

Conquering Adversity

Identify and Conquer!

Define Adversities

- ◆ Yours
- ◆ Section's
- ◆ Band's

Strategy #1

“Affirmation”

1. Identify bedrock values
2. Acknowledge what is lost and not lost
3. Accept a healthy “selfishness”

Strategy #2

“Expectation”

1. Recognize that life is not fair, so don't expect it to be!
2. Apply optimism
3. Avoid the “why” traps

Strategy #3

“Communication”

1. With your “heart” ...
2. Communicate NOW!
3. Invite others to help.

Strategy #4

“Locomotion”

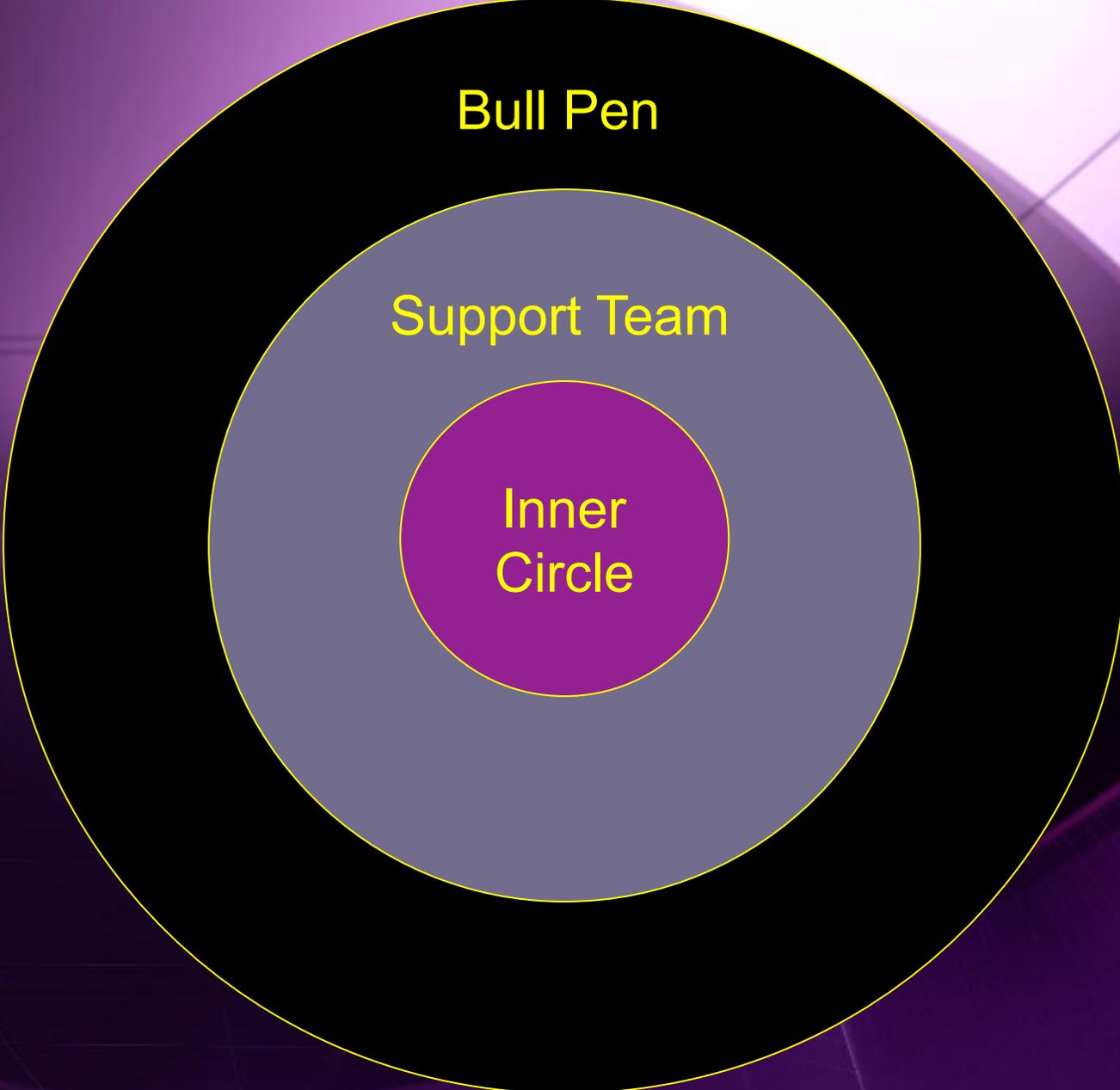


1. Create a “speed is life” mentality.
2. Be the traveler, not the settler.
3. Master the power of persistence.

Strategy #5

“Collaboration”

1. Create a “circle”.
2. Empathy, NOT Sympathy!
3. Seek balance.



Bull Pen

Support Team

**Inner
Circle**

Strategy #6

“Celebration”

1. LAUGH!
2. Schedule downtime.
3. Turn negative events into positive ones.

Band “Work” Book

“Adversities”

- Known/Expected
- Unknown/
Unexpected/
Predicted?
- Solutions
- Vision
- Planning

Think About It...

1. “Past”

Produces Guilt

2. “Future”

Produces Worry

3. “Present”

Produces PASSION!

Dr. Frank Tracz

Kansas State University

Director of Bands

785-532-3816

ftracz@ksu.edu

www.ksu.edu/bands

