

# Dancing Through Life - Dimitra Hargrove

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## Dancing Through Life



"A smile is worth a thousand words". I live each and every day by this motto. Everyone knows how to smile but not everyone chooses to smile. Smiling more can not only make you feel better but also make others feel better. Laughing through the halls and smiling every day is healing for the soul. And I have also been told its healing to others. When someone is having a bad day or mad at their technology, I smile and laugh to relieve them of the burden of stress and pain. A lot of times when we finish laughing they tend to forget what they were mad about in the first place. Smiling can also help great leaders connect with their teams or can introduce a new connection with some of your team members. "Happy people are productive people, and when you are happy and smile a lot, it has a huge impact on the morale of your team" (Gordon Tredgold-CEO/Leadership Principles)



"Love & Happiness". Love is an emotion not shown enough. I was raised to Love everyone, everything, and everybody. Not only was I raised by this philosophy but I teach my children this. Love is not about loving only family or extended family but loving those you work with. That love turns into caring about those you work with and empathizing with them. Because I love everyone I am able to smile at strangers, laugh with teammates, and empathize with everyone "This applies to your leadership, your business, and your personal relationships. When we show love; when we demonstrate appreciation, it is reflected back to us" (Lolly Daskal- The Leadership Gap).



"God is Good All The Time & All The Time God Is Good". I am a very religious person. My faith has brought me through so much throughout my life span that my connection to God is stronger than ever. "Believing is Achieving"! I walk the halls of all campuses watching the children, giving out hugs, and helping wherever I can. My Faith gives me the strength to get up every day, love everyone I see, and appreciate all that has been done for me. Each person is different when it comes to Faith, but we all have our own beliefs that drive us to be the best we can be at everything we do. Great leaders rely on their faith for daily struggles in the workplace or daily struggles with their subordinates. "Leadership

based on faith in God makes for good works, fulfilled workers, and healthy organizations” (Robert Banks-Faith in Leadership).



"Family is Love, Love Surrounds Family". My family is a very important part of my life. Family is not just your mother, father, siblings, and children; family is all those you welcome into your circle and all those you Love unconditionally. I have been in situations where I have almost lost my children. My son (meningitis on the brain), youngest son (6mos premature not breathing) (stopped breathing during surgery), my daughter (Flu Complications). When you have been in a situation where family could have been taken away within a matter of minutes, you learn to appreciate every moment, second, and hour of the day that you have been given with your family. As leaders, your teams or those you manage could become your family; if you so choose. A lot of time is spent at work with team members and other leaders, after a while those same team members get to know you just like family.

"LIFE IS GOOD!! ENJOY IT!!!

