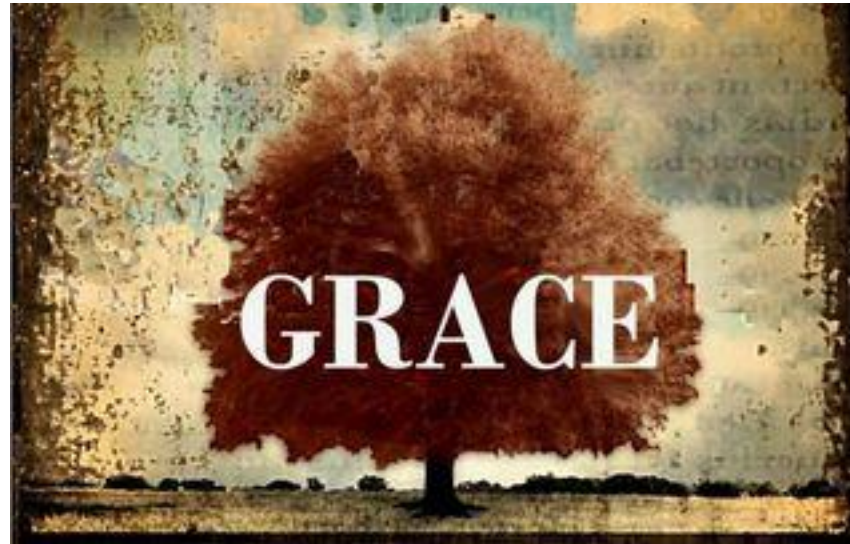


GRACE — A NEW MINDSET FOR IT PROJECT MANAGERS



Anhlan P. Nguyen, DBA, PMP, ICF ACC

April 13, 2022



Introduction of Presenter Dr. Anhlan Nguyen



25 year IT Professional experience with PMP certification on Project Management

#1 International Bestseller Author of the book “Living in GRACE - Living your best life now!”

20+ years of personal development and leadership development training

Certified ICF Professional Life Coach, Professional speaker, member of the US National Speakers Association, Houston Chapter

Currently Executive Director of Lyceum - Life Skills and Professional Development for Success.

Hold a Doctoral Degree of Business Administration specializing in Project Management and Emotional Intelligence; a Masters' in Computer Science and Bachelor's in Computer Science.



GRACE – A NEW MINDSET FOR IT PROJECT MANAGERS

TODAY'S INTENTION

We give our time.
We give our energy.
We give our creativity.
We trust in the outcome.



GRACE – A NEW MINDSET FOR IT PROJECT MANAGERS

AGREEMENT

- Be Present
- Pay attention
- Be authentic
- Be open and curious
- Speak and listen from your heart



Checking - In

Use [menti.com](https://www.menti.com)

1. What is your state of being right now?
2. What are some of your challenges as project managers now?
3. What is your role now?
4. What do you expect to gain from this presentation



My personal story – Nov 17, 2014

What do you do when life throws you a curve ball? How to adjust your thoughts and emotions to cope with unexpected changes?



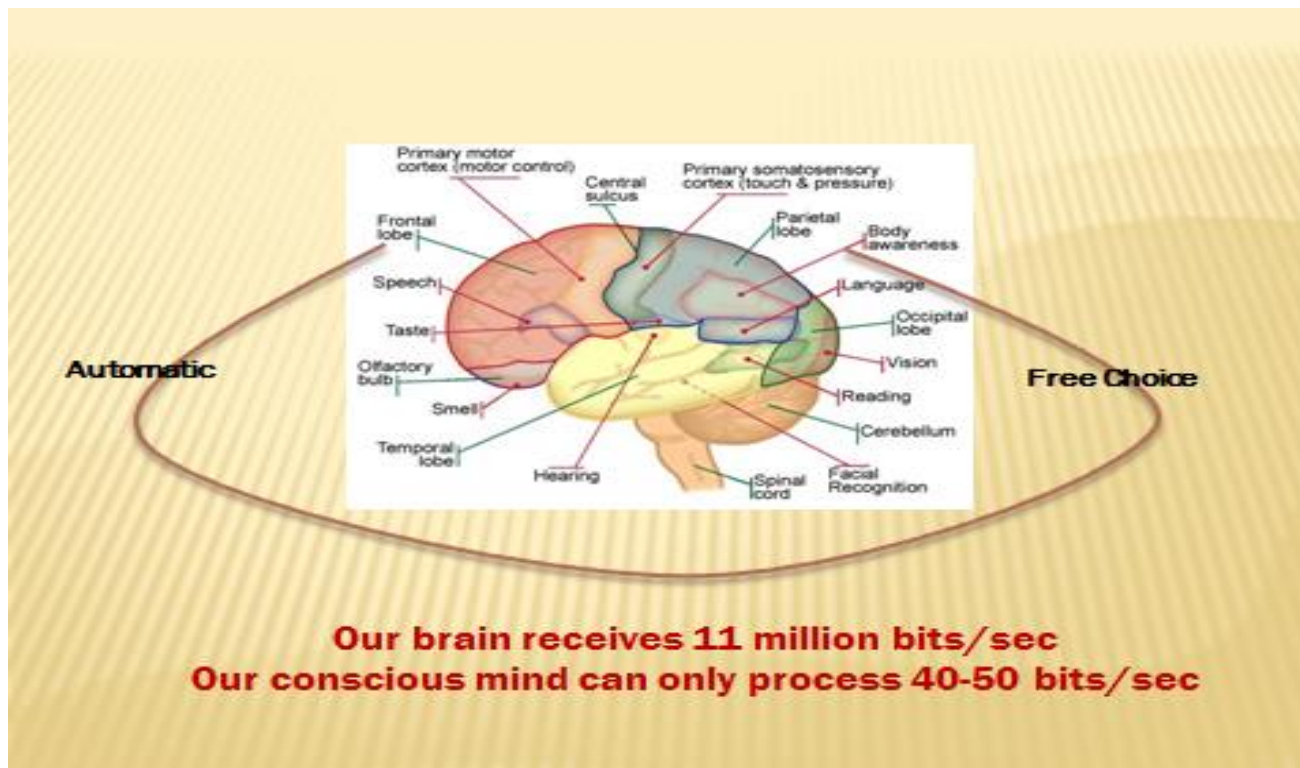
My personal story – Nov 17, 2014

What do you do when life throws you a curve ball? How to adjust your thoughts and emotions to cope with unexpected changes?



What IS YOUR LENS?

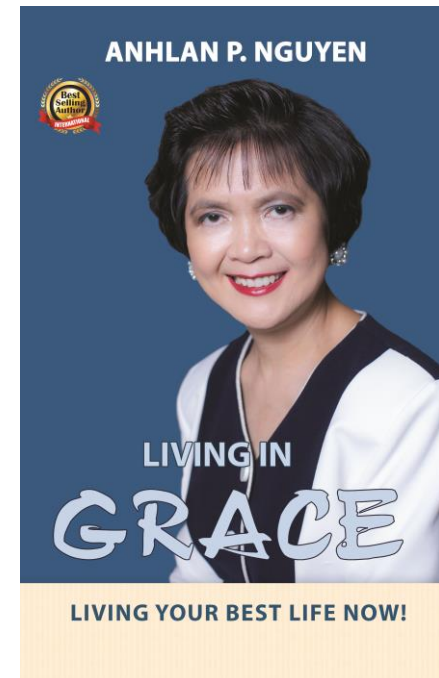
Your focus determines your story → Your emotion



The lens of G.R.A.C.E.

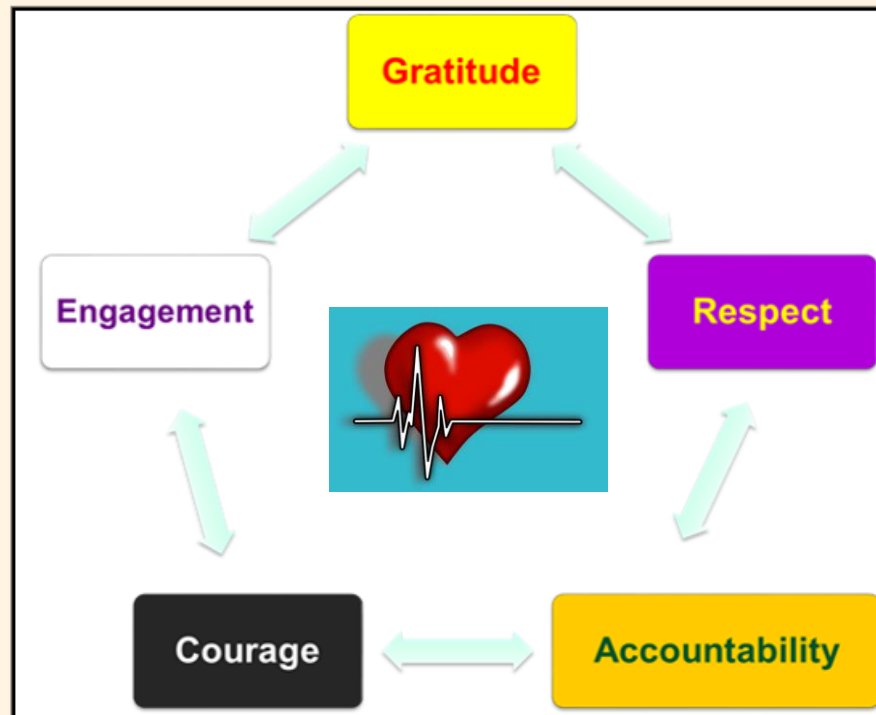


- Gratitude
- Respect
- Accountability
- Courage
- Engagement



**Amazon #1 International
Bestseller**

G.R.A.C.E. Model to Unleash the Power Within...



Emotional Intelligence through the lens of G.R.A.C.E.

The **EQ-i^{2.0}** Model



WHY GRACE mindset is important for IT Project Managers?

-Who is a Project Manager?



**CHANGE MAKER
COORDINATOR
INFLUENCER
COMMUNICATOR
NEGOTIATOR**

WHY GRACE mindset is important for IT Project Managers?

- Maintain your energy to cope with stress and uncertainties – you are the choices you made!
- Develop your inner strength
- Build relationships with your team members, project stakeholders, project sponsors and customers through the practice of **Empathetic Active Listening**



5 minutes break



Want to test your Empathetic Active Listening skills? Try this assessment

<https://livingyourbestlifewithgrace.com/active-and-empathetic-listening-quiz/>

My personal story – The power of Listening to resolve conflicts



EMPATHETIC ACTIVE LISTENING

It all starts with a heart!



Listening starts with you as the listener!



EMPATHETIC ACTIVE LISTENING

What Makes Up What We Hear



6 STEP ACTIVE LISTENING PROCESS

In the lens of GRACE

Fully paying attention to the other person – starting with the word “YOU”

Withholding any judgement

Reflecting what was being said

Understanding the deeper emotions and feelings from the speaker

Clarifying and summarizing of what was being heard –
Ask Questions

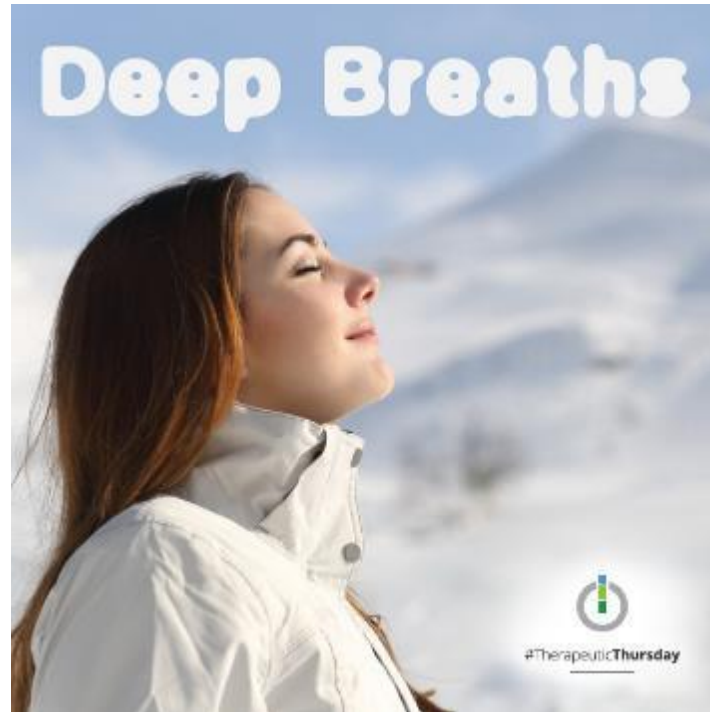
Sharing with positive encouragement

DO PAY ATTENTION AND SET YOUR INTENTION



STRESS MANAGEMENT

GRACE Breathing Exercise



Choice by GRACE

- I am a MIRACLE!
- I choose to LOVE!
- I choose to ACT!
- I choose to LAUGH!
- I face my fears and go through it anyway
- I choose Joy & Happiness in any circumstances through GRACE (practice Gratitude, own my thoughts and emotions and anchor on my best core to face my fears and take necessary actions to achieve my goals)



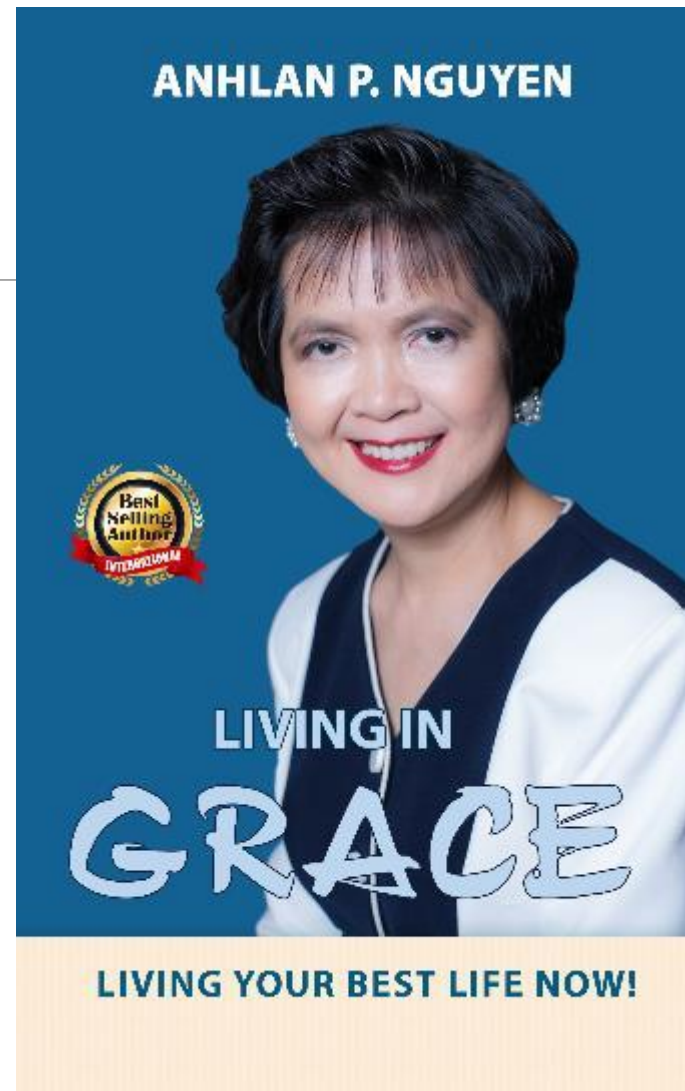
***“If you change your way to
look at things, the things
you look at change”***

Dr. Wayne Dyer (2005)



*Check out the GRACE
book that will change
your life at*

<https://DrAnhlan.com/book>



WHAT'S NEXT?

- Subscribe to our YouTube Channel to get more information about how to lead your life with Emotional Intelligence and GRACE – **Lyceum Global – Life Skills and Professional Development for Success**
- Sign up for our **7-Week GRACE Foundational Course** offered this week.

Email: anguyen@icevn.org

<https://livingyourbestlifewithgrace.com/course>

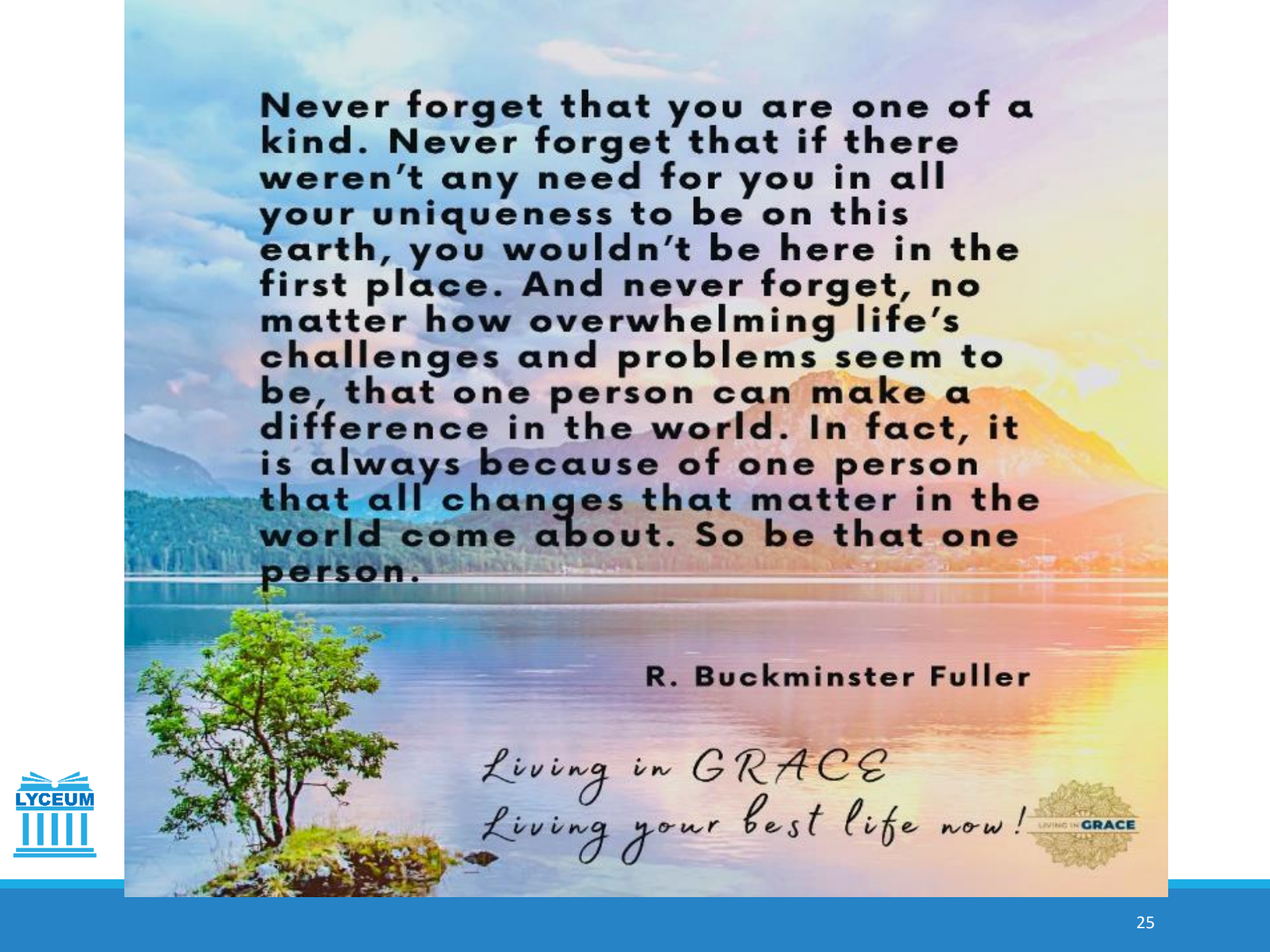
<https://lyceumglobal.net>

<https://DrAnhlan.com>



QUESTIONS?





Never forget that you are one of a kind. Never forget that if there weren't any need for you in all your uniqueness to be on this earth, you wouldn't be here in the first place. And never forget, no matter how overwhelming life's challenges and problems seem to be, that one person can make a difference in the world. In fact, it is always because of one person that all changes that matter in the world come about. So be that one person.

R. Buckminster Fuller

*Living in GRACE
Living your best life now!*

