

The Self-Motivated Boy: Developing 21st Century Leaders



Dr. Shimi Kang MD

Clinical Associate Professor: UBC

Medical Director: Child & Youth Mental Health, Vancouver Coastal Health

#1 Bestselling Author: The Dolphin Way, The Dolphin Parent, The Self-Motivated Kid

Mom: Three fantastic/exhausting children!

www.drshimikang.com

What is the diagnosis?
What skills = 21st Century success?
How do we develop them?



Innovation Leadership Wellness



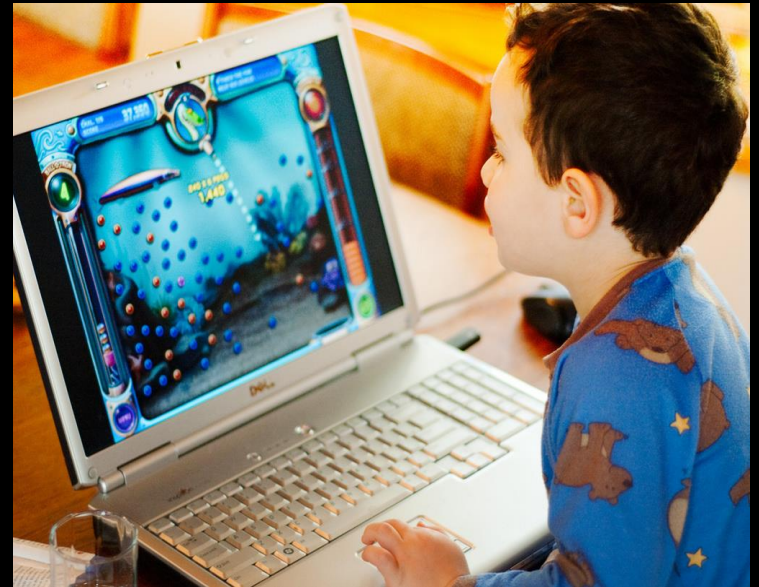
Key 21st Century Skills

Communication
Collaboration
Critical Thinking
Creativity
Contribution



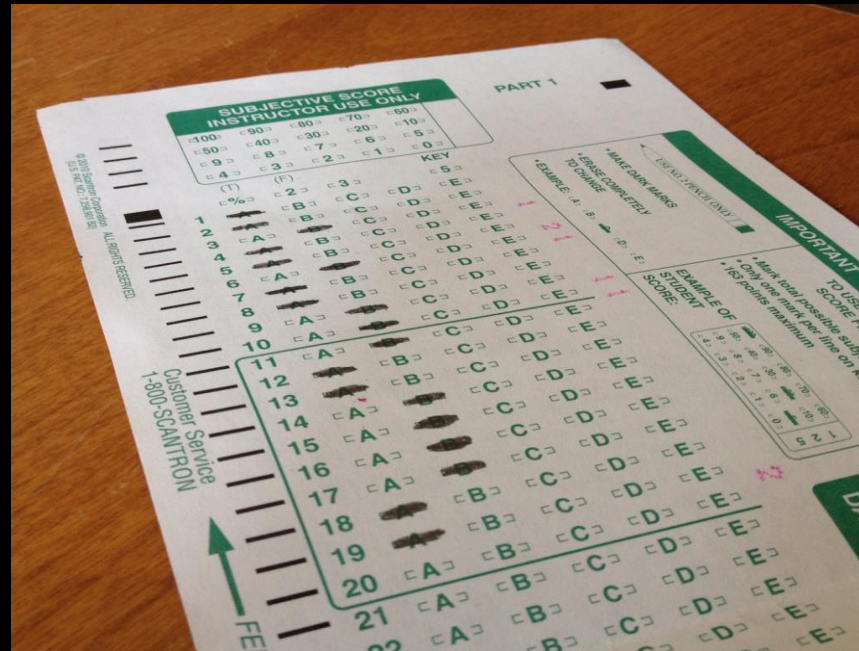
Adaptation = CQ

CQ Crisis - Creativity



Creative thinking has declined in kids.
Largest drop K- Gr. 3, then Gr. 4-6

CQ Crisis – Critical Thinking



Students are losing their ability to critically think
due to the structured “question – answer”
curriculum

CQ Crisis - Communication



Children's face to face communication has declined
Leads to a loss of the social skills, the ability to read facial
emotions, and sensitivity to emotional cues.

CQ Crisis - Collaboration



Children who don't experience working as a team or with others will not gain skills such as cooperation, social competency, and negotiation

CQ Crisis – Contribution

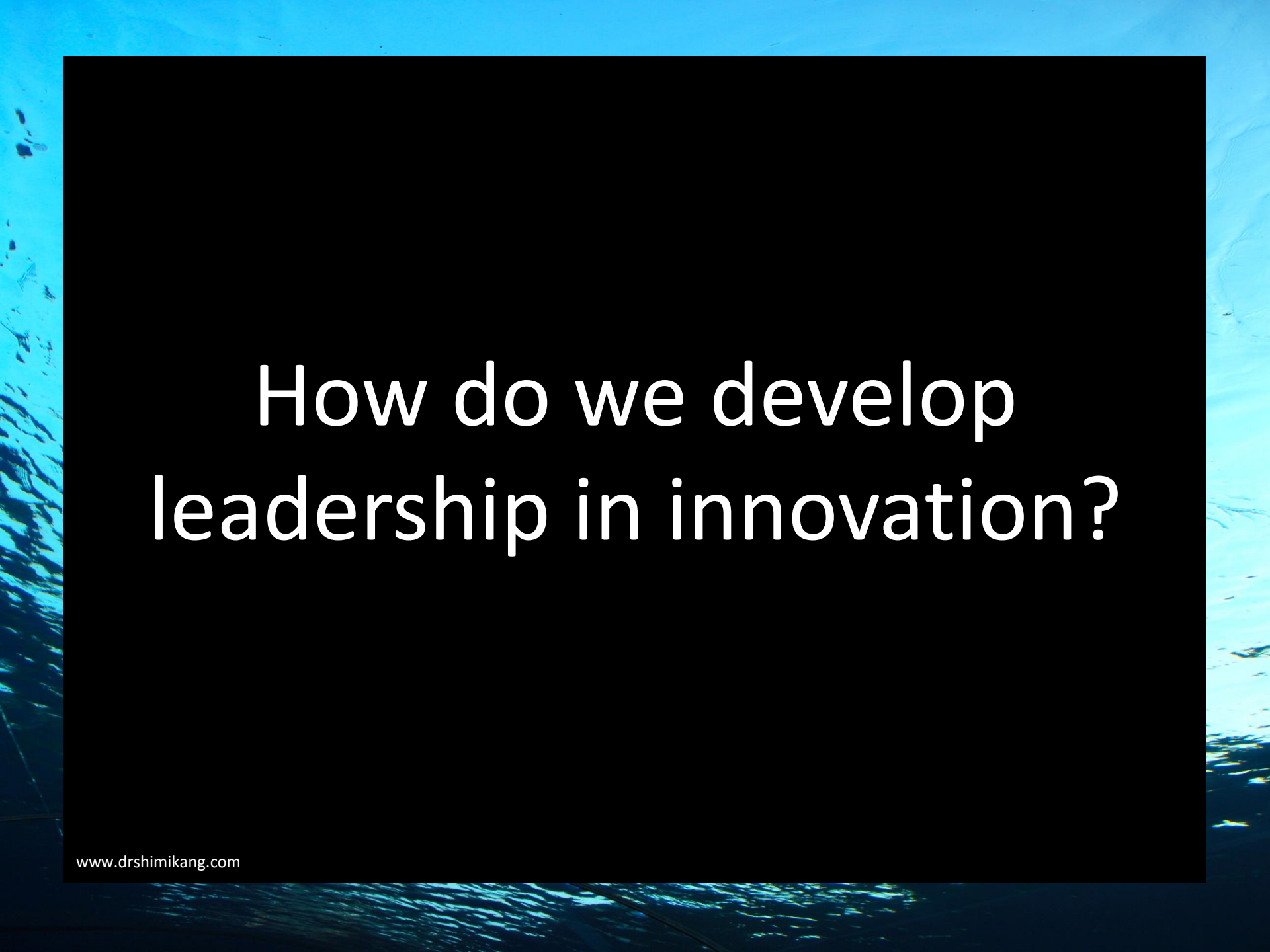


We are all “consumers.” Are we guiding children to give back as much as they consume? Are they contributing without expectation for return?

21st Century is the Conceptual Era



ERA of CQ



How do we develop
leadership in innovation?



THE DOLPHIN WAY
DR. SHIMI KANG M.D.

PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

FOR: Humans

DATE: NOW!

Rx

Play!

REPEAT: NO ☐ YES ☒ QTY. Always

PHYSICIAN'S NAME: Dr. Shimi Kang



Play = Innovation!



THE DOLPHIN WAY
DR. SHIMI KANG M.D.

PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

FOR: All Humans

DATE: NOW!

Rx

Play

Let go of perfectionism ✓ Critical Thinking ✓

Mistakes ✓

Innovate ✓

Trial and Error ✓

CQ ✓

REPEAT: NO ☐ YES ☒ QTY. _____

PHYSICIAN'S NAME: Dr. Shimi Kang



The background of the slide features a close-up, high-contrast image of water ripples, creating a textured, blue and white pattern that frames the central content.

How do we develop social leadership?



THE DOLPHIN WAY
DR. SHIMI KANG M.D.

PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

FOR: Humans

DATE: NOW!

R_x

Others

REPEAT: NO ☐ YES ☒ QTY. Always

PHYSICIAN'S NAME: Dr. Shimi Kang



Authoritarian



Permissive



Collaborative





THE DOLPHIN WAY
DR. SHIMI KANG M.D.

PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

FOR: Humans

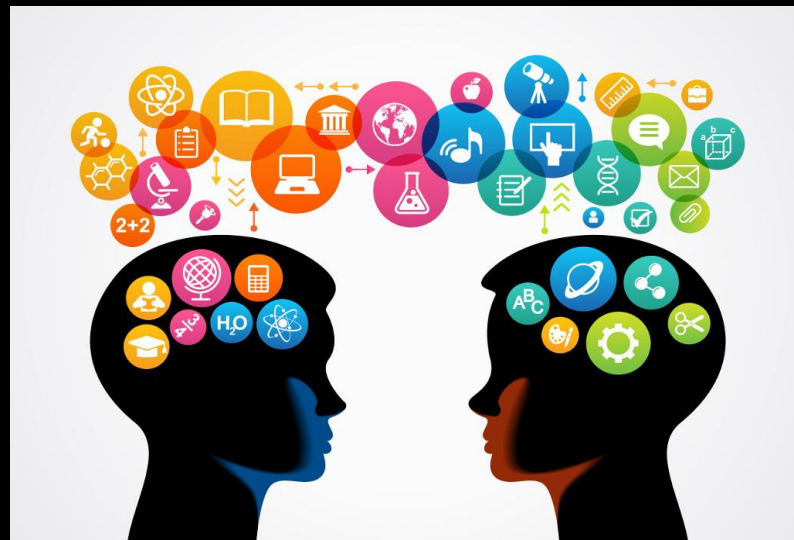
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R

Contribute to
Others

REPEAT: NO ☐ YES ☒ QTY. Always

PHYSICIAN'S NAME: Dr. Shimi Kang



OTHERS = LEADERSHIP!



THE DOLPHIN WAY
DR. SHIMI KANG M.D.

PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

FOR: All Humans

DATE: NOW!

Rx

Others

Communication ✓ Community ✓

Collaboration ✓ CQ ✓

Contribution ✓

REPEAT: NO ☐ YES ☒ QTY. _____

PHYSICIAN'S NAME: Dr. Shimi Kang





THE DOLPHIN WAY
DR. SHIMI KANG M.D.

PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

FOR: Humans

DATE: NOW!

Rx

Be a
Dolphin!

REPEAT: NO ☐ YES ☒ QTY. Always

PHYSICIAN'S NAME: Dr. Shimi Kang



The background of the slide is an underwater scene with blue water and light filtering through. A large black rectangle is centered on the slide, containing the main text.

How do we develop leadership in wellness?



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DR. SHIMI KANG M.D.

PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

FOR: Humans

DATE: NOW!

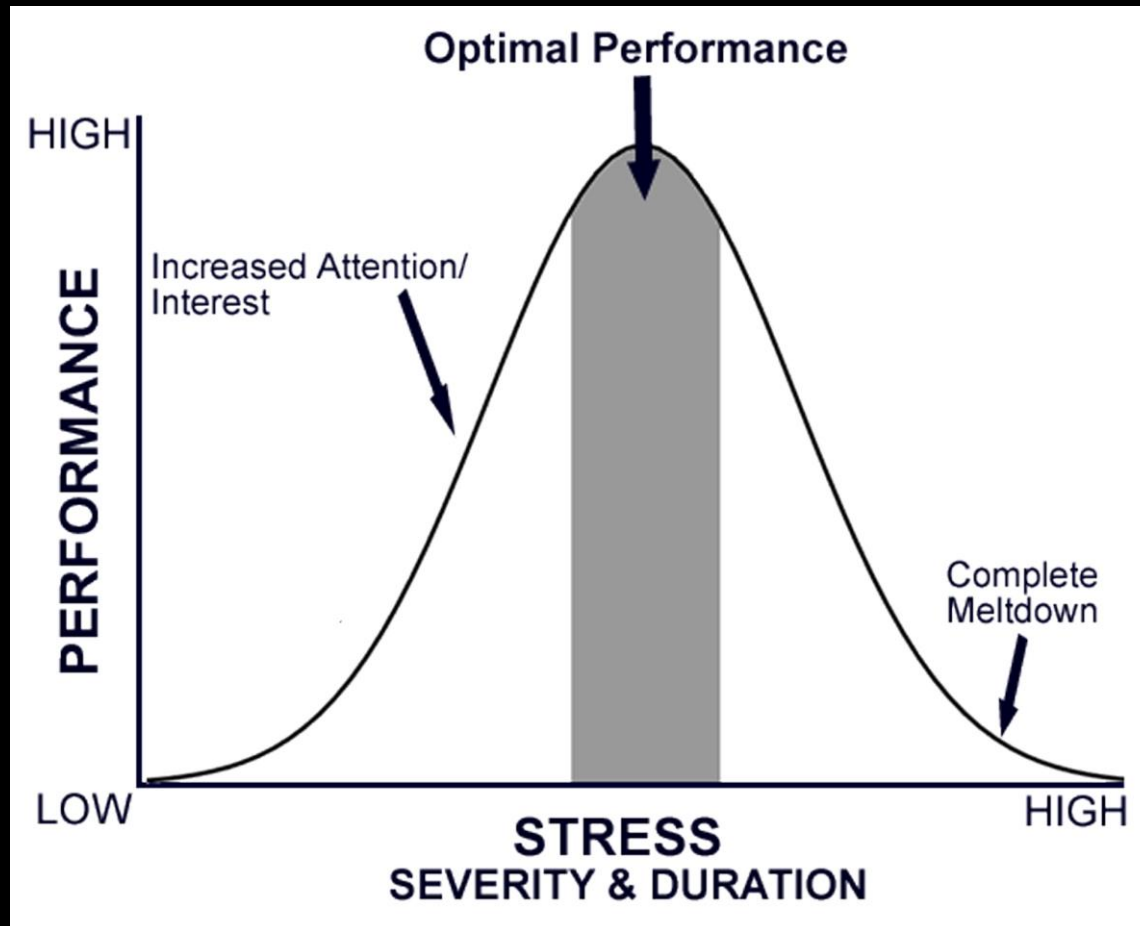
Rx

Downtime

REPEAT: NO ☐ YES ☒ QTY. Always

PHYSICIAN'S NAME: Dr. Shimi Kang





Downtime = Vitality!



THE DOLPHIN WAY
DR. SHIMI KANG M.D.

PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

FOR: All Humans

DATE: NOW!

Rx

Downtime

Focus/Attention ✓

Creativity ✓

Motivation ✓

Moral Compass ✓

Problem Solving ✓

CQ ✓


Productivity ✓

REPEAT: NO ☐ YES ☒ QTY. _____

PHYSICIAN'S NAME: Dr. Shimi Kang



The Self-Motivated Boy

 THE DOLPHIN WAY
DR. SHIMI KANG M.D.
PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

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DATE: NOW!

Rx

21st Century Leadership!

Innovation ✓

Collaboration ✓

Wellness ✓

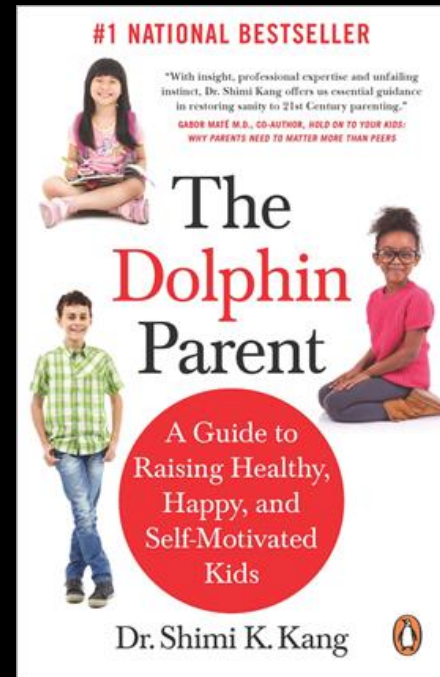
REPEAT: NO ☐ YES ☒ QTY. _____

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21st Century Disruption



Thank you!



www.dolphinpod.com
www.drshimikang.com