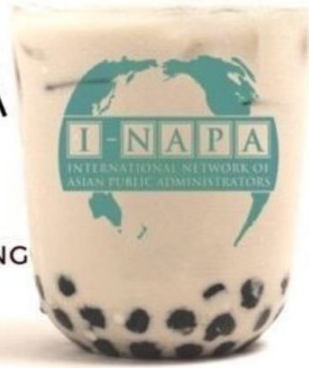


join us!
BOBA BREAK

with
I-NAPA

INFORMAL
VIRTUAL
NETWORKING
MEETINGS



Focused Speed Coaching

February 11, 2022



#GetOnItin2022 #ImReady



🐾 Happy New Year! 🐾

Before we begin...

Upcoming Events



The poster features a yellow background with a white globe icon at the top left. The I-NAPA logo is prominently displayed, with the tagline 'inspire inclusion' in a cursive font to its right. The text 'INTERNATIONAL NETWORK OF ASIAN PUBLIC ADMINISTRATORS' is written in a smaller font below the logo. The event title 'PARTNERING TO SERVE ETHNIC COMMUNITIES' is centered in large, bold, black letters. Below the title, five circular headshots of speakers are arranged in two columns. Each headshot is accompanied by the speaker's name and their professional title. The date and time of the event are listed at the bottom, along with a registration link.

I-NAPA
INTERNATIONAL NETWORK OF
ASIAN PUBLIC ADMINISTRATORS

*inspire
inclusion*

WEBINAR SERIES

**PARTNERING TO SERVE
ETHNIC COMMUNITIES**

Hope Velarde
City of Rancho Cucamonga
Healthy RC
Management Analyst

Shobhana Johri Verma
South Asian American
Policy & Research Institute
Executive Director

Wei Wei Wang
Vermont Health Equity Initiative
Executive Director
&
Vermont Professionals of Color Network
Executive Director

Moderator: Elaine Wang
Assistant Town Manager - Barre Town, VT
I-NAPA VP for Membership

FEBRUARY 17, 2022
12:00-1:30 PM PST | 3:00-4:30PM EST

register:
[HTTPS://BIT.LY/INAPAWEBSERIESFEB2022](https://bit.ly/inapawebseriesfeb2022)

Introductions



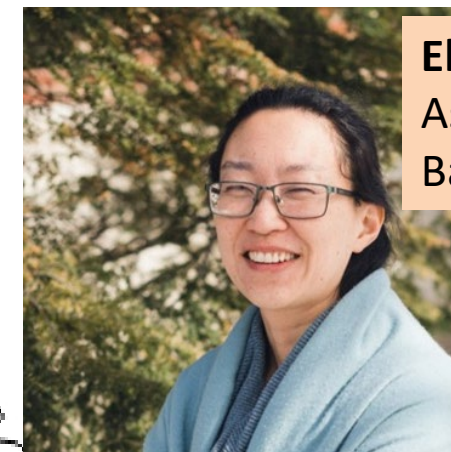
Reyna Farrales
(Ret)Deputy County Manager
San Mateo County



Hyun Kim
City Administrator
Gillette, WY



Elaine Wang
Assistant Town Manager
Barre Town, VT



Ed Shikada
City Manager
Palo Alto, CA



Meet your Coaches for Today

Mona Miyasato
County Exec Officer
Santa Barbara County,
CA



Gabriella Yap
Deputy City Manager
Beverly Hills, CA

PJ Gagajena
Deputy City Manager
Moorpark, CA



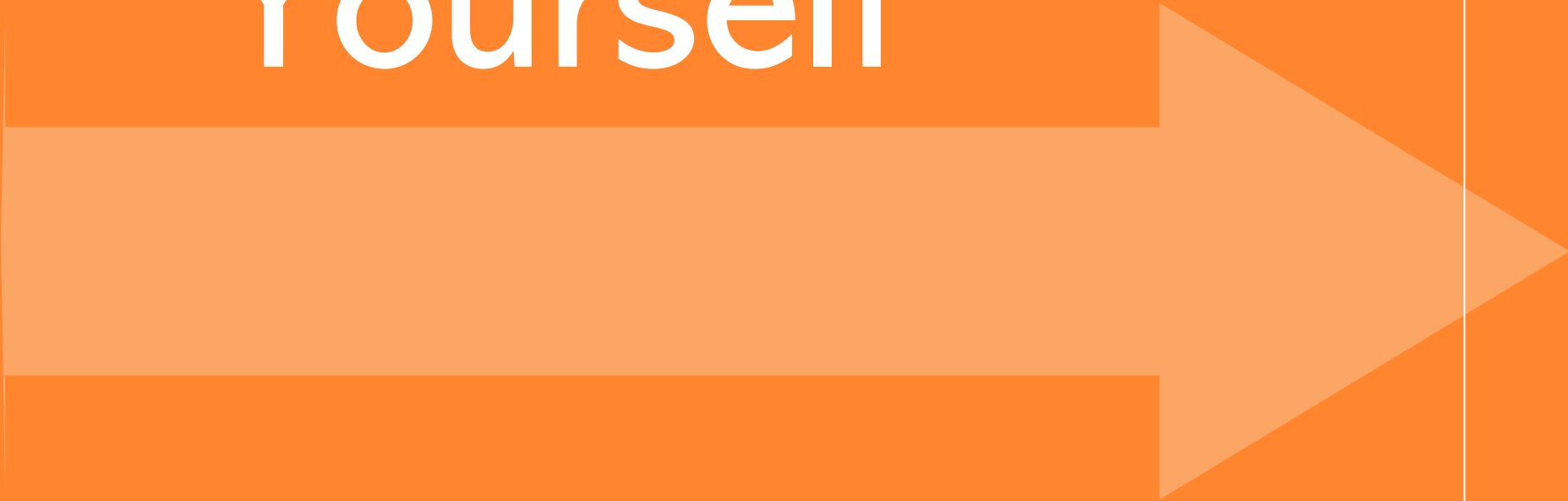
Ron Bow
City Manager
Monterey Park, CA



Rey Arellano
Assistant City Manager
Austin, TX



Grow
Yourself



Grow
Your
Career

To Grow Yourself....

1. Know Yourself
 2. Check Yourself
 3. Be Ready
 4. Create More
- 

Know Your- Self

- Assess strengths and limits
 - Tools (Strength Finder, Emotional Competency indicator, Personality Assessments)
 - Trusted peers or mentors
- Face your fears, insecurities
- Evaluate your fit with organization's needs now or future
- **How do I honestly assess my myself, strengths, challenges, etc?**
- **How do I become courageous to face my fears?**

Check Your- Self

- Manage your own feelings and emotions – (could be more or less)
- Calm yourself to keep others calm to perform under trying times
- Be optimistic and resonate hope, express warmth
- Center and ground yourself

- **How do I keep my emotions in check? How do I express them?**
- **How do I develop better emotional intelligence and interpersonal skills ?**

Be Ready

- Know what it means to “feel” ready
- Reduce energy (friction) in transition to action
- Create forward movement

- **How can I be more flexible and adaptive to changing conditions?**
- **How can I move forward with ease and bring others along?**

Create More

- Create teams, partnerships, collaborate: the whole is greater than sum of its parts
- Empower yourself and others (work at “top of your license”)
- Engage at all levels (coaching and mentoring)
- Be open to new ways of thinking, being, doing – expand *your own mind*
- **How can I build greater capacity in myself and my organization?**

The Process for focused speed coaching

- 1) Each zoom room: Coach and Learner(s)
- 2) Introductions
- 3) Learner shares how they approach the Growth Action, and where they need help.
- 4) Coach gives feedback and shares insight and experience
- 5) At end of 10 minutes, Coach will be switched into another zoom room and discuss another Growth Action
- 6) Each round is a different Growth Action. We do four rounds to hit all 4 Actions.

Safe Place/Brave Space: confidentiality – what is said in the zoom room, stays in the zoom room unless permission is given for disclosure

To Grow Yourself....

1. Know Yourself: How do I honestly assess my myself, strengths, challenges, etc?
How do I become courageous to face my fears?

2. Check Yourself: How do I keep my emotions in check? How do I develop better emotional intelligence and interpersonal skills ?

3. Be Ready: How can I be more flexible and adaptive to changing conditions? How can I move forward with ease and bring others along?

4. Create More: How can I build greater capacity in myself and my organization?



Focused Speed Coaching

February 11, 2022



Thanks for joining us

To give us feedback on today's program, please fill out this quick [survey here](#)

If interested in participating in an I-NAPA mentoring program, please fill out [this form here.](#)