
Spirituality

Group 3

Eden, Shawn, Edwardc, Joe, Sam, Zoe

CONTENT

1. A leader shows spirituality---Barry Garapedian
2. Spirituality model from Lau
3. Analyze Barry with Lau's spirituality model
4. Two ways to apply spirituality in real life

WHAT IS SPIRITUALITY?

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).



1. Story of Barry Garapedian ----A leader shows his spirituality

Story of Barry Garapedian



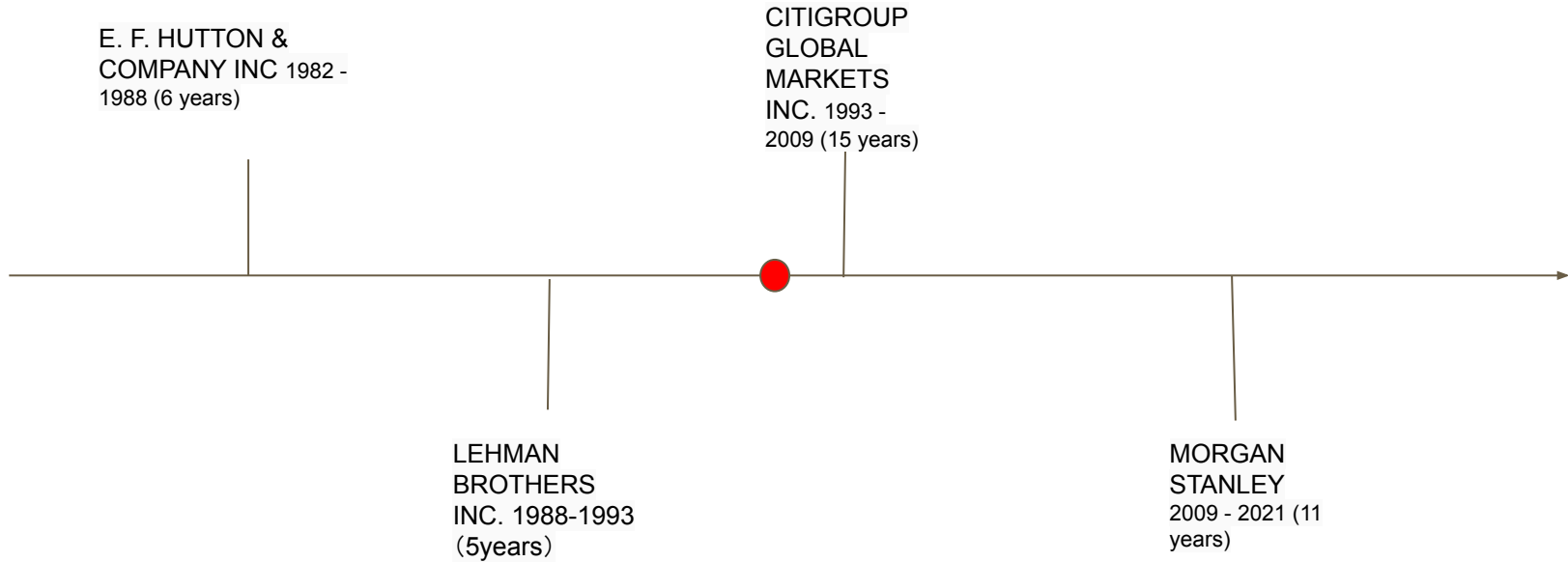
Achievements:

Former Managing Director

Founding partner of the Oaks Group

**ONE OF THE MOST WELL-KNOWN SPIRITUAL
LEADERS IN BUSINESS**

Story of Barry Garapedian



Story of Barry Garapedian

Five steps to failure

- 1. 17 years of business success*
- 2. Career first*
- 3. Family crisis, divorce from wife, no friends, relatives*
- 4. Try to paralyze himself with work*
- 5. Lost himself*

Story of Barry Garapedian

Five “F” to success

Family

Faith

Friends

Fitness

Finances

“(F)Philanthropy” and Fun (! reward !)



Story of Barry Garapedian



His dream became a reality and he and his wife remarried

He was hired by the famous securities company Morgan Stanley, after more than ten years of hard work, he became the managing director



Spirituality (Barry Garapedian)

Favorite passions:

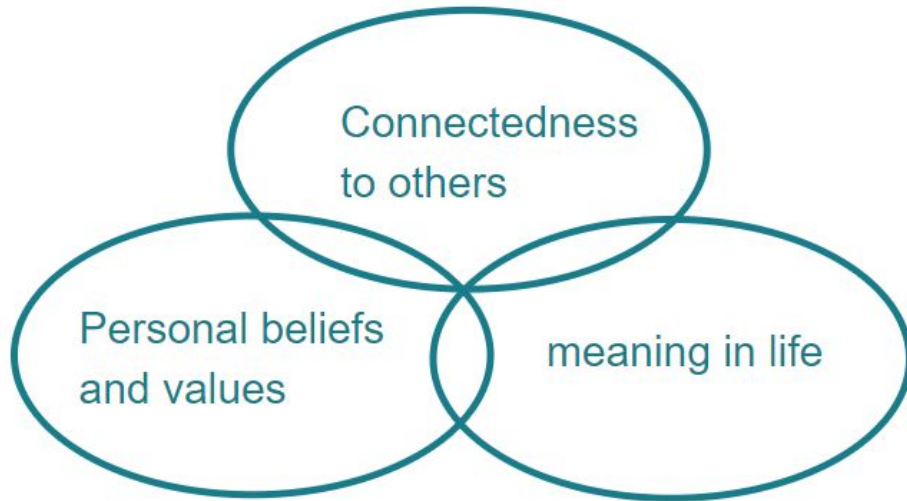
A career coach at Pepperdine University

Guide many business students to transition from university to the business world

Philanthropic involvements:

Board member of the Pomegranate Foundation and Cancer Support Community
Valley/Ventura/Santa Barbara

Past president of the Pepperdine Crest Advisory Board



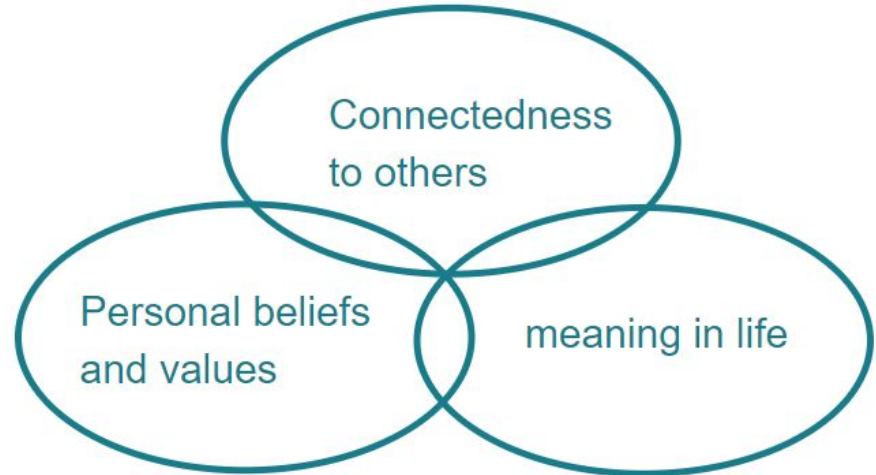
(Lau, 2006)

2. Lau's Spirituality model

What model is about?

Three key elements of spirituality

- **Personal beliefs and values**
- **Connectedness to others**
- **Meaning in life**



Lau's model help us in understanding of spirituality.

Spirituality - abstract word

Three components makes definition of spirituality more explicit, and more easier to understand.

COMPONENT 1 - Connectedness

Example: "Brother Ming"

offering the homeless sustenance for free.

find meaning of connectedness with others

vertical dimension:
person's transcendent
relationship with God.

horizontal dimension:
relationship one shares
with **himself/herself,**
others & environment
in connectedness



COMPONENT 2 - Personal beliefs and values

guide our behaviors

answer some essential questions surrounding life and death issues

Benefits:

illuminating the pathway to a meaningful life

filling up 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.

understanding more about what makes you in your life

understanding what you are going to do.

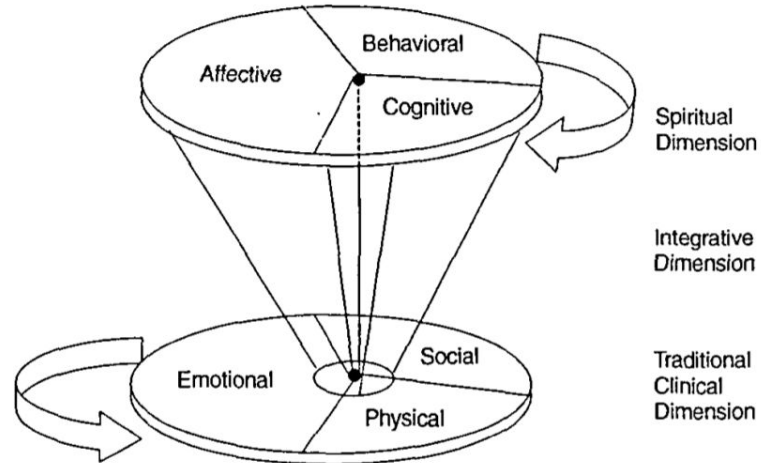
Strengths and Weaknesses of Lau's model

Strength:

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

Weakness:

be short of the physical aspect



3. Analyze Barry with Lau's spirituality model

Personal beliefs and values

Connectedness to others

Meaning in life

Personal beliefs and Values

- ❑ a variety of beliefs and values
- ❑ guide our behaviour

In 2000, 17 years business experience

- ❑ listening another business leader lecture
- ❑ taking notes but didn't believe it



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...”

Personal beliefs and Values

- ❑ In 2003, not any sort of meaning or purpose
- ❑ worked day by day
- ❑ saw the note book and relized

Turning point

- ❑ Five F's
- ❑ (Family, Faith, Friends, Fitness, Finances)
- ❑ spend time with family & rebuild relationship with his wife
- ❑ teach swimming, mountain biking & come back home in time for dinner



Personal beliefs and Values

- ❑ lose faith (during the dark time)
- ❑ had to believe (bring his family back)
- ❑ difficult to have faith/hope but necessary



Connectedness to others

- ❑ A sense of belonging
- ❑ family and friends
- ❑ fix relationship with his wife and his children & rekindle those friendships
- ❑ social activities
- ❑ nature (fitness or sport)
- ❑ tennis matches, bike rides, and ski trips



Meaning In Life

According to Barry Garapedian's experience, his life is not always smooth and successful:

suffered from going through a separation with his wife

lost touch with his family and friends, stopped

practicing his faith

physically and mentally exhausted.



Meaning In Life



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:

started to spend more time with his children and wife, taking his daughter's dancing rehearsal or attending their fitness courses

considered fitness as a major aspect of his life

some of his friendships have been fostered through sports and daily fitness.

Meaning In Life



Secondly, his interpretation of faith is that always keep faith in mind that things will go well after the lower point in your life:

shift your negative thoughts of defeat and despair into positivity and hope.

Start a gratitude list to get yourself in a positive frame of mind.

Begin to believe in yourself again.

4. Two ways to apply spirituality in real life

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.

optimism

- emotions affect our thinking, especially when we are facing difficulties.
=>frustrated will slow down our decision making process
- Barry Garapedia
=>positive emotion help him tackle the problems
=>always change stress into motivation
- our emotions seem not important
=>give us the courage to pass through the problems.
- “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, this emotion can support us to find the solution to go on.

conclusion

Reference

- 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>