



WELL-ADVISED
CONSULTING INC.



Shift Yourself 1st

The pandemic has impacted every aspect of how we work. If you're like many leaders, you may have spent so much time putting out fires over the past three years it has been difficult to move forward with your big goals and aspirations. We live in a culture where being overextended and exhausted has become a norm, but if I buy into this as a leader, whom am I serving? Who does it impact if I'm not functioning at my best?

The downward spiral of being over-extended and exhausted results in decreased energy, and as stress levels increase, creativity and innovation drop. We're also more apt to misread communication from others and respond negatively. Being in these cycles on a consistent basis can lead to burnout.

As we move into a new, post-Covid normal, we have the opportunity to make it a better normal. In this workshop we will engage in evidence-based practices that help us to maintain the energy, balance, wellness, and resilience to deal with the day-to-day and long-term challenges so we can succeed as leaders. We will also discover how to model these habits for others in the workplace.

In this interactive workshop, we will explore how to shift our habits and practices to create more balance and to prevent burnout. You will learn about what happens to your well-being when positive emotion increases and about daily practices that build positive emotion, thereby helping us to flourish as leaders and teams.

Specifically, we'll engage in activities around:

- The latest research on how to best use breaks throughout the day to maintain optimum energy.
- What it means to be email intelligent, and how to create guidelines at work to use email effectively while decreasing the amount of time we spend reading and responding to it.
- Using the SOAR analysis (Strengths, Opportunities, Aspirations and Results) to solve challenges and get engaged in priorities.
- Exploring the triggers that take us into vicious cycles personally and in our teams, and then create resilient cycles to use instead.

We'll explore how to stack the deck in your favour to manage your own well-being, balance, resilience and positivity as a leader, and why this is so important when leading people!

We'll look at these topics in relation to our own personal habits and also explore ways to translate this to our teamwork. Where would you like to be a year from now in terms of your own personal resilience? How would you like your team to function? Learn how to build the practices you need to get there.

Deborah incorporates the latest research on leadership, positive psychology and positive organizations to provide evidence-based practices that help teams and organizations flourish.

Bio

A captivating speaker, storyteller, author and workplace coach, Deborah researches the latest breakthroughs in workplace wellness around the globe. She has interviewed many of the leading thinkers, which forms the basis of her work: teaching leaders how to radically shift culture so that people can flourish. She is the author of *A Better Place To Work: Daily Practices That Transform Culture* through which she has distilled the knowledge of hundreds of organizational health thought-leaders. She is the part-time Executive Director of BCalm (The BC Association for Living Mindfully) and founder of The Better Workplace

Conference that she led for 17 years. This powerful initiative created a whole generation of workplace health professionals and a huge community of practice.

Type of Presentation

High-involvement facilitated workshop where delegates will practice various activities individually, in pairs, in teams, and as a large group. I will introduce each and then move into experiential activities. This will be at times very reflective (giving opportunity to reflect and make personal notes) and at times very energetic (giving the opportunity to try out activities with others).