



The Next **Chapter**

Learning from the Past • Living in the Present • Looking to the Future

ΦΚΘ

WHAT IS THE NEXT CHAPTER? INTRODUCTION

The Five Essential Elements of Every Great Story

- **Characters:** Now-Leaders, Next-Leaders, Not-Leaders, Never-Leaders
- **Setting:** The Campus of _____
- **Plot:** Reimagining & Renovating the Culture of the Chapter
- **Conflict:** The Culture of the Chapter & the Choices of its Members
- **Resolution:** Comprehensive Three-Year Growth Plan

The Three Cultural Bookmarks

- **Convictions:** what I believe
- **Character:** how I behave
- **Community:** where I belong

Mapping the Three-Year Developmental Storyline

- **Plotline #1:** Leadership
- **Plotline #2:** Fraternal
- **Plotline #3:** Intellectual
- **Plotline #4:** Spiritual
- **Plotline #5:** Social

PLOTLINE #1

LEADERSHIP

BIG IDEA

Phi Kappa Theta leaders are known for their ability to inspire and serve others, take intelligent risks, and learn from their mistakes.

1. Dream culture

2. Describe challenges

3. Develop competencies

PLOTLINE #1

LEADERSHIP

4. Determine choices

5. Decide checkpoints

6. Define completion

LIFEGIVER

Loving I ntentional F un E xpressive G enerous I nquisitive V igorous E nthusiastic R esponsive

THE PROBLEM

Most fraternity men are lifetakers (self-consumed and self-absorbed).

WHY LIFETAKERS AREN'T OFTEN LIFE GIVERS

- They may be preoccupied with what other people think about them.
- They care about people, but only to the degree that they get something out of them for their personal benefit.
- They are stuck in the comparison trap.
- They are selfish... and make life all about them.
- They may have never seen lifegiving modeled in their past or current family, social, or professional environments.
- They suffer from the leaky bucket syndrome.

THE CHALLENGE

1. Reflect. Review and rank the acrostic and best practices: top three and bottom three with root causes.

2. Reach Out. Ask two or three close friends: Am I more of a lifetaker or a lifegiver? What are some lifegiving qualities I possess? What are some lifetaking qualities I possess?)

3. Resolve. Decide to embark on the journey of rejecting a life of self-interest and self-absorption and pursuing a lifegiving path of leadership and influence.

DECIPHERING YOUR LIFE GIVING LEADERSHIP QUOTIENT (LQ)

- Have you ever permanently broken yourself of a bad habit?
- How do you respond when things go wrong for you?
- How do you handle criticism?
- Do you readily secure the cooperation of others and win the respect and confidence of others?
- Would people trust you with handling a very difficult and delicate situation?
- Can you align people to happily do something – which they would not normally wish to do?
- Can you accept opposition to your viewpoint, without feeling defensive?
- Do you find it easy to make and keep friends?
- Are you dependent on the praise and approval of others to keep going forward in a particular task?
- Are you at ease in the presence of superiors and strangers?
- Are you really interested in people?
- Do you possess tact – being able to anticipate the likely affect of a statement before you make it?
- Do you nurse resentments, or do you forgive quickly injuries done to you?
- Are you naturally optimistic or pessimistic?
- Do other people's failures annoy you?
- Are you naturally critical or affirming?
- Do you shun the draining person or seek them out?

Revised from J. Oswald Sander

BEST QUALITIES AND PRACTICES OF A LIFEGIVER

Loving an individual means...

- accepting them unconditionally, regardless of their behavior or beliefs.
- serving them and meeting their needs tangibly.
- caring about them, putting down your guard and letting your heart feel.
- showing love to them.

Being **intentional** with an individual means...

- going to them, and not waiting for them to come to you.
- hanging out in their world and on their turf.
- moving close, making eye contact and engaging.
- making that phone call, setting up that hang out time and stopping by their home.

Having **fun** with an individual means...

- doing fun stuff with them, without an agenda.
- being their friend, just because.
- being spontaneous.
- laughing at their jokes, enjoying their quirks and celebrating their joys and successes.
- diving headfirst into their world of interests – taking risks and trying new things with them.

Being **expressive** with an individual means...

- encouraging their strengths and unique contributions.
- telling them how you feel about life – both the good and bad.
- telling them how you feel about them and their friendship.
- letting them see the emotions that flow from your pain and pleasure.
- sharing life-words, with no expectation of verbal feedback.

Being **generous** with an individual means...

- sacrificing your time to be with them.
- sharing your prized and precious possessions with them.
- being generous with your financial resources.
- seeking out opportunities to meet tangible needs in their lives.
- the willingness to share your heart, desires and dreams.

Being **inquisitive** with an individual means...

- being sincerely interested in other people.
- rejecting passivity in conversations.
- a willingness to carry most of a conversation, until a certain comfort level is achieved.
- not giving up on the quiet or socially awkward person.
- taking risks to explore with them the deeper issues of life; talking about things that matter.
- courageously asking personal questions in a caring way.
- understanding the importance of timing and tact.
- asking intelligent, open-ended questions.

Being **vigorous** with an individual means...

- persistence despite relational barriers.
- asking probing questions to uncover the root issues.
- responding to relational distance with expressive care.
- not shrinking back when conversations get tense.
- forging ahead even when friendship is not reciprocated.
- being the first to pursue resolving conflict or acknowledging relational tension.

Being **enthusiastic** with an individual means...

- approaching each day with an optimistic outlook.
- running after them with your heart, not just your feet.
- being energetic and excitable when with them.
- laughing hard with them.
- giving your friendship with them your all.

Being **responsive** with an individual means...

- being fully engaged when they are sharing with you.
- learning to use the power of touch as relational glue.
- maintaining great eye contact in conversation.
- responding quickly to their initiative – either by phone, email or in person
- replacing that blank stare with an expressive and interested facial expression.
- verbal and non-verbal responses – when they are speaking.
- becoming a student of your friend...seeking to know and understand their ways.
- picking up on their cues for help – and doing something about it.
- “rejoicing with those who rejoice and mourning with those who mourn.”

PLOTLINE #2

FRATERNAL

BIG IDEA

Phi Kappa Theta challenges its members to accept responsibility for all Brothers, their communities and society.

1. Dream culture

2. Describe challenges

3. Develop competencies

PLOTLINE #2

FRATERNAL

4. Determine choices

5. Decide checkpoints

6. Define completion

APPENDIX 2 | THE PHI KAPPA THETA BROTHERHOOD COVENANT

We, the brothers of Phi Kappa Theta at _____ commit to diligently preserving the ideals of our chapter, by first and foremost pursuing R.E.A.L. manhood in our personal lives, making the unity of our brotherhood of highest priority, and committing to living out the principles of masculine friendship as prescribed by our forefathers and mentors.

Knowing that the excellence of our larger chapter will only be as strong as the health and depth of our friendships with each other, we commit to making every effort to wholeheartedly live out this portrait of powerful masculine friendship on a daily basis.

We also realize that as imperfect men in an imperfect world, we will fail to fully live up to the commitments within this covenant – and yet, we commit to pushing past our shortcomings, learning from our mistakes and aspiring to these precious values with great passion.

I will speak to each of you with honor, respect, and dignity.

I will celebrate my personal successes with you, knowing that my successes in life are somehow tied to my connection with and support from each of you. I will choose to believe that we are on this journey together!

I will welcome any feedback from you regarding my personal life, choices, or overall fraternity life – and when there is consensus among the brothers regarding changes that are required in my life, I will submit to these men.

I will not assume that I know what is going on within your heart. I commit to asking clarifying questions, before jumping to conclusions. I commit to believing the best in regard to your motives, decisions, and actions.

I will not speak a negative word about any man in this brotherhood to any person outside of this brotherhood, ever!

As well, if I ever feel frustrated, hurt, or annoyed by you – I will speak to you face-to-face about these things, as soon as possible. I will be diligent to repair any tension or break in our friendship, and to completely restore our closeness.

I will not withdraw from you or blow you off in my heart. In our differences, disagreements, or preferences – I commit to moving toward you as my friend. If I am confused by something I see in you, I will talk to you about it.

If I see something in your life that I believe does not reflect or honor the ideals of our brotherhood, I will care enough about you to humbly bring that to your attention. I will reject the notion that it is ‘none of my business’ or ‘not my place.’

If I see you have an emotional, relational, or physical need, I will reach out to you and seek to help. I will commit to picking up the wounded and hurting within our community, doing whatever it takes to help restore them.

As I seek to resolve tension with you, I will commit to being first concerned with how I have wronged you, before examining how you have wronged me. I will repent of any poor choices that have negatively affected our personal friendship or the morale of the larger community. And as you repent of any wrong done to me, I will always forgive you.

When I fail, I will not hide from you, but I will bring the specifics of my choices into the light with men in this community. And if I am struggling with anything of significance, I refuse to bottle up my problems or attempt to “go it alone.”

When you come to me with a concern or criticism, I commit to being open and receptive to your input, assuming that there is a good reason for your initiative with me, and I will carefully consider what you say.

As we interact, I will look not only as to how I can give to you, but eagerly seek the blessing of receiving from you. I will not shrink back from needing you, depending on you, or leaning on you. I will allow myself to rely on you.

I commit to you verbal expressions of appreciation and love. If I am encouraged by your life, growth, successes, decisions, or gestures – I will not rob you of the joy of hearing how proud I am of you. I will not shrink back from expressing affection.

If we have a scheduled time for meeting together as a brotherhood, I will never blow it off; I will make sacrifices to be there. And if something comes up, I will ask for the leadership’s permission to miss the function, and will keep everyone in the loop as to the reasons for my absence. I am well aware that my absence affects the entire community.

I commit to knowing, understanding, and appreciating you, not only as a part of Phi Kappa Theta, but as a friend as well.

Signed _____ Dated _____

PLOTLINE #3

INTELLECTUAL

BIG IDEA

Phi Kappa Theta attracts intellectually motivated men who share a passion for lifelong knowledge, learning and development.

1. Dream culture

2. Describe challenges

3. Develop competencies

PLOTLINE #3

INTELLECTUAL

4. Determine choices

5. Decide checkpoints

6. Define completion

PLOTLINE #4

SPIRITUAL

BIG IDEA

Phi Kappa Theta embraces its Catholic heritage, welcomes diversity, and embodies the moral values upon which it was established.

1. Dream culture

2. Describe challenges

3. Develop competencies

PLOTLINE #4

SPIRITUAL

4. Determine choices

5. Decide checkpoints

6. Define completion

PLOTLINE #5

SOCIAL

BIG IDEA

Phi Kappa Theta members are socially engaged, recognizing their responsibility to affect positive change in themselves and others.

1. Dream culture

2. Describe challenges

3. Develop competencies

PLOTLINE #5

SOCIAL

4. Determine choices

5. Decide checkpoints

6. Define completion

Breaking Free From Addiction

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TOPIC OF ADDICTION

Addiction is a deliberative series of actions which produces temporary positive rewards followed by often-delayed negative consequences.

TYPES OF ADDICTION

- Food addictions (particularly sugar and fat)
- Sex addictions (pornography, incessant masturbation, hooking up)
- Substance addictions (tobacco, drugs, caffeine, alcohol)
- Entertainment addictions (Facebook, mobile phone, television, movies, social networking)
- Gaming addictions (role playing and video games)

TRUTH ABOUT ADDICTION

- Addiction is a result of misdirected motion to find pleasure and satisfaction
- Addiction is an illegitimate response to a legitimate need
- Addiction begins with a choice, but grows into a neurological issue over time
- Addiction occurs when two characteristics are present: ruling emotions and lack of self-control
- Addicts: masters of minimizing, lying, and excuse-making
- Addicts: the future is now, so it is hard to see beyond the moment
- Addiction symptoms: 1) Others notice it; 2) Relationships change; 3) More of the activity or substance is required to experience the same rush; 4) Behaviors are hidden and justified
- Addiction can be overcome through neurological reprogramming to build new neuro-pathways
- Addiction is managed, but not eliminated
- Addiction is about “freedom from” as opposed to “healing of”

TIPS TO BREAKING FREE FROM ADDICTION

- Admit your addiction to close friends and family members
- Acknowledge your addiction is harmful and that you want healing
- Ask for help and accountability
- Change routines (21 days is often sufficient to form a new habit)
- Trade harmful addictions for healthy addictions
- Invest in cultivating new pleasure centers
- You can't make big changes, but you can make small choices

Having Fun that is *Truly* Fantastic Fun!

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OBJECTIVE OF HAVING FUN

Fun is the by-product of engaging in enjoyable experiences in a playful, positive, and purposeful way that refresh and rejuvenate the mind, body, and spirit.

OPTIONS (HEALTHY & UNHEALTHY) FOR HAVING FUN

- Memory-Making with Friends
- Trips & Travel (new places, nature encounters, and unique sites)
- Food Indulgences (cooking, comfort food, and creative culinary experiences)
- Reading & Reflection (books, magazines, meditation, and solitude)
- Sexual Stimulation (pornography, masturbation, and erotic encounters)
- Chemical Substances (tobacco, caffeine, alcohol, and drugs)
- Media Entertainment (internet browsing, social networking, television, movies, and video games)
- Sport (exercise, competition, and fan-based spectating)

OUTCOMES FOR HAVING TRULY FANTASTIC FUN

- Relational connection with lifegiving people
- Replenishing an empty emotional tank
- Realizing a calm and unhurried state of being

OBSTACLES TO HAVING TRULY FANTASTIC FUN

- Seeking to evade responsibilities or escape reality
- Substituting mere amusement for meaningful recreation
- Selecting activities that feed unhealthy life patterns and addictions
- Searching for happiness as the goal when having fun

OWNING YOUR OPPORTUNITIES FOR HAVING *TRULY* FANTASTIC FUN

- Find friends who inspire you to choose healthy outlets for recreation.
- Stop living for the weekend; Monday through Friday is not a dress rehearsal for Saturday & Sunday.
- Choose hobbies and pastimes that refresh and refuel you for the next day/week.
- Avoid leisure activities that sap your energy, numb your soul, or encourage an escape from reality.
- Eliminate entertainment options that isolate you from people or strain important relationships.
- Designate one day every week as a day of rest.

Love For A Lifetime

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NOTE

These principles transcend the diverse categories of romantic relationships, and couples of all kinds have found these ideas and insights to be quite beneficial to the health and well-being of their relationships.

THE 'FALLING IN LOVE' FALLACY

- Lasting Love Begins with a Choice
- Lasting Love Requires Daily Attention and Action
- Lasting Love Intermittently Includes Strong Feelings

THE EIGHT QUALITIES TO LOOK FOR IN A FUTURE MATE

- Connection (Social, Intellectual, and Spiritual)
- Chemistry (Physical and Emotional)
- Core Values (Values, Principles, and Beliefs)
- Communication Style (Listening, Fighting Fair, and Conflict Resolution)
- Course of Life (Career Path and Anticipated Overall Direction)
- Calling (Overarching Purpose and Passions)
- Compatibility (Differences aren't Disruptive)
- Character (Integrity, Humility, Trustworthiness, and Self-Control)

FIVE MYTHS ABOUT THE HAPPILY-EVER-AFTER MARRIAGE

- We expect exactly the same things from marriage.
- The strengths in our relationship will only get stronger.
- Difficult aspects in our relationship will disappear.
- My spouse will fulfill all of my desires and meet all of my needs.
- Marriage is the key to my personal wholeness.

THE FOUR MISTAKES YOUR DIVORCED PARENTS MIGHT HAVE MADE

- Cutting corners in prioritizing quality and quantity time with one another
- Substituting small talk for encouragement and affirmation
- Allowing sarcasm, criticism, and unkindness to creep into the marriage
- Letting the relationship become dull, predictable, and routine.

(continued on next page)

Love For A Lifetime (cont.)

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THE FIVE DATING PRACTICES THAT WILL MAKE YOU MARRIAGE-READY

- Date to give, not to get.
- Only verbally communicate what you are willing to back up with commitment, and only engage in physical intimacy that reflects what has been verbally communicated.
- Treat your significant other as though he/she might be married someday to your best friend.
- Establish appropriate boundaries in all areas of the relationship, since playing marriage in a dating relationship fosters unhealthy codependency.
- Stay connected to a community of friends who will help you keep your head straight before, during, and after a romantic relationship.

THE SEVEN QUESTIONS TO CONSIDER BEFORE SAYING “I DO!”

- What is my primary goal for getting married?
- What are the top three things I am wanting from a marriage partner?
- What are the areas of tension and conflict in my current relationship, and how do I imagine those issues might play out in marriage?
- If my romantic partner stays just as they are today with no changes to their personality, perspectives, or behaviors, would I still want to be married to this individual ten years from now?
- How have my role models for marriage affected my view of, expectations for, and approach to the marriage relationship?
- What about my parents' marriage do I want to emulate and escape?
- Do I believe that getting married is a cure for my loneliness or essential to my happiness?

A PORTRAIT OF REAL MANHOOD

R

REJECT PASSIVITY AND IRRESPONSIBILITY

Men don't have to be lazy, undisciplined, unproductive, or numb. They can stop coasting and instead choose to live life on purpose and with clear intentions and direction.

E

EXHIBIT HONESTY AND INTEGRITY

Men don't have to hide, lie, pretend, distance themselves from people, or keep that big secret. They can be truth-tellers in every situation and in every relationship.

A

APPRECIATE TRANSPARENCY AND CONNECTEDNESS

Men don't have to wear a mask, keep real feelings bottled up, or trudge through life alone. They can initiate, cultivate, and enjoy transformative platonic friendships and meaningful intimate relationships with others.

L

LEAD INTENTIONALLY AND AUTHENTICALLY

Men don't have to shrink back, hesitate, avoid risks, or wait for someone else to take the initiative. They can try new things, seize opportunities, and refuse to be immobilized by insecurity or fear of failure.



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Dr. Michael Brown is the Founder, Lead Coach, and Chief Consultant of **DMB Coaching**.

Over the past two decades through national leadership as a management consultant, life coach, motivational speaker, and organizational architect, Michael has engaged thousands of university and community clients in exploring their purposes, relationships, and directions, with special emphasis on developing in each of the Twelve Dimensions[®] of Life.

Michael travels extensively regionally and nationally - sharing with college students, higher education professionals, business leaders, and faith communities his insights on human development, life management, dynamic relationships, social justice, redesigning and rebranding organizations for success, and his original Lifegiver[®] Leadership Model.

Having studied journalism [B.A.] and political science at Ohio University; counseling and communication [M.Min] at Moody Theological Seminary in Chicago; and higher education administration [Ph.D.] at Bowling Green State University, Dr. Brown is the author of the "Twenty-One Father-Son Conversations About Love, Dating, Marriage, and Sexuality."

Michael has a passion for leading the charge with his wife (Teresa) of 26 years, four sons, and five daughters to be a force of positive change within culture. The Brown Family has served as a household for dozens of foster children over the past 15 years and were selected as the 2008 Bowling Green Family of the Year. Michael's personal hobbies include rigorous exercise, presidential politics, people watching, and peanut butter.



MEET THE COACHES

Gabe Dunbar

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Gabe Dunbar has served as a higher educational professional for the past seven years at three different universities: Michigan State University as a mentor in the Honors College, Siena Heights University as the Director of Student Engagement and Assistant Dean for Students, and most recently at Bowling Green State University working predominantly with military and non-traditional students. While at Siena Heights University near Detroit, Gabe worked closely with Greek Life chapters at this Catholic liberal arts institution in their recruitment efforts, philanthropic priorities, and leadership development.

At the center of each of Gabe's professional roles is mentoring and coaching students who find themselves within a variety of seasons and stations of life. Even now, he serves as a mentor for the Vanguard Men's Community at BGSU, a thriving men's movement on campus where highly-visible Greek leaders gather to become the best versions of themselves. Gabe graduated with a degree in Mathematics from Indiana Wesleyan University, and he earned a Master's degree in Student Affairs Administration from Michigan State University.

Gabe is married to his wife Shauna of five years and father to two children: Harper (3), and Griffin (2). Gabe is a sports enthusiast and loves being outside working on his lawn and chasing his kids around!