



# ALABAMA 911 BOARD

**October 11, 2021  
Ahoy Mates!  
Gulf Coast Conference  
Orange Beach, AL**

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# Introduction & Contact Information

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## What does it mean to be growth-oriented?

- **Look to the future** – where are they going – they have a defined mission in life, and it varies person to person. Some people have the next twenty years mapped out month by month, some just have a good general idea of where they want to be in 20 years.
- **Always willing to learn or looking for learning opportunities** – sometimes you may not even recognize this in yourself. Are you always trying new things? It may be a new hobby, always cooking new recipes, or watching how others do things.
- **Look for ways to improve** (themselves, processes, etc.) – They see shortcomings and evaluate what changes need to be made.
- **Seek development rather than approval** – they work to improve themselves for the sake of improvement, not someone else's need. They concentrate on what they can influence and change not what they have no control over.
- **Strong sense of curiosity** - always interested in how something works, or what that tree is, or why something won't work

## So how do you become more growth-oriented?

- **Find your mission**, where are you going? Take some time to think about where you want to be in the future.
- **Reflect on what you need to do to get there?** Do you need to change anything? Go back to school? Find a mentor?
- **Alter your attitude** - let go of your negative, the things you have no control over, the everyone-is-against-me attitude.
- **Find an activity that allows you to focus on yourself, your current needs, and a path forward** – for some people, that is meditation. I can't meditate. My mind finds every little thing I need to do or need to think about or discuss with my husband. However, I can focus when I walk, especially if I can get away from things. Hiking works well for me. But it could be anything – a bubble bath or hot shower, a run at sunrise, practicing a musical instrument, journaling, etc. Find your focus activity and spend time doing it regularly





















# Questions

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