

# The Social Landscape of Camp: Building Positive Relationships





# What do you know, but don't know you know?



# Our Emotional-Relational Being

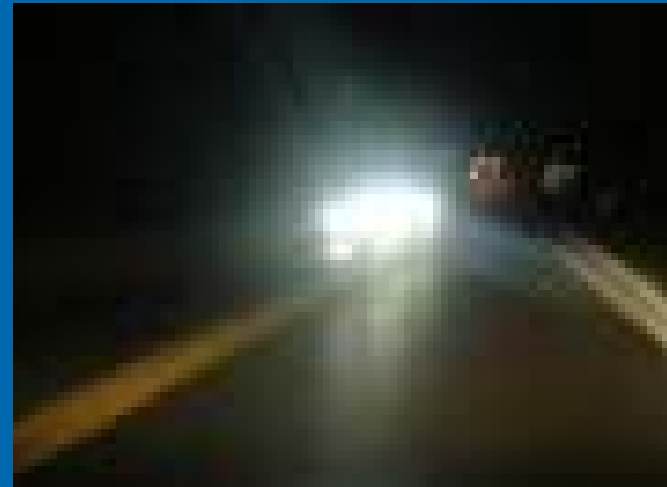
## Positive Emotions...

- Broaden and Build Capacity
- Increase Resilience
- Improve Health
- Undo Effects of Negative Emotions
- Improve Performance
- Breakdown Relational Barriers



# What Do You Want?

- More Headlights or Tail Lights?
- Camp as a System
- Responding in the Moment
- What Do We Want to Create Together?



# Positive Image → Positive Action

## Concepts Related to Creating Great Relationships

- Placebo Effect
- Pygmalion Effect
- Positive Affect/Effect
- Imbalanced Inner Dialogue
- Rise and Fall of Cultures
- Affirmative Capability

# You Can Co-Create Great Relationships in the Moment



# The Mack Truck!

- STOP!      Activate: EQ
- LOOK!      Reflect: Thinking, Feeling, Challenge Assumptions
- LISTEN!      Inquire: Be Curious, Expand Your Knowledge and Understanding
- ACT!      Aware & Responsible: Am I Expanding What We Want More Of?

# A Culture Where Positive Relationships Thrive



*Bucket Fillers  
and Dippers*

# Creating a Camp Culture of Positive Relationships!

- Tell on People: Spread Positive Stories
- Give Unexpectedly
- Shine a Light on What is Right
- Spotlight Individuals for Specific & Deserved Appreciation and Praise
- Focus & Comment on Strengths
- Fan Small Successes
- Offer Sincere Encouragement



# To Create Positive Relationships...

## **We Know...**

- We Are Connected & Evolving Together
- We Are at Our Best When Feeling Positive

## **We Can...**

- Create Positive Feelings Together  
Through Our Thinking, Speaking, and  
Acting

The solution—whether camper to camper, staff to camper,  
staff to staff, or staff to parent...

**...Together—  
Stop, Look, Listen, and Act  
with Intent to Fill the Bucket!**



# For Information:

If you would like details about Positive Psychology, Learning, Experiential Learning Equipment & Training or Appreciative Inquiry, please contact me:

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