

Orientation

Day 1

Breakfast and Networking

Welcome and Program Overview

Dorian Grey, Senior Director, Leadership,
Entrepreneurship, and Innovation

Dorian Grey

1 year Chamber Anniversary, Sept. 9; Business and Legal Professional, Community Engagement



Marianne Bogard

15+ years at the Detroit Regional Chamber, 10+ years as a Certified Meeting Professional



Pilar Doakes, Manager, Signature Events and Leadership Detroit

Born and raised in Detroit, 20+ years in Hospitality, Went to the BEST HS in the city



Introductions and Ice Breakers

The Gift of Connection

Mark Ostach, Author, Speaker,
and Leadership Coach; LD 30

The Gift of Connection

*Reclaiming Presence
In the Age of Distraction*



 **Mark Ostach**

Setting the Stage



CONNECTION IS THE **BOTTOM LINE.**

+21%

more profitable — teams
with strong social bonds.

GALLUP

+70%

more engagement among
connected employees.

**AMERICAN
PSYCHOLOGICAL ASSN.**

−25%

less stress where wellness is
real, not rhetoric.

**HARVARD
BUSINESS REVIEW**

Fear of Future

Uncertainty

Depression

Remote Work

Overwhelmed

We are in a **Connection Crisis**

Loneliness

Worry

AI Confusion

Anxiety

*Team
Morale*

Purpose

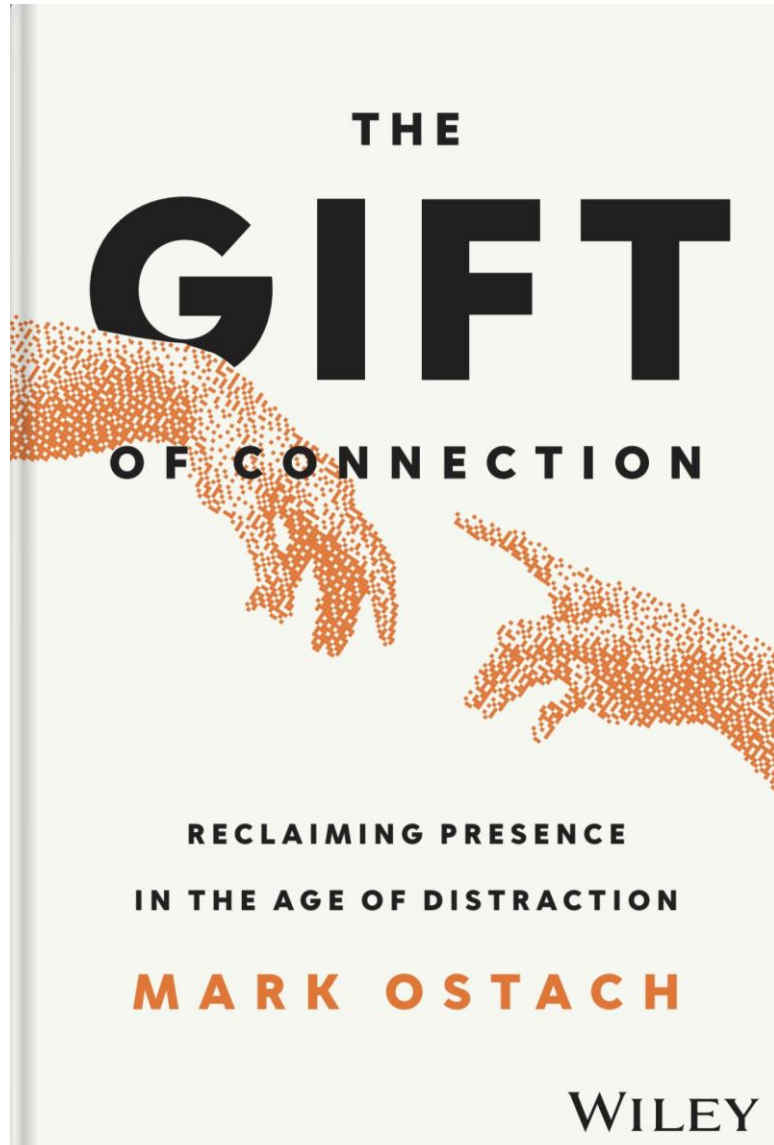
Engagement



**Bring Home
What Sticks!**

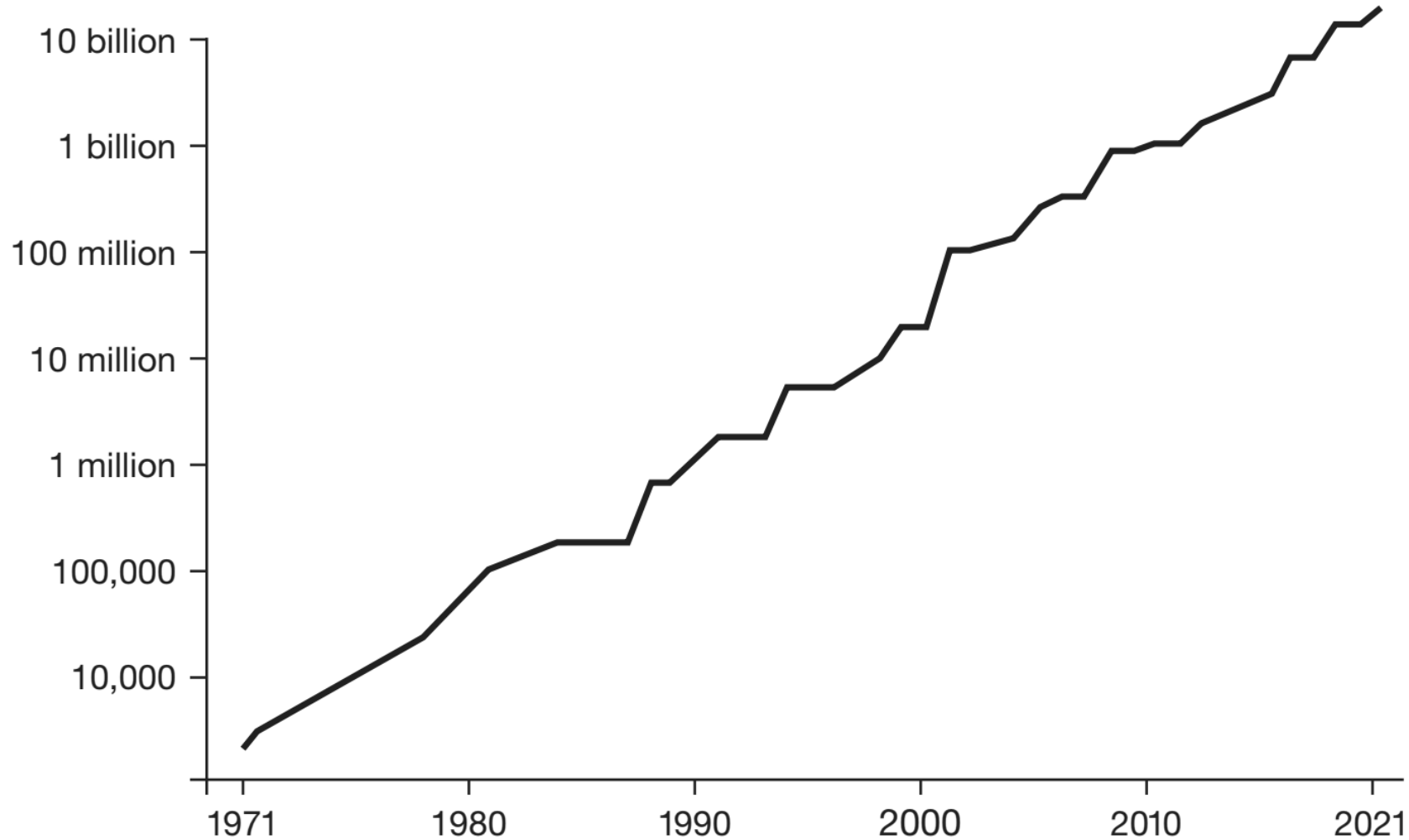
ACTUAL VIDEO FOOTAGE OF
HOW I FEEL WHEN I
GIVE SOMEONE ADVICE AND
THEN WHAT THEY DO WITH IT.





Moore's Law

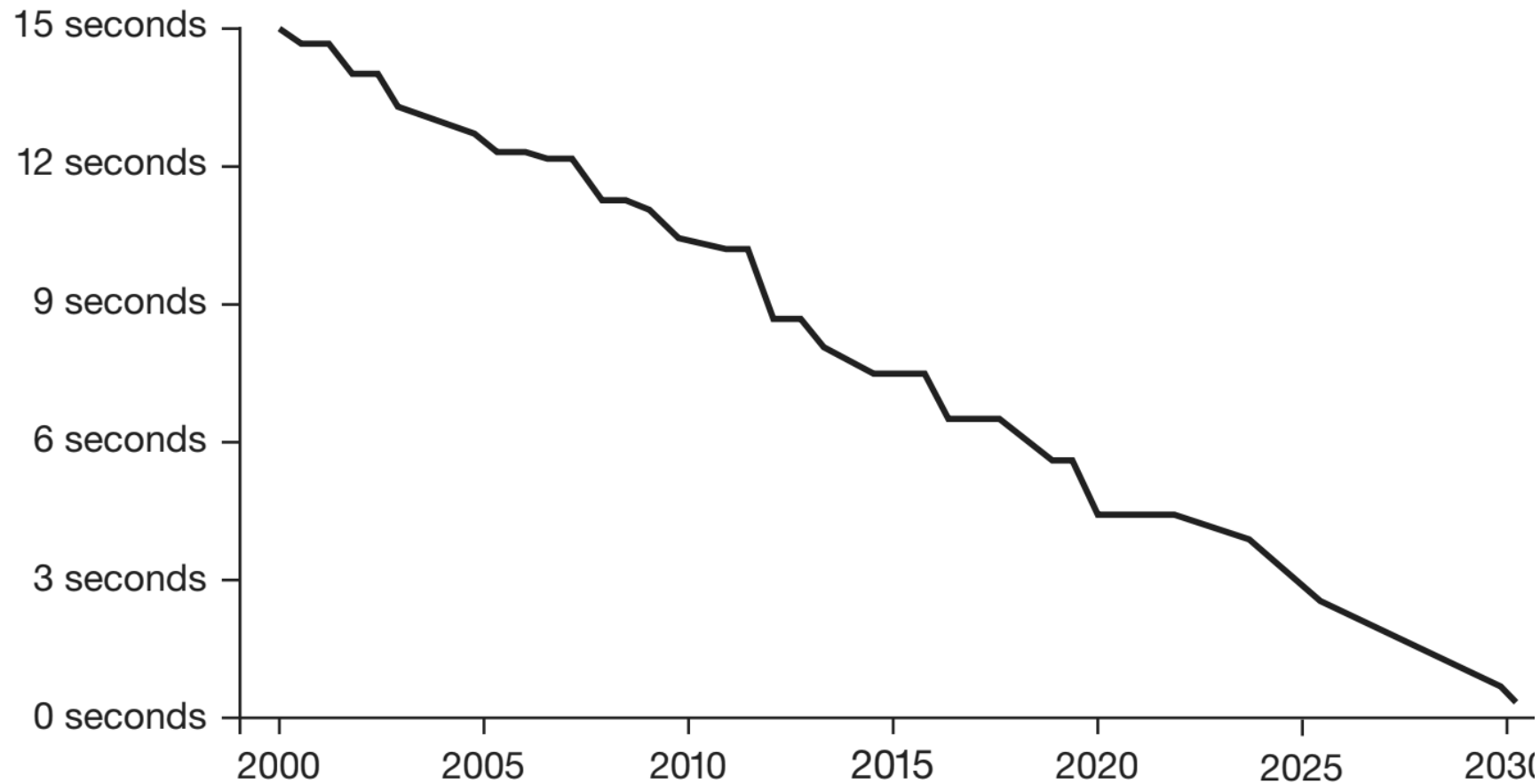
Computing Power Doubles Every 2 Years



Mark's Law

Attention Span Decreases 2 Seconds every decade!

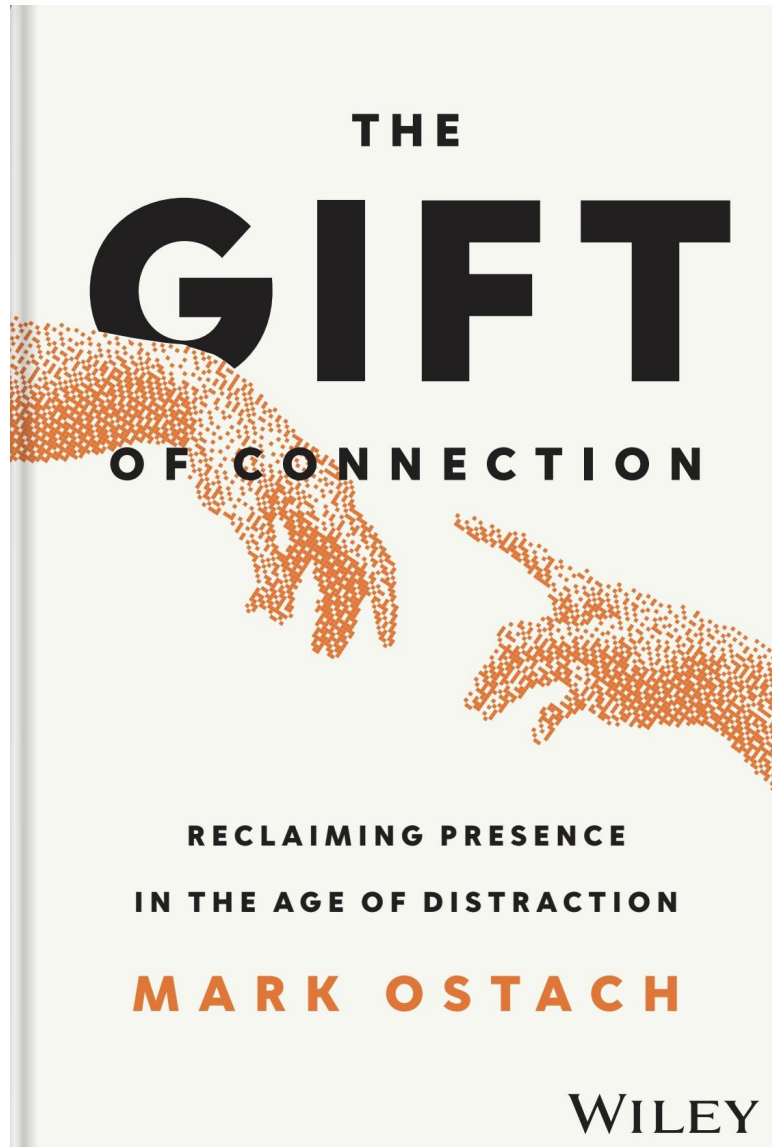
Attention Span



**“Moore’s Law doubled our power.
Mark’s Law demands more presence.”**







I LOST MY
'WHY' FOR
WRITING
THIS BOOK



WHAT THEY LEFT BEHIND

TWO GRANDFATHERS. TWO ARTIFACTS.



1949

TRAVEL JOURNAL

Grandpa LePine



1962

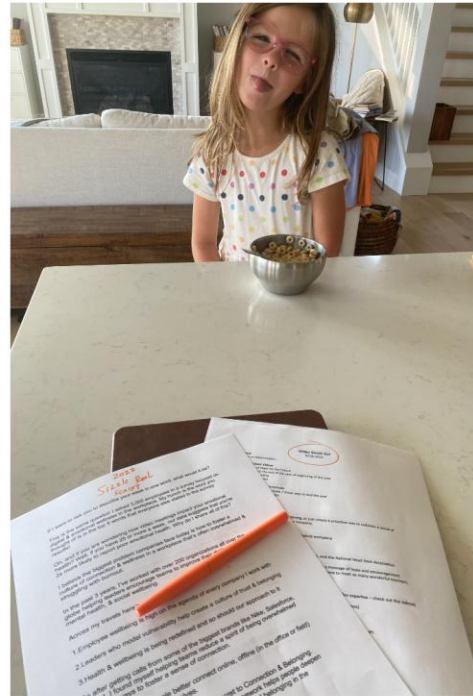
NEW TESTAMENT

Grandpa Ostach

Ordinary objects, made extraordinary by whose hands held them.

THE GIFT OF CONNECTION

MY CREW IS ALWAYS CHEERING ME ON.



THE GIFTS MODEL

Five attributes to help with The Practice of Presence TM.



G

GRACE

Grace helps things feel less difficult.

I

INFLUENCE

Intentional Influence is felt forever.

F

FOCUS

Where your attention goes, focus follows.

T

TRUST

Trust based vulnerability creates connection.

S

SENSITIVITY

Follow the nudge. Turn down the noise.

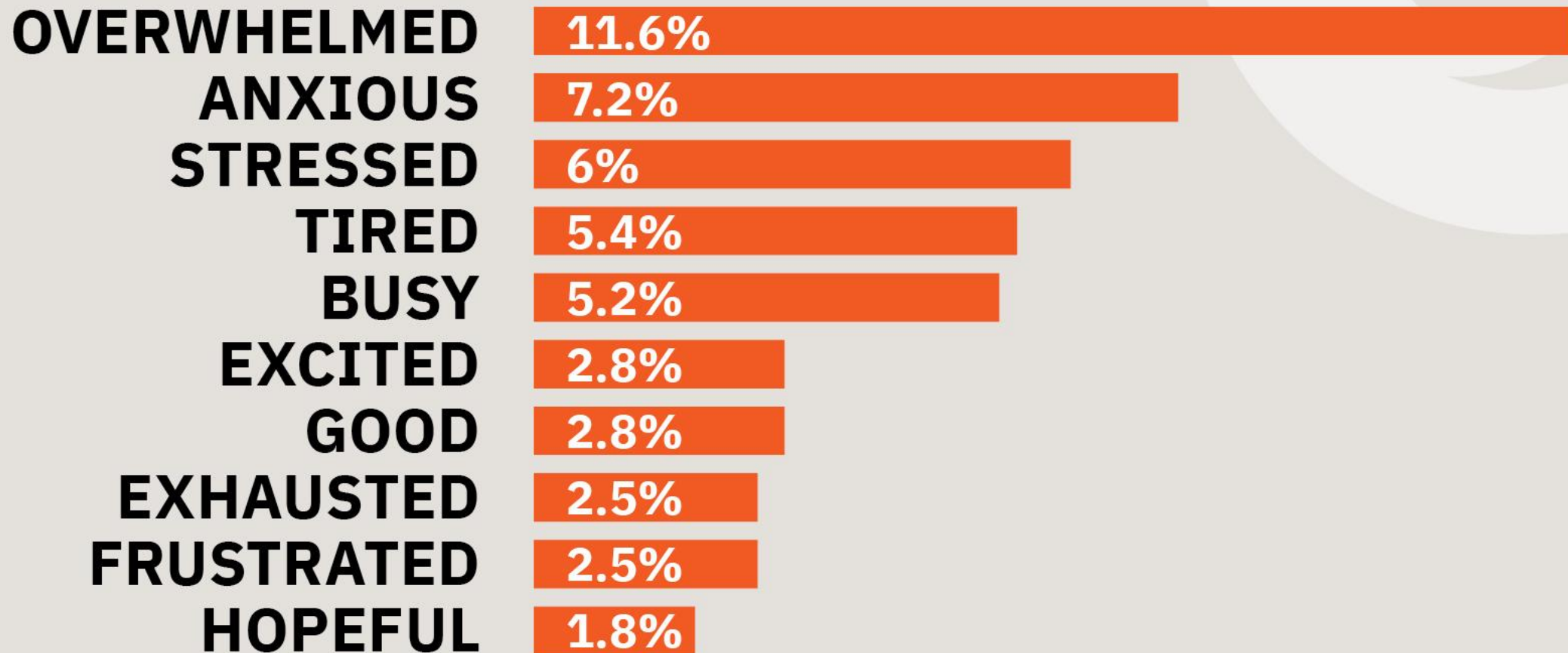


GIFTS **GRACE**

Life is hard. Grace helps things feel less difficult.



Top 10 words *(Global Survey)*



*How you feel
impacts how you lead!*



If you have more than
25 video meetings a week
you are 2x more likely
to have poor emotional health.





GIFTS





GIFTS



12:51



1.8 MI



Edit

Greeting

Voicemail

- **KIDS TINCAN** Saturday 00:05 ⓘ
mobile
- KIDS TINCAN** Saturday 00:22 ⓘ
mobile
- KIDS TINCAN** Saturday 00:08 ⓘ
mobile
- **KIDS TINCAN** Wednesday 01:58 ⓘ
mobile
- KIDS TINCAN** Wednesday 00:00 ⓘ
mobile
- **KIDS TINCAN** Wednesday 00:10 ⓘ
mobile
- KIDS TINCAN** Tuesday 00:34 ⓘ
mobile
- +1 (734) 224-8966** Tuesday 00:33 ⓘ
Temperance, MI
- **ken ostach** 6/29/26 ⓘ
mobile



Favorites



Recents



Contacts



Keypad



Voicemail

GIFTS



GIFTS



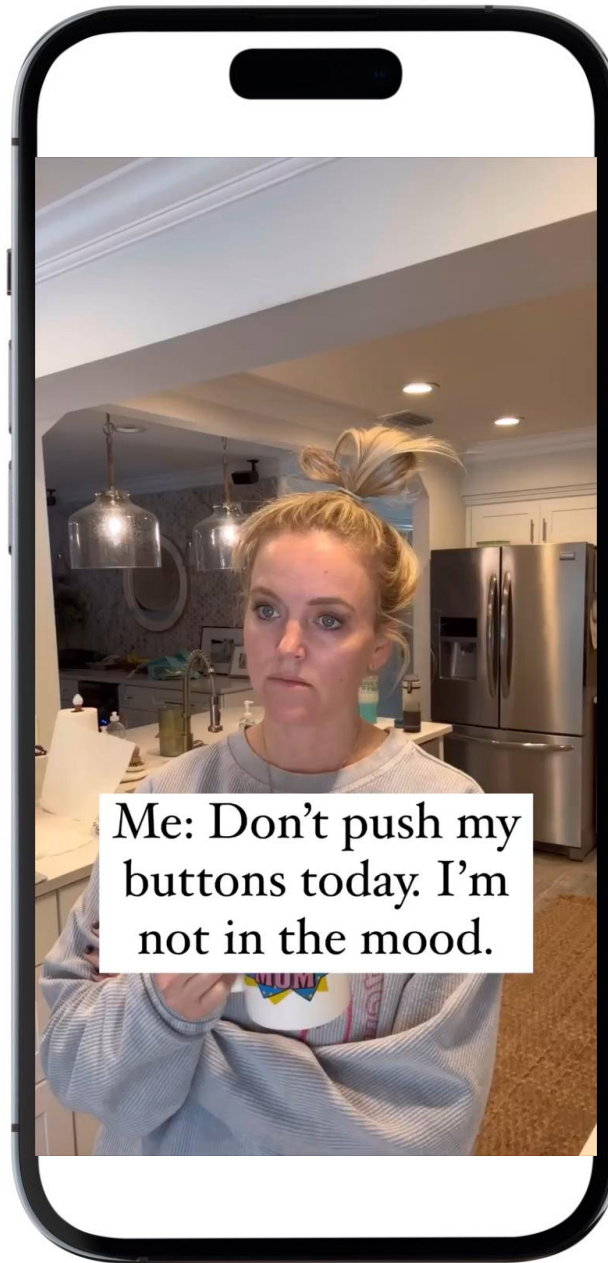
800-222-2345
562-222-2345
davis@jaguar.com 800-222-2345

Sheriff
378 Depot Rd
Clarkston, MI 48346



TAKE SPACE AND OFFER GRACE





Me: Don't push my
buttons today. I'm
not in the mood.

SHARE A MEAL TOGETHER 😊





GIFTS INFLUENCE

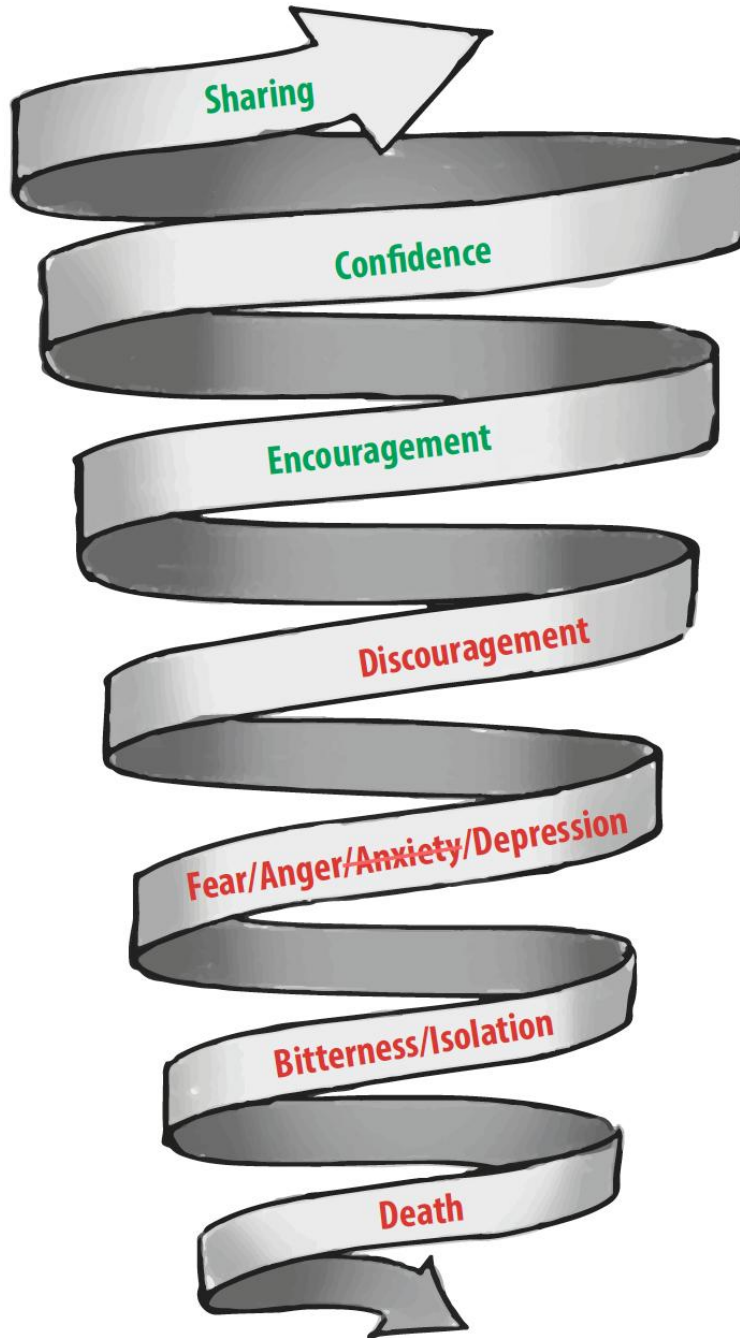
The way you show up – shows a lot about your intention.



***Relationships
Shape Your Future***



The Spiral Of Life



The Mentorship Pyramid



Mentorship Group Around Imposture Syndrome 😊

I need people around me with whom I can remove the leadership mask.





GIFTS



Finding Connection Points



“Lacking social connection is as dangerous to your health as smoking 15 cigarettes a day.”

-US Surgeon General



Make Every Conversation Count



Generative Dialogue

Generative Dialogue is a purposeful conversation that goes beyond surface-level talk to spark reflection, deepen understanding, and strengthen human connection.



Generative Dialogue

What is something you are proud of in the last 30 days?

What are you are looking forward to in the month ahead?

Note, you can answer these personally or professionally.



Other Generative Questions

1. How do you spend your time?
2. What has been giving you energy lately?
3. What's one thing you're grateful for right now?



INTENTIONAL INFLUENCE SPARKS CONNECTION & BELONGING



Scan this QR code



FREE GUIDE



QUESTIONS THAT CREATE CONNECTION

Thoughtful questions to spark real conversation — with the people who matter most.



MARK OSTACH

Human Connection & Wellness Speaker · markostach.com



GIFTS **FOCUS**

Where your attention goes, focus follows.



Make Margin for Meaningful Moments



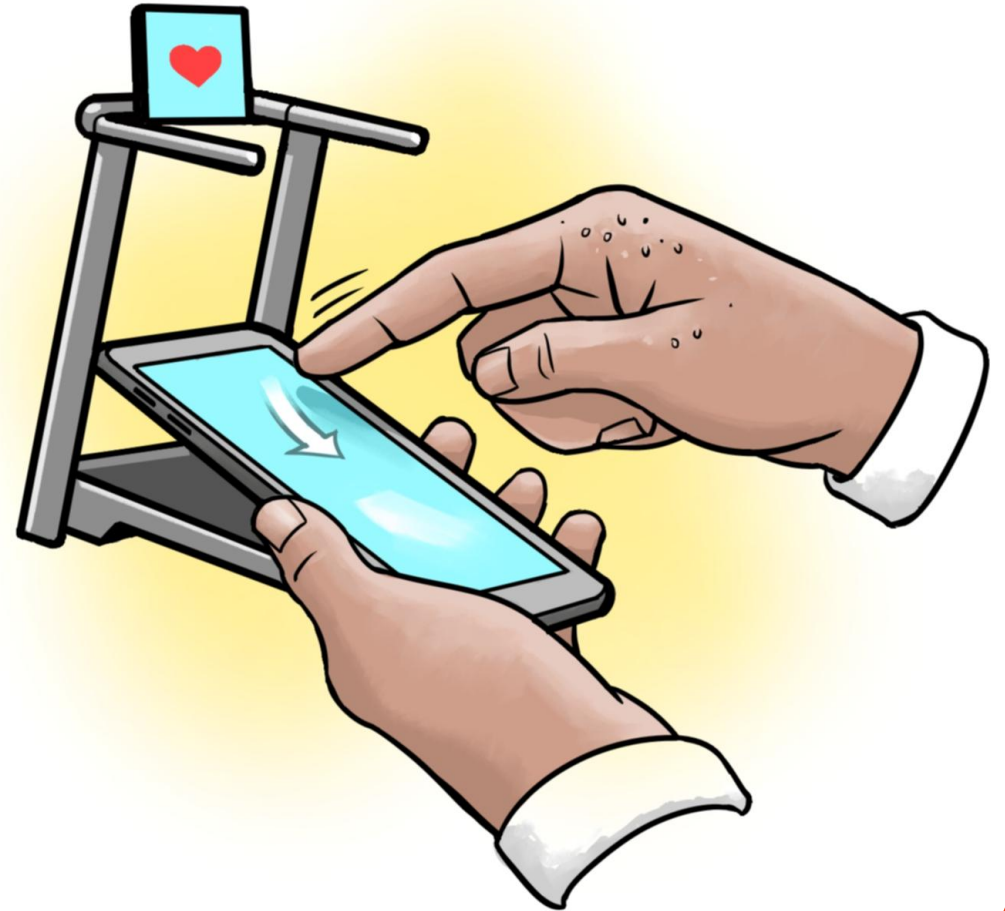
What's the **#1 Distraction** To Our Ability to Focus?



Our Phones!

We spend **4.5 hours** a day scrolling on our phones.

If our screens were a treadmill, our fingers would cover **5 miles a day in distance!**



APRIL 26

04/26/2023 02:58:48 PM

WARREN CONSOLIDATED SCHOOLS

Driver

On the Road

CBS EVENING NEWS
WITH NORAH O'DONNELL

**DISTRACTION IS THE NEW INJURY.
FOCUS IS THE NEW RECOVERY.**







5 Ways To Improve Your Digital Wellbeing

1. No digital gadgets
at meal time.

GIFTS 2. Sleep device free.



Unbelievable!

Side A







Unbelievable!

Side B







April 6, 2021

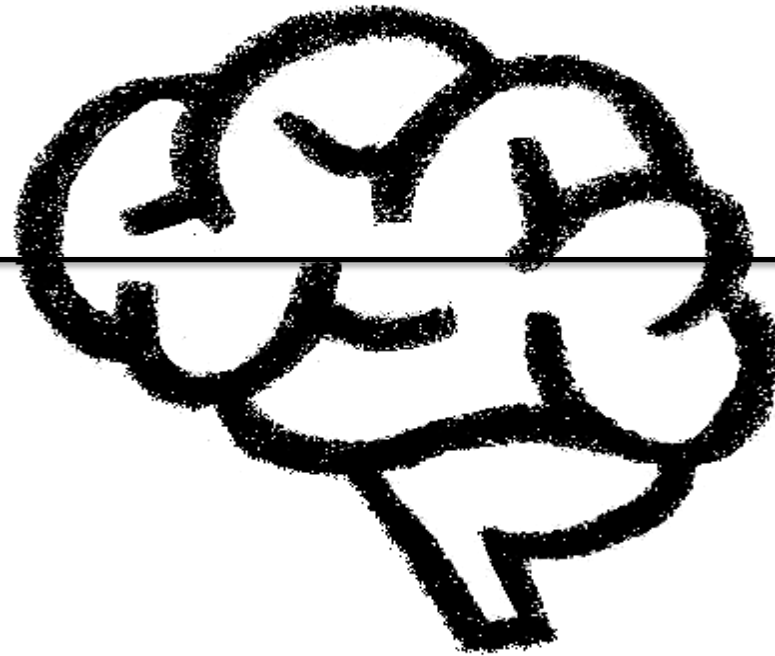
TM & © Universal Studios

Focus on the Right Side!

Our Brains & Focus



Upstairs & Downstairs Brain



BURNOUT & THE BRAIN

322B

Global
Cost of Burnout

2 MIN

Workplace
Interruptions

\$4K–\$21K

Avg Annual
Cost of Burnout



Healthy Leaders Bring The Heat!

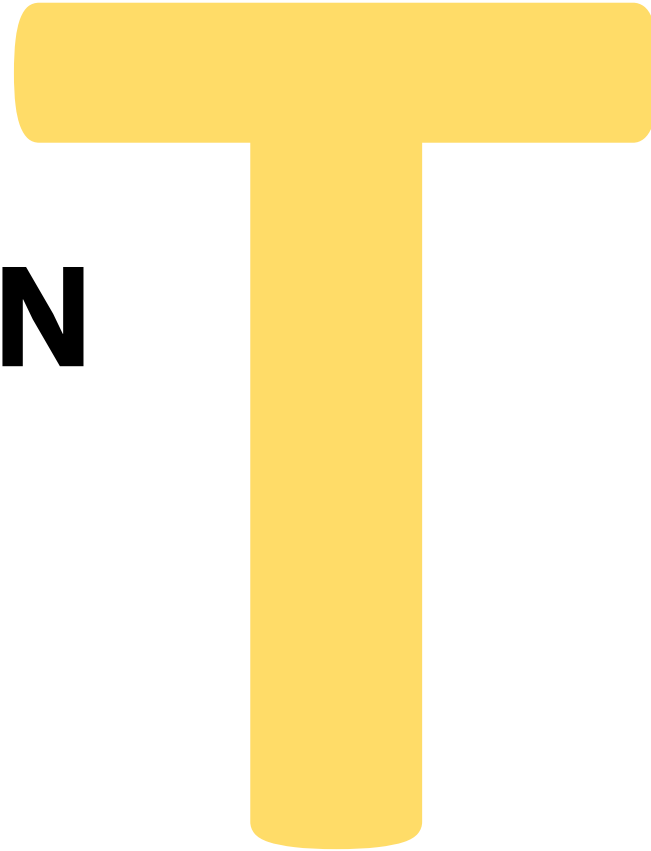


Honor
Expansion
Availability
Training





COMMUNICATION



**TRUTH
TONE
TIMING**

The 3 D's of Reacting

1. **Dynamite**
2. **Dangerous**
3. **Damaging**



The 3 C's of Responding

1. Calm
2. Cool
3. Collect



Find the Focus Zone



Focused Breathing



©2005 Loving Guidance Inc.
www.ConsciousDiscipline.com

S.T.A.R



© 2005 Loving Guidance Inc.
www.ConsciousDiscipline.com

Drain



©2005 Loving Guidance Inc.
www.ConsciousDiscipline.com

Balloon



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www.ConsciousDiscipline.com

Pretzel

WHERE ATTENTION GOES,
FOCUS FLOWS.



GIFTS

TRUST

Trust based vulnerability creates connection.

GIFTS

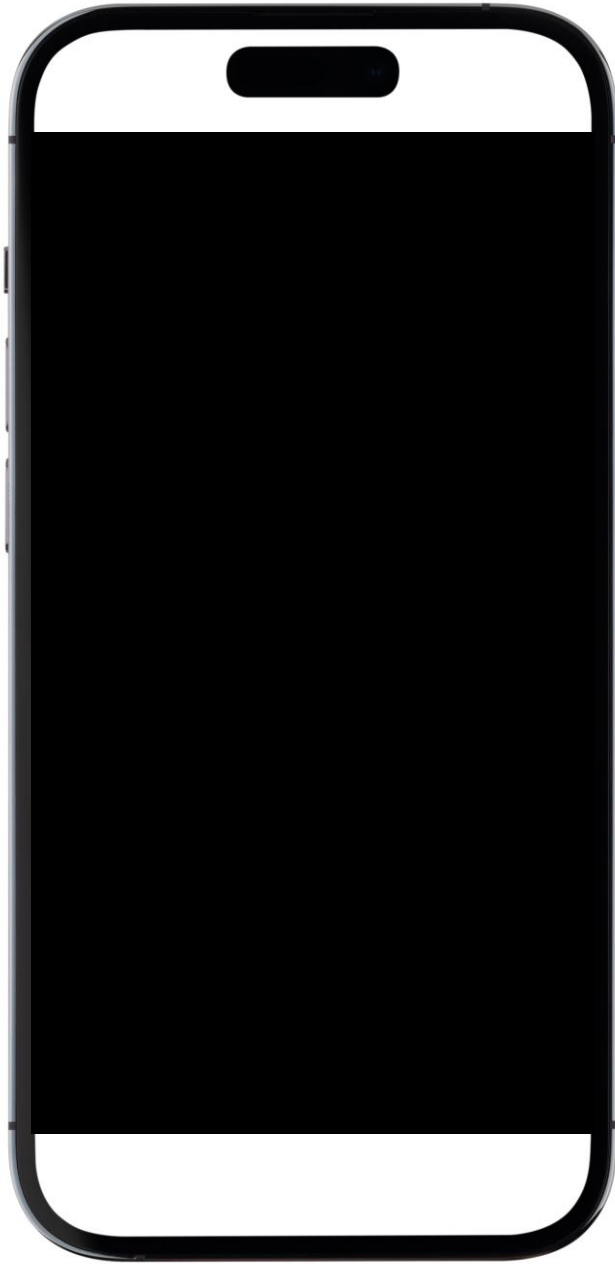


Vulnerability

*is the emotion that we experience
during times of uncertainty, risk, &
emotional exposure.*



Sharing Is Caring



Johari's Window

<u>Arena</u> I Know You Know	<u>Blind Spot</u> I Don't Know You Know
<u>Facade</u> I Know You Don't Know	<u>Unknown</u> I Don't Know You Don't Know

If You Really Knew Me...

An exercise to encourage vulnerability



Vulnerability







If You Really Knew Me...

An exercise to encourage vulnerability



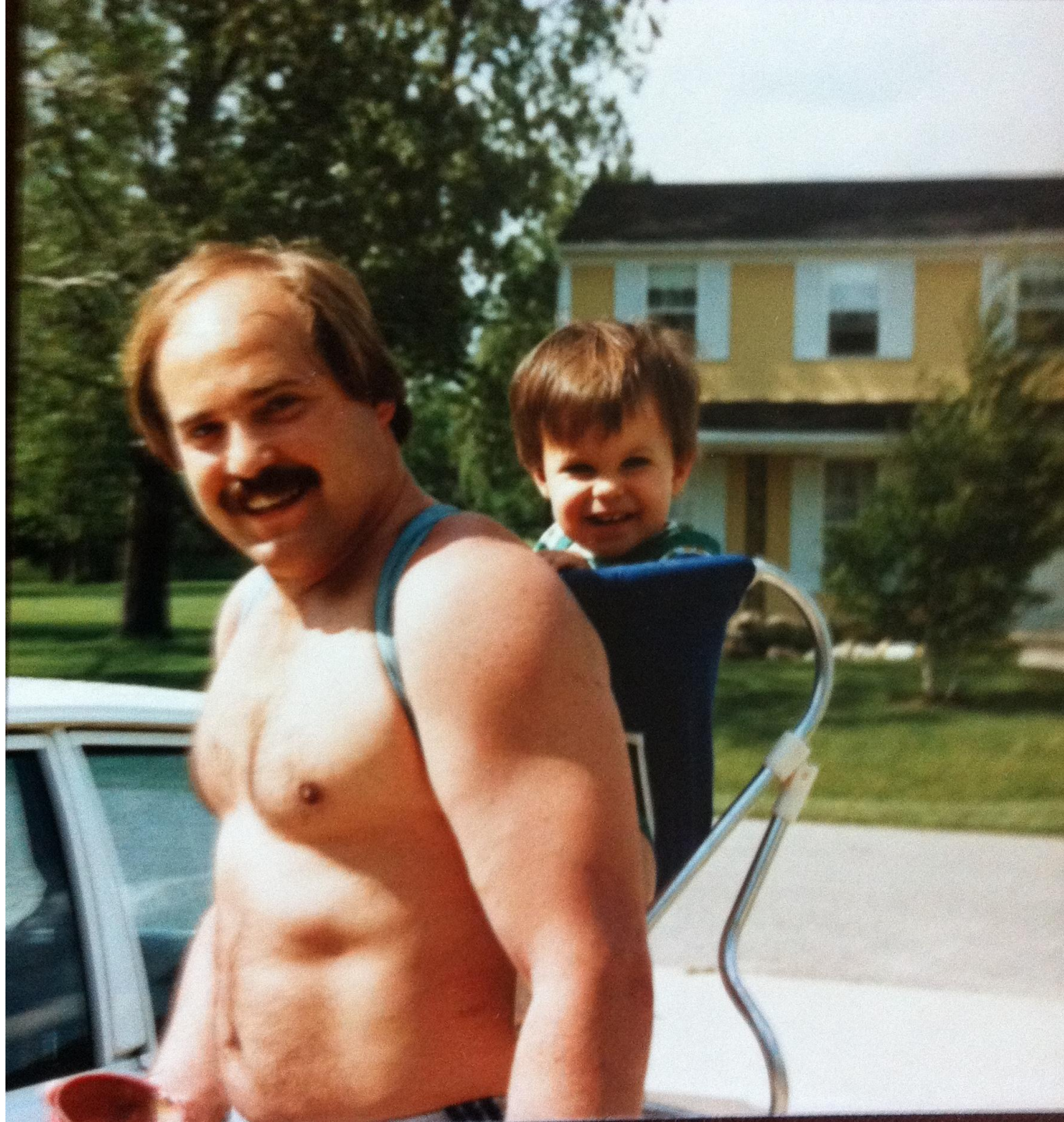
KENNY G
BREATHLESS



GIFTS



GIFTS





GIFTS





GIFTS



GIFTS



GIFTS







GIFTS THE
ARETHA



RAIN

Recognize, Allow, Investigate, Nurture

R*ecognize what is happening*

A*llow the experience to be there, just as it is*

I*nvestigate with interest and care*

N*urture with self-compassion*



TRUST BASED VULNERBITY
CREATES CONNECTION





Give feedback to Mark

Scan this QR code



Or go to

<https://talk.ac/markostach>

and enter this code when prompted

CONNECT

GIFTS

SENSITIVITY

Follow the nudge and ignore the noise.





FIND YOUR SACRED SPACE



Turn Down Techniques

1. Phys

2. Easy



GIFTS

3. Flexible



Turn Down Techniques

- Running
- Walking
- Coffee with a friend
- Making lists
- Accomplishing minor tasks
- Jumping rope
- Playing music
- Taking a drive
- Reading a book
- Etc.







GIFTS



SACRED SPACE
TURNS DOWN THE NOISE.



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Grace helps things feel less difficult.

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Intentional influence is felt forever.

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Where your attention goes, focus follows.

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TRUST

Trust based vulnerability creates connection.

S

SENSITIVITY

Sacred space helps turn down the noise.

GIFTS



YOUR PRESENCE IS THE PRESENT.



DON'T MISS IT!







Lost and Found Department



Mila,

Thank you for letting
me stay at Boyne
Mountain a few more
days. I rode the
chair lift, it was
fun. So was the
Waterpark. I missed
you though. I was
ready to come home.





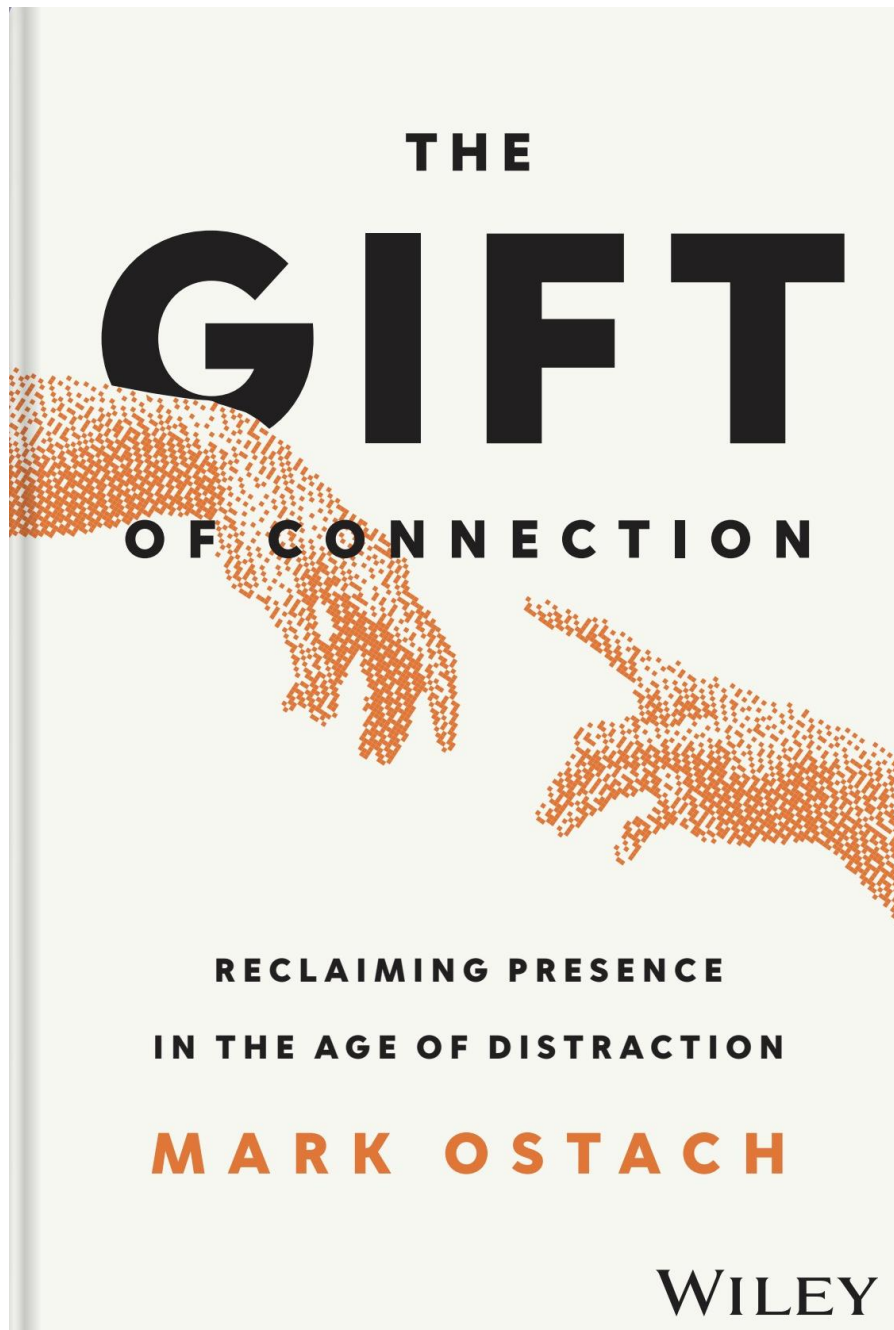


YOUR PRESENCE IS THE PRESENT.



DON'T MISS IT!





Mark@MarkOstach
313-268-2893



Lunch

By Hightower Catering

Tour of Durfee Innovation Society

Break

Defining Moments

Tanya Hill, President, ForeverFresh Disposable Products; Member, Board of Directors, Detroit Regional Chamber; LD 23

Discover Life Remodeled

Diallo Smith

President and Chief Executive Officer, Life
Remodeled; LD 42

Defining Moments

Wrap Up

Details for Orientation Day 2

Location: Detroit Yacht Club

Time: 8:30 a.m. to 5:30 p.m.

Attire: Business Casual (see Club's website for more details)

Meals: Provided by Detroit Yacht Club

Wrap Up

- Complete Pre-Program Survey
 - Join the WhatsApp Group
- Fill Out the Absence Form if Missing a Session



Orientation

Day 2

Breakfast and Networking

Welcome

Dorian Grey, Senior Director, Leadership,
Entrepreneurship, and Innovation

Personality for Empowered Human Dynamics

Allison McClintick, Psychology and
Leadership Specialist and Executive
Consulting Coach

Lunch

By Detroit Yacht Club

City Institute Scavenger Hunt

Chamber Welcome and Defining Moments

Megan Spanitz, Chief Operating Officer
and Chief Strategy Officer,
Detroit Regional Chamber; LD 32

Wrap Up

- Complete Pre-Program Survey
 - Join the WhatsApp Group
- Fill Out the Absence Form if Missing a Session



Details for Orientation Day 3

Location: Meet-Up at Techthree

Time: 8 a.m. to 3:30 p.m.

Attire: Business Casual with comfortable shoes for walking

Lunch: Provided by Marygrove Conservancy

LD Social Hour at the Detroit Yacht Club

Orientation

Day 3

Welcome

Dorian Grey, Senior Director, Leadership,
Entrepreneurship, and Innovation

Jeanette Pierce, President, City Institute; LD 32

Detroit Learning Journey Bus Tour

Lunch at Marygrove Conservancy and Tour of Live6

Detroit Learning Journey Bus Tour Continues

Wrap Up

- Complete Pre-Program Survey
 - Join the WhatsApp Group
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