

The Hong Kong Polytechnic University
Department of Applied Social Sciences
APSS1L01 “Tomorrow’s Leaders” Group Presentation Outline

Dear Students,

When preparing for your group presentation outline, you may use this template and refer to the questions as a guideline/starting point.

This is not a script of your presentation. Rather, it is an outline with the key points and arguments that you will be using.

Anyone who reads your outline should be able to grasp the main ideas and flow of your presentation.

Note that the questions are just for your reference only, you may add in additional ideas/arguments where you deem appropriate.

Group:	3
Group coordinator:	Zoe
Group members:	Eden, Shawn, Edward, Joe, Sam
Presentation week:	13
Presentation topic:	Spirituality

Part 1. Report the story of the identified leader that can reflect at least one important attribute/quality of leadership covered in the lectures, based on solid literature sources

- *Who is the identified leader?*
- *Any video, newspaper, or other media that demonstrated the leadership attributes/ qualities of the leader?*
- *Please cite the sources of the video, newspaper, or other media.*

Barry Garapedian

Barry Garapedian is one of the most well-known spiritual leaders in business (James, 2020). He was founding partner of the Oaks Group and former Managing Director, at Morgan Stanley.

One of Barry's favorite passions is mentoring college students during their transition from college to the business world. He currently serves as a career coach at Pepperdine University and has mentored numerous students in recent years. His other philanthropic involvements include serving as a board member of the Pomegranate Foundation, and the Cancer Support Community Valley/Ventura/Santa Barbara and as past president of the Pepperdine Crest Advisory Board.(show his spirituality)

Although he succeeded in his business path, he experienced a lot because of the divorce with his wife. He and His wife were going through a separation, and he also lost touch with his family and friends. He wasn’t practicing his faith and I was physically and mentally exhausted because of his tirelessly working away at the office. Consequently, he's life is becoming messy. He made the decision to fight for his family every day, to spend time with them, and rebuild his relationship with his wife, Shay, and kids, Missy and Scotty. He started coming home from

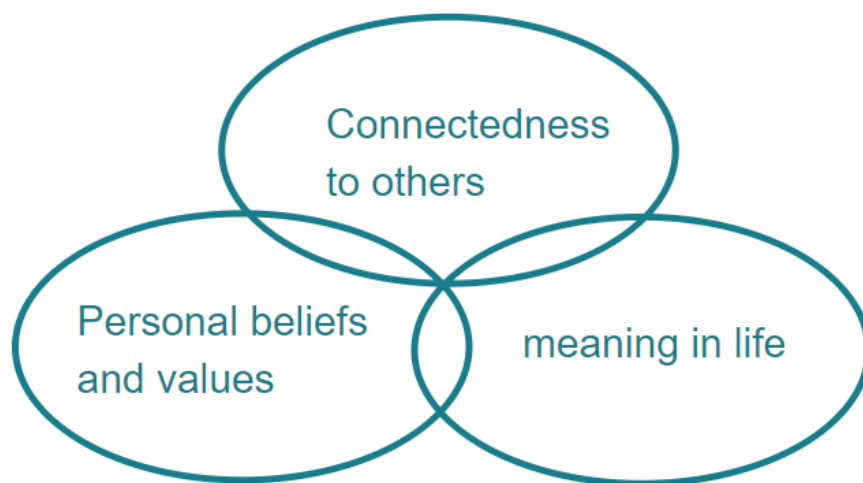
work earlier to spend time with them. His life began to turn around, and his dreams became a reality — he remarried! He finally had the love of his life back.

Scholars define spirituality as “an awareness of being or force that transcends the material aspects of life and gives a sense of wholeness or connectedness to the universe” (Myers, Sweeney & Witmer, 2000).

Part 2. Review one theory or model about the nature of the attribute the leader demonstrated

- *What is the theory/model about?*
- *How does it help with our understanding of the attribute?*
- *What are the components of the model?*
- *What are the strengths and weaknesses of the model?*

Various definitions of spirituality have been put forward by different researchers. Lau pointed out that three key elements of spirituality had been identified in the literature (2006). The first element is horizontal as well as vertical relationships in human existence (Carson, 1989). In the picture of the model, it means that it is connected to others. While horizontal relationships are related to oneself, others, and nature, vertical relationships involve a transcendental relationship with a higher being. The second element is beliefs and values which are integral to answers to spiritual questions such as life and death. The third element is the meaning of life. In this paper, a broader conception of spirituality - horizontal and vertical relationships, beliefs, meaning of life - is adopted (Daniel, 2012).



(Lau, 2006)

These three elements of spirituality help us to understand spirituality, this abstract word. Three components makes definition of spirituality more explicit, and more easier to understand. Spirituality is like staying close to your loved one and your friends, or making an effort to give without expecting anything in return, and understanding more about what makes you in your life, what you are going to do.

Component 1 - connectedness:

vertical-dimension: person's transcendent relationship with God.

horizontal-dimension: relationship one shares with himself/herself, others and the environment in connectedness (Carson, 1989).

Spirituality is also expressed and experienced through interconnectedness with nature, the earth, the environment, and cosmos.
others-social activities
environment-connecting to the profundity of a distance itself and to its existent beauty but not in a superficial way.

Component 2 - personal beliefs and values:

Different types of spirituality provide a variety of beliefs and values that guide our behaviors and/or answer some essential questions surrounding life and death issues

Core values point the needle of your compass, illuminating the pathway toward living a meaningful life — one that's filled with passion and purpose.

Component 3 - meaning in life:

example: Victor Frankl - Holocaust survivor

He survived the Holocaust by finding personal meaning in the experience, which gave him the will to live through it.

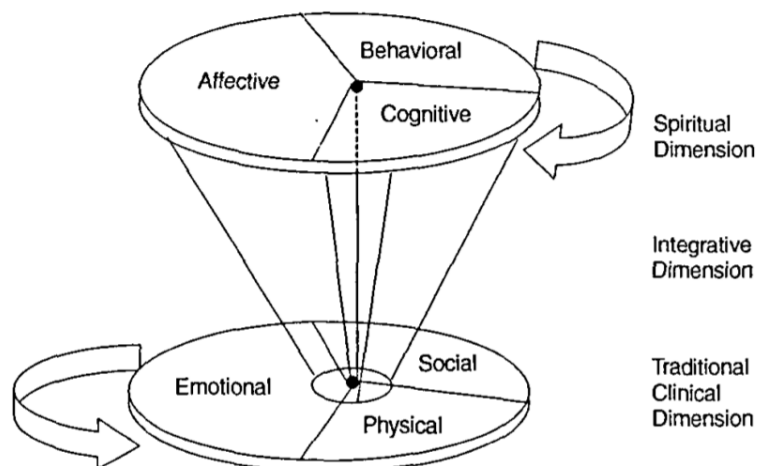
Asking yourself, "What makes you happy?" Why are there always ups and downs, twists and turns in our lives?" Then reflecting on it.

Strength:

more comprehensive compare to the Myers' model (only personal and private beliefs)

Weakness:

no connection between physical human



Spiritual Dimension --- Integrative Dimension --- Traditional Clinical Dimension
(Ellor, 1999)

Part 3. **Analyze the story of the leader** with the reviewed theory/model;

- Please use the theory/ model to analyze the story of the leader.
- You may use the related components of the theory/ model to apply to the leader's case.

According to Barry Garapedian's experience, his life is not always smooth and successful. He suffered from going through a separation with his wife, lost touch with his family and friends, stopped practicing his faith, and was physically and mentally exhausted. After that, he began to realize what genuinely spurred him to accomplish those tasks, again and again, making him spend mornings, evenings, and weekends tirelessly working away at the office. Gradually, he found the answer is five significant factors: family, friends, faith, fitness, and finances. It took time for him to grasp that true wealth and happiness are derived from the valuable relationships we build with family members and loved ones. He started to spend more time with his children and wife, taking his daughter's dancing rehearsal or attending their fitness courses, etc. Secondly, his interpretation of faith is that always keep faith in mind that things will go well after the lower point in your life. It is the five significant factors that brought him back to a successful life journey in which he can apply altruistic love and spiritual leadership when collaborating with his colleagues or employers.

Part 2

1. personal beliefs and Values

Steve Jobs: "So you have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, life, karma, whatever..."

Different types of spirituality provide a variety of beliefs and values that guide our behaviors

In 2000, with 17 years of business experience up to this point. He was listening to yet another business leader lecturing on how to be "more successful." It was Jim Hansberger — an industry veteran and well-known in the world of financial advisors. His presentation titled "The Five F's," He opened my notebook and started mechanically taking notes as he had so many times before. At that time, he thought this was not going to help advance his life.

In 2003, he thought that there is not any sort of meaning or purpose for him to move forward. He worked in the office day by day. He saw that notebook and realized the importance of spirituality. He thought faith was essential. He had an expectation of good things to come. For example, In order to change his life for the better, he had to believe that he could bring his family back together. Finally, he did it. He had his wife back.

Leaders should be confident that the team is able to achieve the vision. This represents the hope/faith necessary to inspire the team to make the vision a reality and gives employees a sense that their life has meaning.

2. connectedness to others

-family

He started to come back home early, had dinner with his family members and tried to fix relationship with his wife and his children. Connected to nature, mountain biking trails were his favorite, he took his wife to do it with him.

-friends

He slowly began to rekindle those friendships. So, he set up tennis matches, bike rides, and ski trips with various groups of friends.

3. Meaning in life

Part 4. Discuss two ways by which the attribute/quality can be practiced/applied in real life or one's career

- *What practical ways can classmates employ/ apply in your current status as university students or your future professions/ careers?*

optimism

Sometimes, our emotions will affect our thinking, especially when we are facing difficulties. However, just like Barry Garapedian, he always uses positive emotion to tackle the problems. One year, his wife is going through a separation with him. He loses his family and friends. However, how does he leave the valley? "He said that I climbed the ladder to "success" with a positive, forward-moving, fast-paced stride. I gave everything I had to my career". Although our emotions seem not important, they may give you the courage to pass through the problems. We are university students. Problems, like a lot of tests, happen every minute. We will get frustrated easily. However, just like the writer in Washington DC, Emily Esfahani Smith said "Happiness comes and goes, but when life is really good, and when things are really bad, having meaning gives you something to hold on to." When we are positive, we will get the mental support to support us to find the solution to go on.

set goals

Setting goals are very important no matter whether we are learning or working. For example, when we are still in secondary school, we would pay much effort to learn and review the knowledge in the exam syllabus. As we make an invisible goal which is getting the offer from the university. The goal is to motivate people to work hard. In university, if students want to get a higher degree, then they will pay more effort to get a great GPA. In the future, if without any goals, people would be like a walking dead in the workplace. Instead, if your goal is to start your own business, you would not complain that the job now is exhausting. Because of the goal, you know that it is worth working hard to make money.

***explain how to realize two ways.

*** more specific

References

- *References are to be made in APA format.*
- *In-text citations must be included in your slides.*
- *A bibliography should be included at the end of your presentation containing ALL references that were cited.*

Carson, V. B., & Saunders, W. B. (1990). Spiritual dimensions of nursing practice
spiritual dimensions of nursing practice . *Nursing Standard*, 4(16), 44–44.

<https://doi.org/10.7748/ns.4.16.44.s47>

Ellor, J. W., Netting, F. E., & Thibault, J. M. (1999). *Understanding religious and
spiritual aspects of human service practice*. University of South Carolina Press.

Garapedian, B. (2020, November 19). *Barry Garapedian's key to succeeding in life*. The Utopian Life. Retrieved November 8, 2021, from <https://theutopianlife.com/2020/11/05/barry-garapedians-key-to-succeeding-in-life/>

Lau, P. S. Y. (2006). Spirituality as a positive youth development construct: Conceptual Bases and implications for curriculum development. *International Journal of Adolescent Medicine and Health*, 18(3).
<https://doi.org/10.1515/ijamh.2006.18.3.363>

Myers, J. E., Sweeney, T. J., & Witmer, J. M. (2000). The Wheel of Wellness Counseling for Wellness: A Holistic Model for treatment planning. *Journal of Counseling & Development*, 78(3), 251–266.
<https://doi.org/10.1002/j.1556-6676.2000.tb01906.x>

Shek, D. T. (2012). Spirituality as a positive youth development construct: A conceptual review. *The Scientific World Journal*, 2012, 1–8.
<https://doi.org/10.1100/2012/458953>

- The video presentation is around 20-25 long. It is to be conducted in English and all group mates are required to show up in the video.
- You are encouraged to think of creative and interactive ways to present your ideas.
- Students are required to video record their presentation and upload the video to Blackboard one week before the lecture.
- A 20-25 minutes Q & A session will be held in the lecture. It is expected that all other groups will watch the video clips before the lecture and participate in the in-class Q & A sessions.
- The general principle is that marks equivalent to a sub-grade will be deducted per day for late submission without approval.

Please feel free to let me know if you encounter any questions.