OSEEC: The Open-source Social Engineering Education Course

Unit B - Dreeke

Week 7 - Day 1

Part 1, Sections 3-4

PART I

The Leadership Power of Trust

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Section 3
Breaking the code

Code Rule 1: Suspend Your Ego
Code Rule 2: Be Nonjudgmental
Code Rule 3: Validate Others
Code Rule 4: Honor Reason
Code Rule 5: Be Generous

- One hand washes the other.
- To have a friend, be a friend.
- What goes around comes around.
- Two can live cheaper than one.

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" Section 4
The Chemistry of Trust:
It's All About Us

Donut Diplomacy

The Chemistry of Trust, 101

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Reflection:

"Validating someone else doesn't mean approving of them, since the goal is to not judge people at all: with approval, or disapproval. Validation is far less complicated: no moral inventory is needed. It just means knowing who people are, what they're doing, and why you think that what they're doing is valid—not good or bad, just valid: something you might do if you were them."

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Exercise:

- Is your fuse too short?

- Do problems interfere with your sleep?

- Are you uncomfortable around new people?

- Do old betrayals still influence your actions?

- Do you have a thin-skin for perceived slights?

- Does failure hurt more than success feels good?

- Do you depend on external factors to normalize your mood?

- Do you take a certain pride in isolation?

- Do you get a guilty pleasure from seeing others fail?

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Thank You!

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