



BYPASSING BURNOUT & DEALING WITH DUMPSTER FIRES



COACHING FOR COURAGEOUS TRANSFORMATION



**It's fine.
It's fine.
I'll do
EVERYTHING.**



It's fine.

@KIDSARETHEWORST





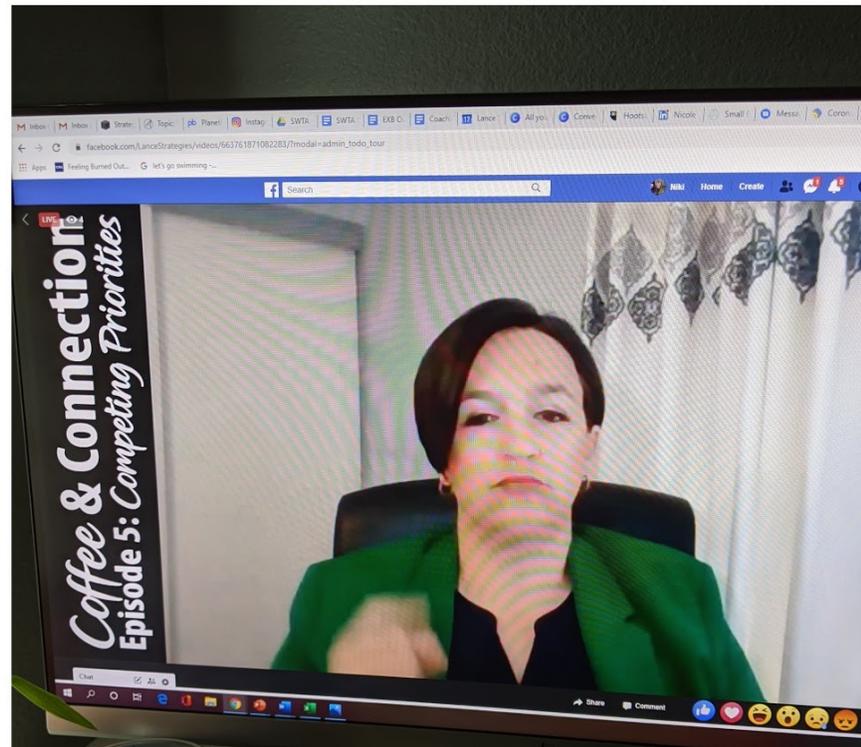
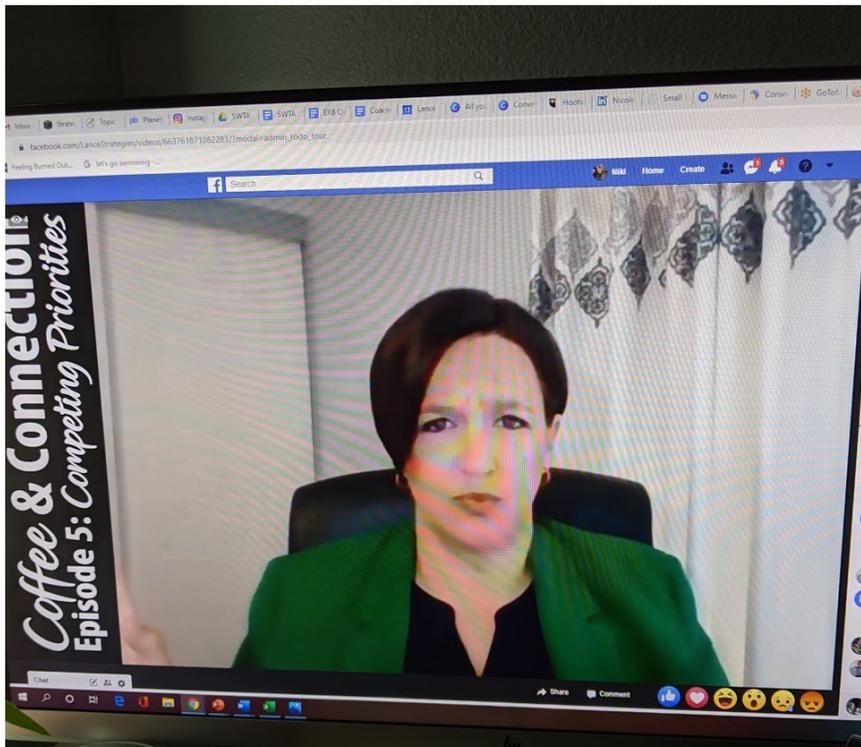




LIFE HAS LOOKED A
LITTLE DIFFERENT
THIS PAST 25
MONTHS

LIFE HAS LOOKED A
LITTLE DIFFERENT
THIS PAST **25**
MONTHS





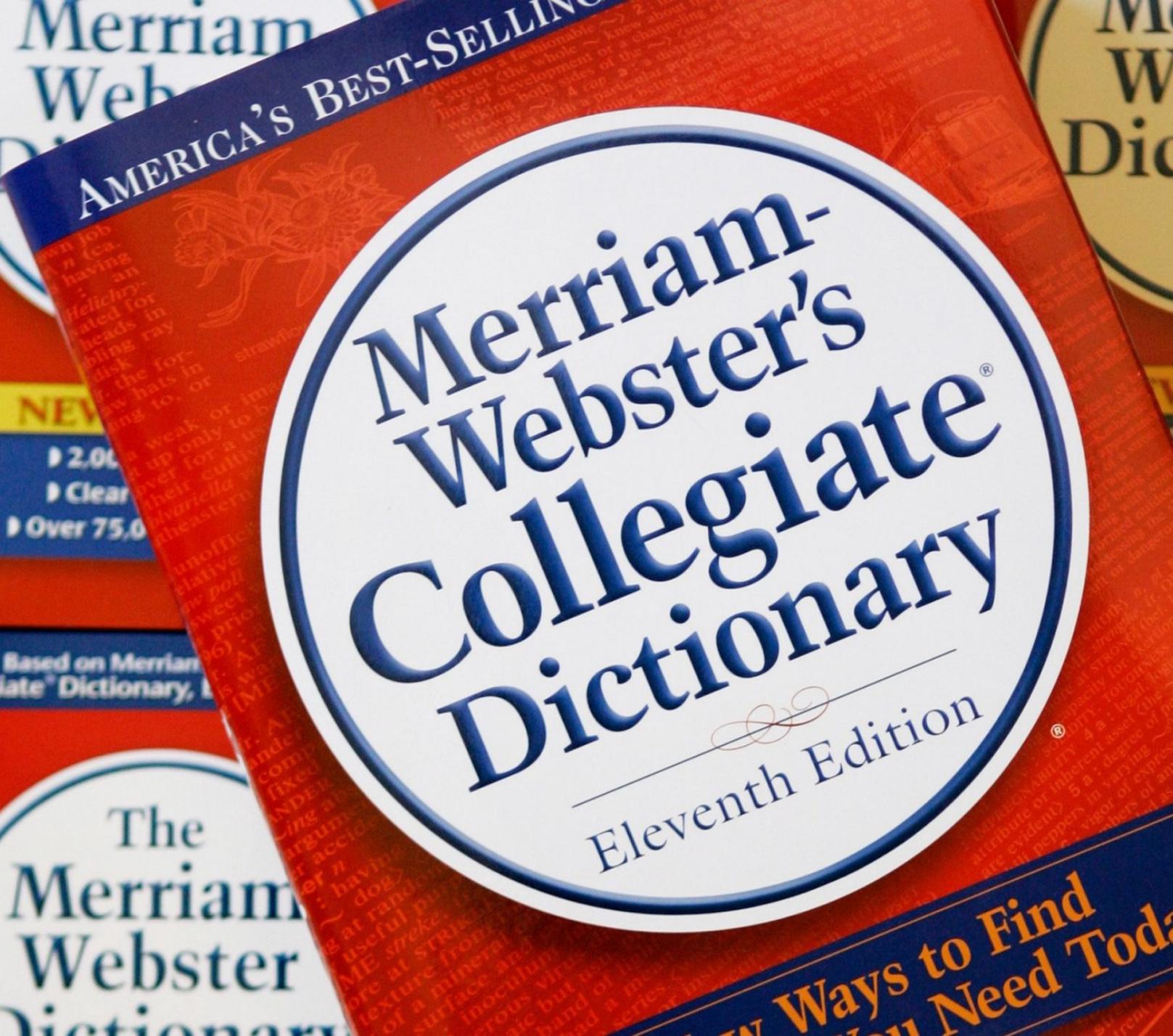


**OK, IF I'M BEING
HONEST...**



MY NEW FAVORITE PHRASE

...and two new favorite f-words



Dumpster fire

(noun, US informal):

"an **utterly calamitous** or mismanaged situation or occurrence: **disaster**."

FLUID

FLEXIBLE

SURE, LET'S MAKE A PLAN!

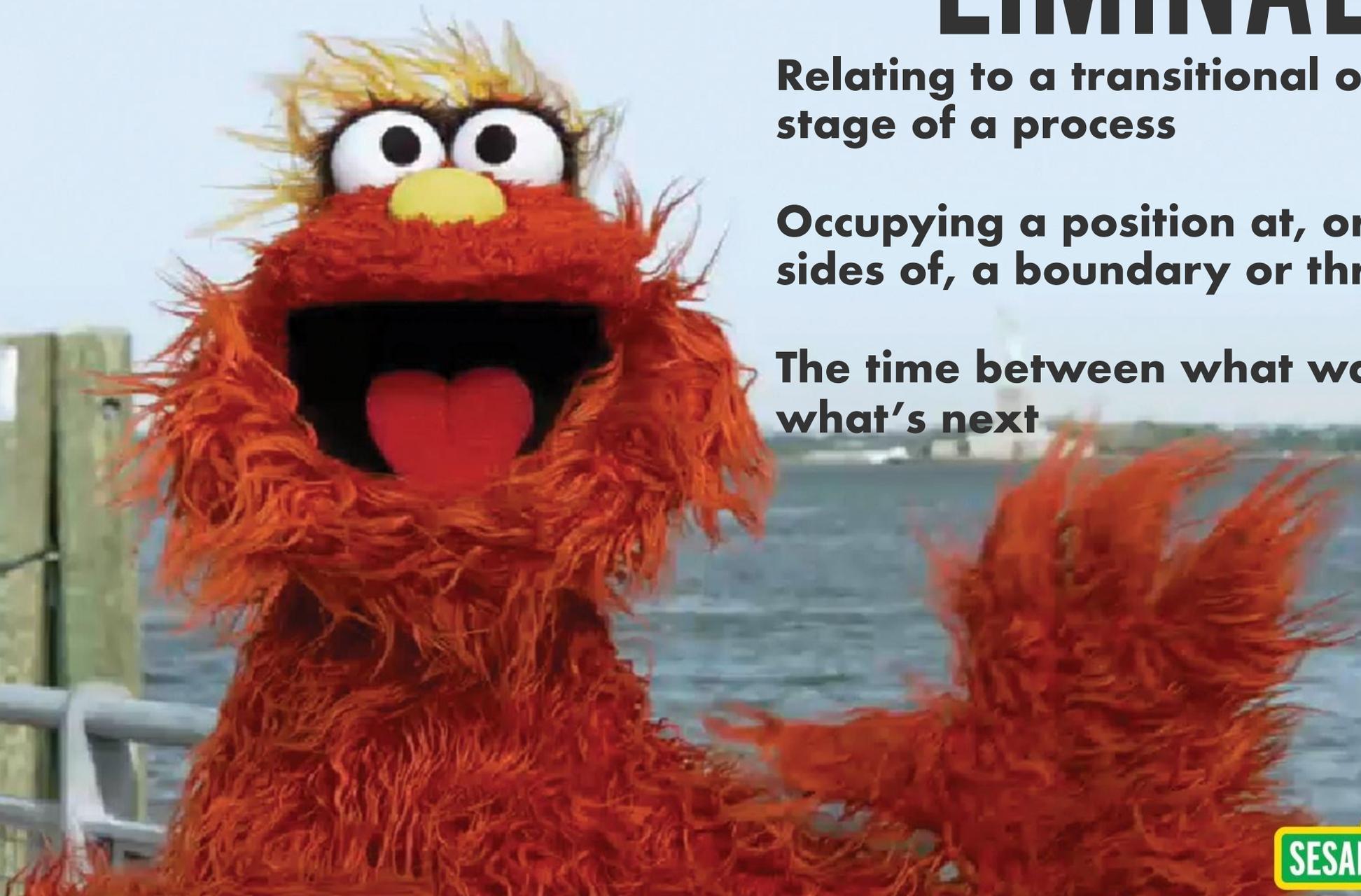


LIMINAL

Relating to a transitional or initial stage of a process

Occupying a position at, or on both sides of, a boundary or threshold

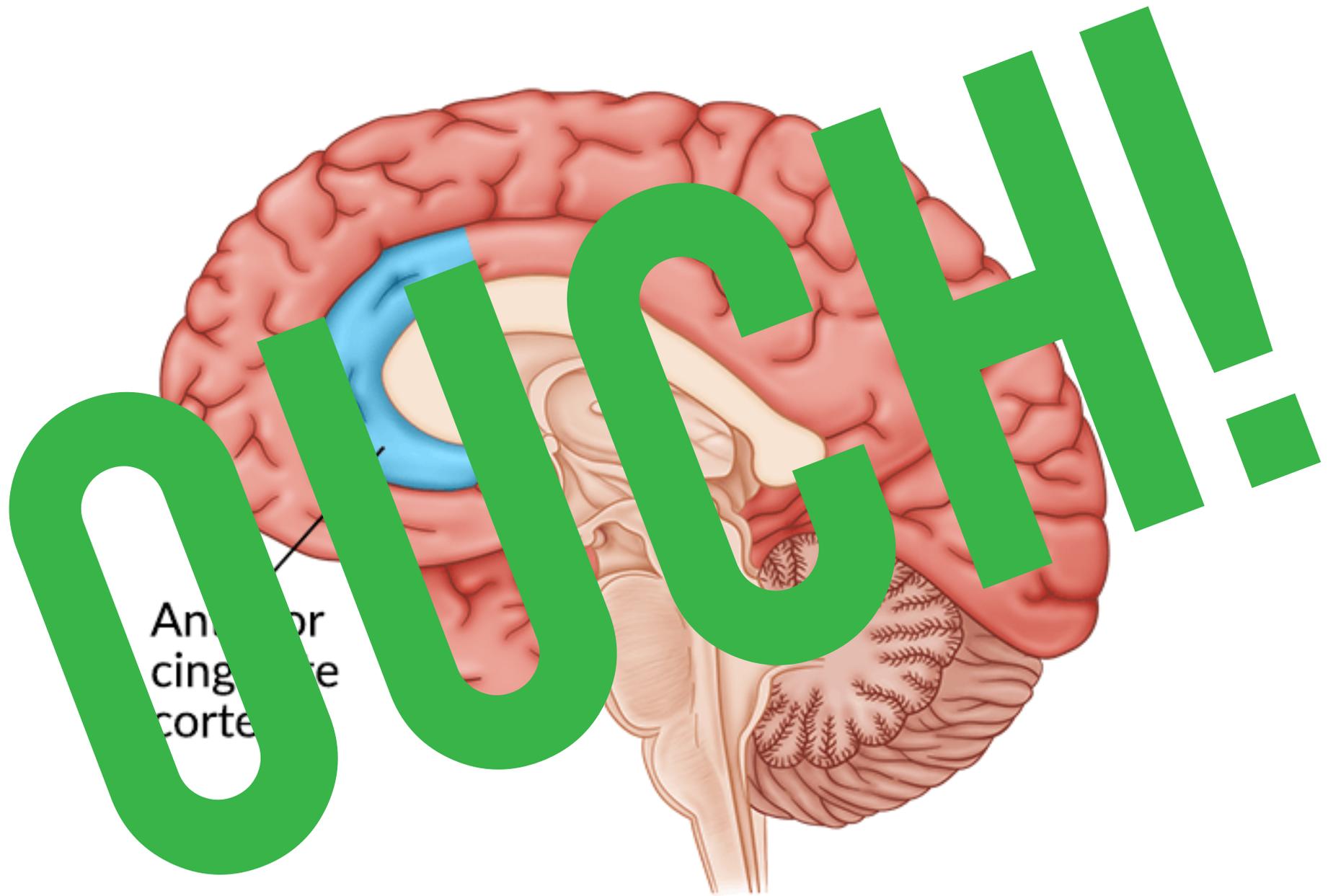
The time between what was and what's next



WHAT **IMPACT**

IS THIS

HAVING?



Anterior
cingulate
cortex

**BEFORE WE GET
STARTED,
I WANT YOU TO
PANDICULATE.**





DON'T KNOCK ANYTHING OVER!

micro
STRATEGY

PRACTICE **RADICAL**
PRESENCE





**LET'S TALK ABOUT
HOW WE ARE
SHOWING UP**



HOW I THINK I LOOK WITH SMOKY EYES

HOW I ACTUALLY LOOK



HOW I THINK I LOOK AFTER
A TOUGH DAY AT WORK



HOW I ACTUALLY LOOK



HOW I THINK I HANDLE STRESS

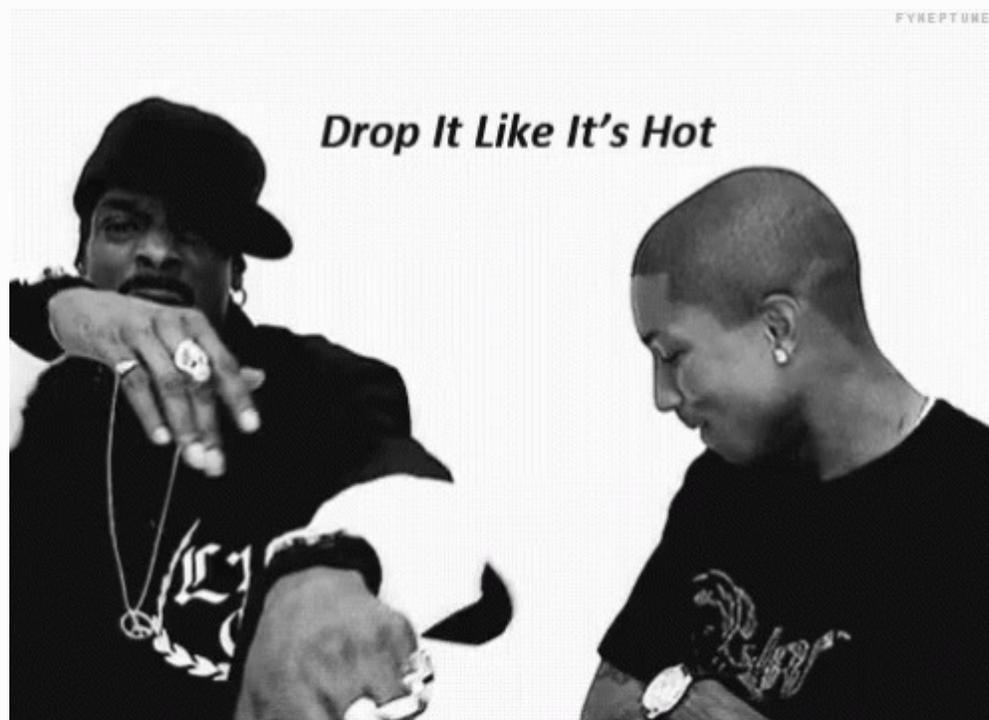


HOW I ACTUALLY HANDLE STRESS

micro
STRATEGY

CHANGE
YOUR APPROACH

“I CAN’T DROP THIS PEN.”



**WATCHOUT
FOR:**

JUST

I'M JUST A...

WE'RE JUST...

**THAT'S JUST
HOW HE IS...**

SHE'S JUST A...

**THIS IS HOW
WE DO IT**

IT IS WHAT IT IS

**THAT'S JUST HOW
THINGS ARE
AROUND HERE...**

ADJUST

WHEN YOU HEAR THE WORDS



"WE NEED TO TALK."

THERE ARE **TWO** THINGS
THAT GET IN THE WAY OF
PRODUCTIVE MEDIA DIALOGUE

OUR MOUTHS

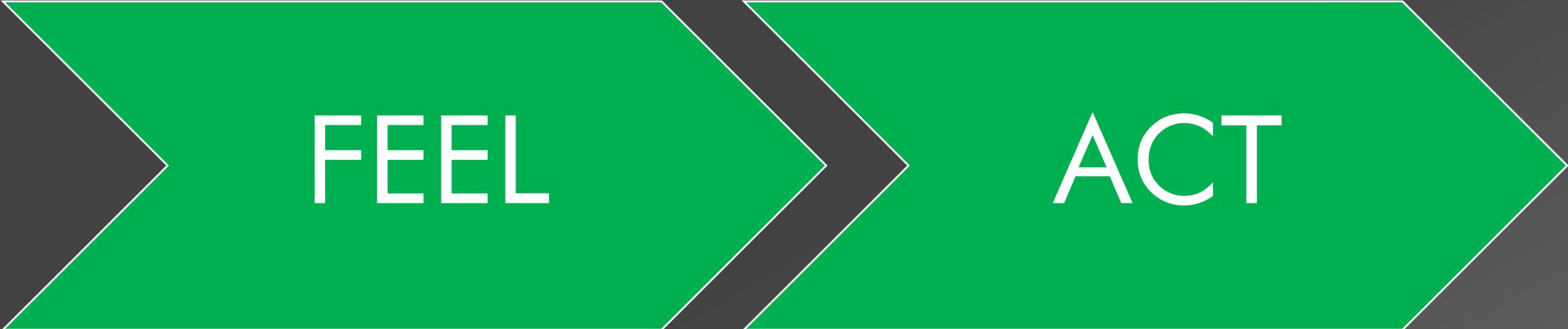
&

OUR BRAINS

GOALS OF EXTRAORDINARY DIALOGUE

1. Learn
(Mind The Illusion of Certainty)
2. Find the Truth / Best Path Forward
(Monitor Perception vs. Reality)
3. Produce Results
(Are we moving towards action?)
4. Strengthen Relationships
(No lower back tattoos required)

**MASTERING
YOUR STORY**



FEEL

ACT





TELL A
STORY



ACTION



TELL A
STORY



JUDGMENT



ACTION



TELL A
STORY



JUDGMENT



FEEL



ACTION



TELL A
STORY



JUDGMENT



FEEL



REACTION

MASTERING YOUR STORY

Question your conclusions

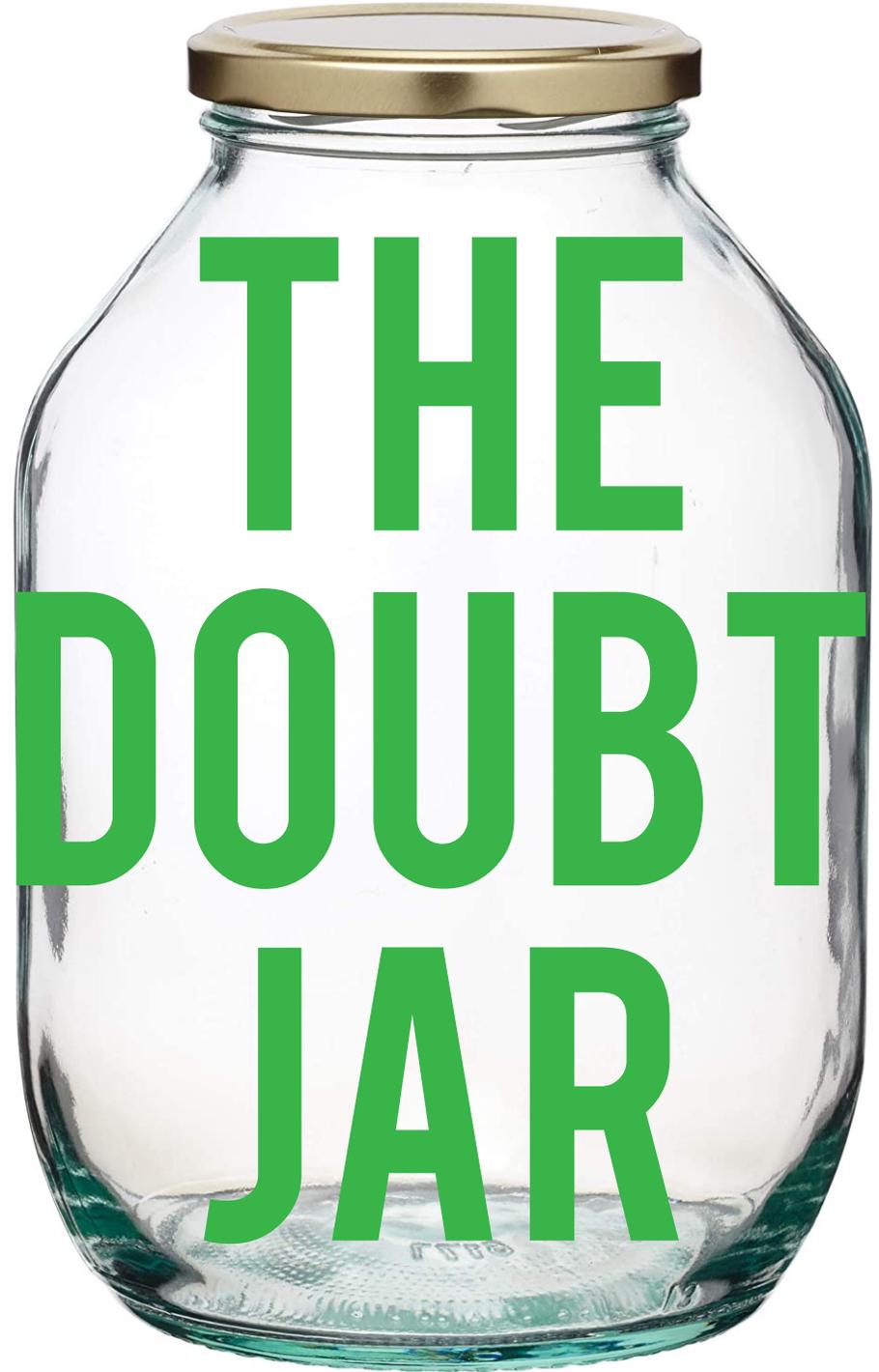
- ✓ Did you tell yourself a story without facts or perceptions?
- ✓ What meaning are you adding to the action you observed?

MASTERING YOUR STORY

Question the stories in your mind behind the actual events that took place (facts)

- ✓ Why would a reasonable, rational person do or say this?
- ✓ What's your role in the conflict?

**EXPERIMENT
WITH THE
BS BUCKET**



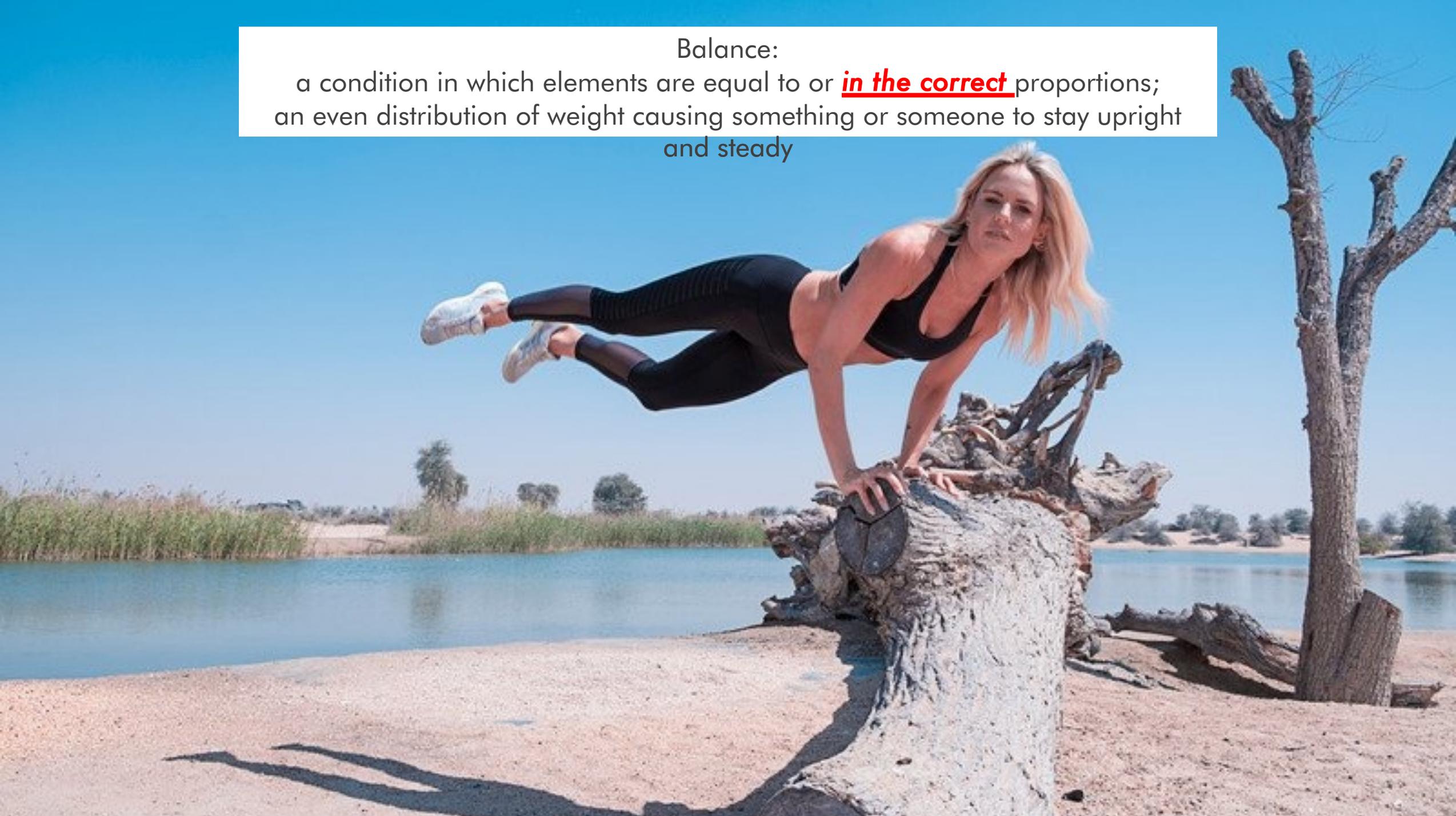
THE
DOUBT
JAR

micro
STRATEGY

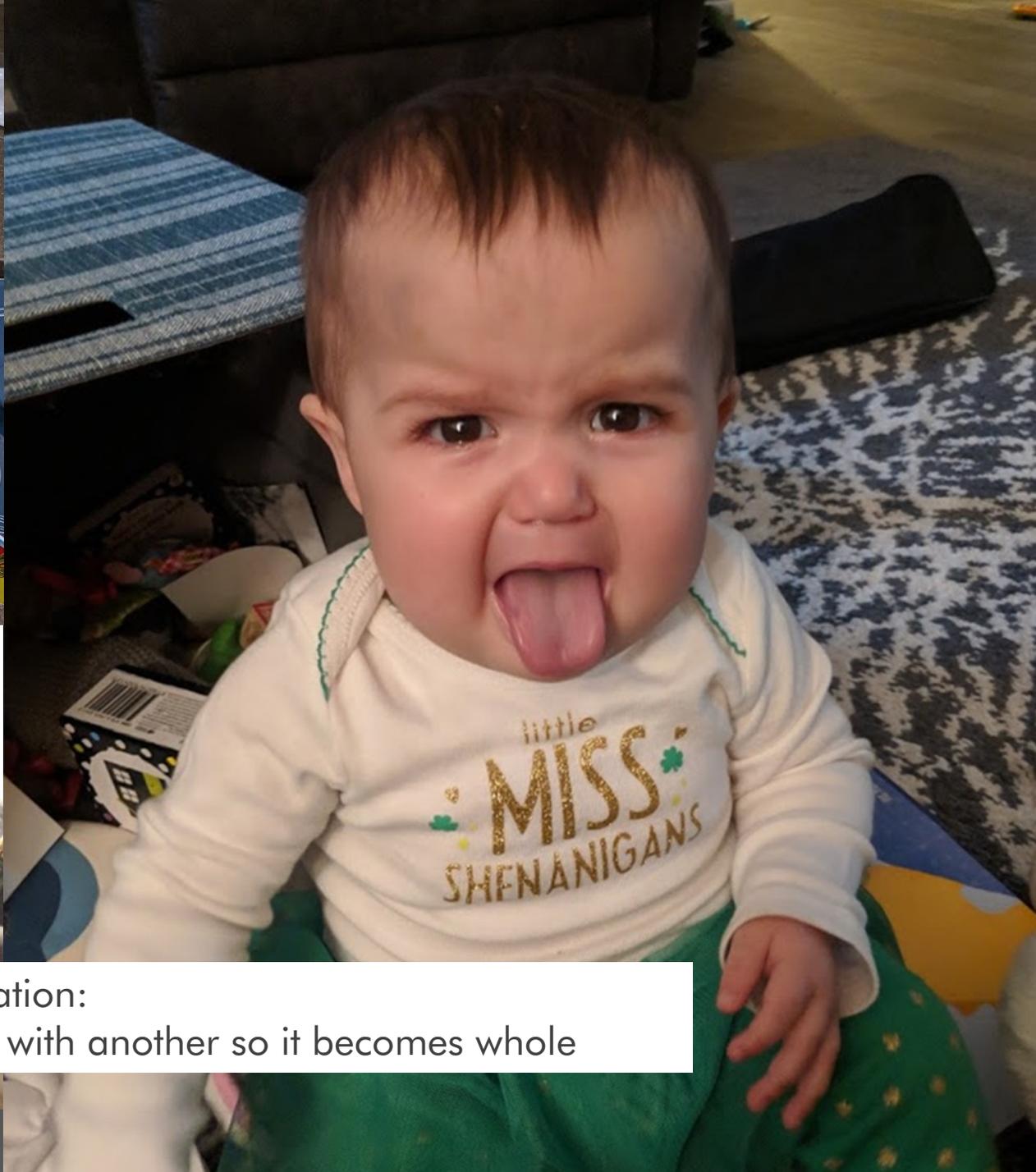
THINK
INTEGRATION,
NOT BALANCE

Balance:

a condition in which elements are equal to or in the correct proportions;
an even distribution of weight causing something or someone to stay upright
and steady







Integration:
To integrate; to combine one thing with another so it becomes whole

THE TRUTH IS...

WORK FOLLOWS US HOME, AND HOME FOLLOWS US TO WORK

COMPARTMENTALIZING DOESN'T WORK FOR EVERYONE

IT ALWAYS GETS MESSY AT SOME POINT

NAVIGATING
WORK/LIFE
INTEGRATION

**STOP
SHOULDING
YOURSELF**

HOW MANY OF YOU
HAVE EVER
SHOULD
ON YOURSELVES?

(In public or in private)

HOW MANY OF YOU
HAVE EVER BEEN
SHOULD ON
BY SOMEONE ELSE?

GUILT

**WHERE DOES THIS
COME FROM?**





INTEGRATION:

**REDUCE THE GUILT
FACTOR**





INTEGRATION:

REFRAME YOUR

FOCUS

NO

NO

YES

The More You Know

The image features the text "The More You Know" in a 3D, blocky font. The letters are colored with a gradient from purple on the left to blue on the right. To the right of the text is a large, bright yellow 3D star. Below the text and star is a colorful, glowing nebula or galaxy with red, orange, and green hues. The entire scene is set against a dark blue background with scattered white stars.

RESEARCH SHOWS UP TO

80%

OF THE THOUGHTS

WE HAVE IN A DAY ARE *NEGATIVE*

**OUR BRAINS
ARE WIRED TO
ANSWER THE
QUESTIONS
WE ASK**

“Why do I always
make mistakes?”

“How can I possibly keep
screwing this up?”

“Why am I such an idiot?”

“Why am I so stupid?”

Our Brains Like to Project Certainty

I AM STUPID BECAUSE...

“Why am I so stupid?”



Google's Gmail and Drive suffer global outages

Users in Australia, the US, Europe and Asia report problems with various applications for several hours

Kate Lyons

🐦 @MsKateLyons

Tue 12 Mar 2019 23.30 EDT



🔗
1,721



▲ Google said it did not know how long the issue would continue. Photograph: NurPhoto/NurPhoto via Getty Images

Google has been hit by outages in a host of countries around the world, with users reporting issues with Gmail, Google Drive, Hangouts and [Google Maps](#) for several hours.

INTEGRATION:

**LEAVE THE GREMLINS
ON THE TABLE**

DIFFERENTIATE BETWEEN:

CONCERN

WORRY



micro
STRATEGY

**TAME THOSE
THOUGHTS**

THE 4 CATEGORIES OF HUMAN EXPERIENCE

CIRCUMSTANCES

CIRCUMSTANCES



THOUGHTS

CIRCUMSTANCES

```
graph TD; A[CIRCUMSTANCES] --> B[THOUGHTS]; B --> C[EMOTIONS];
```

A vertical flowchart with three green rounded rectangular boxes. The top box contains the word 'CIRCUMSTANCES', the middle box contains 'THOUGHTS', and the bottom box contains 'EMOTIONS'. Light green arrows point downwards from the bottom of the first box to the top of the second, and from the bottom of the second box to the top of the third.

THOUGHTS

EMOTIONS

CIRCUMSTANCES

```
graph TD; A[CIRCUMSTANCES] --> B[THOUGHTS]; B --> C[EMOTIONS]; C --> D[BEHAVIORS];
```

THOUGHTS

EMOTIONS

BEHAVIORS

The 3 B's

Bag It

Barter It

Better It

A.C.T. TOOLS

**ACCEPTANCE &
COMMITMENT THERAPY**

**I'M HAVING THE
THOUGHT THAT...**

INOTICE

**I'M HAVING THE
THOUGHT THAT...**

GIVE IT A TITLE

“I’M A FRAUD”

PUT IT TO MUSIC



BAD

MICHAEL JACKSON



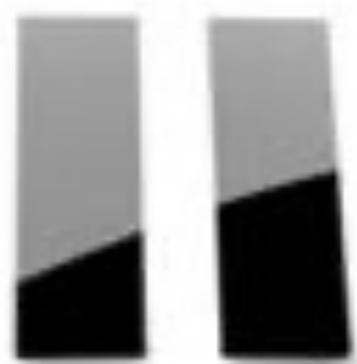
FRASD

INSOLELANCE

micro

STRATEGY

CREATE AN
INTENTIONAL
CADENCE



PAUSE



ASK POWERFUL QUESTIONS

- I can, but *do I want to?*
- Is this really working *for me?*
- How does this feel *in my body?*
- Is this what I want (*what I really really want*)?

micro
STRATEGY

**FINE-TUNE YOUR
FREQUENCY**



VOLUME

8

9

10

11

12

13

PRACTICE
CONSCIOUS RELEASE
RITUALS

WHY?



ATTENTION, INTENTION, NO TENSION

Also try this as a team!



**WHERE IS _____
TRYING TO FIND ME?**

micro
STRATEGY

GIVE YOURSELF
PERMISSION

(This is Your)

**PERMISSION
SLIP**

X _____

SIGN HERE

Be good to
yourselves!



Nicole Dailey Lance



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nicolelance.co