

Thriving in Uncertain Times.



 **TIFFANY
| MATTICK**
THERE SHE GROWS



Burnout is what happens
when you try to avoid
being human for too long.

Michael Gungor

Tip.

Breathe.



well-being.

noun

the state of being comfortable,
healthy, or happy





The 8 elements of well-being.

1. Nutrition
2. Movement
3. Emotional
4. Social
5. Spiritual
6. Intellectual
7. Sleep
8. Play

Take the assessment.

On a scale of 1-10,
How are you doing in
each area?

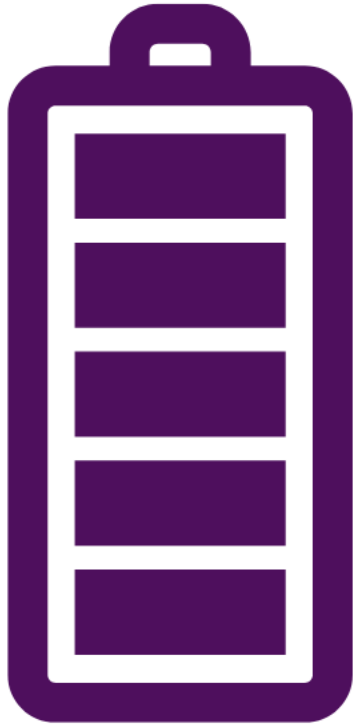
10 – Totally satisfied
1 – Needs work

- 1. Nutrition** (Physical)
Am I fueling my body with nutritious foods daily?
- 2. Movement** (Physical)
Am I moving my body?
- 3. Emotional**
Am I aware of how I am feeling?
- 4. Social**
Do I have a feeling of inclusion and belonging?
- 5. Spiritual**
Am I connected to meaning and purpose?
- 6. Intellectual**
Am I learning and growing?
- 7. Sleep**
Am I getting enough rest?
- 8. Play**
Do I make time for creativity and play?

Results.

| | Total Score Range | Feedback |
|---------|-------------------|---|
| Great | 72-80 | You are AT YOUR BEST! Keep up the great work! You are taking amazing care of yourself. Inspire others around you to follow your lead. You are a role model. |
| Good | 56-71 | Holding steady! You are taking care of yourself and getting the attention you need. Some areas may be higher than others, are there additional areas you can work on to maintain these high levels of well-being? |
| OK | 40-55 | You are dangerously close running out of gas. Your battery is low. Revisit the areas of well-being, pick two to focus on. What will drive the greatest change and improvement for you right now? |
| Warning | Below 40 | Your tank is empty. What actions can you add to your day to increase your well-being? Your self-care and well-being needs attention! Ask for what you need. Ask for support. Get a supportive network. |

Well-Being Results.



Great

72-80



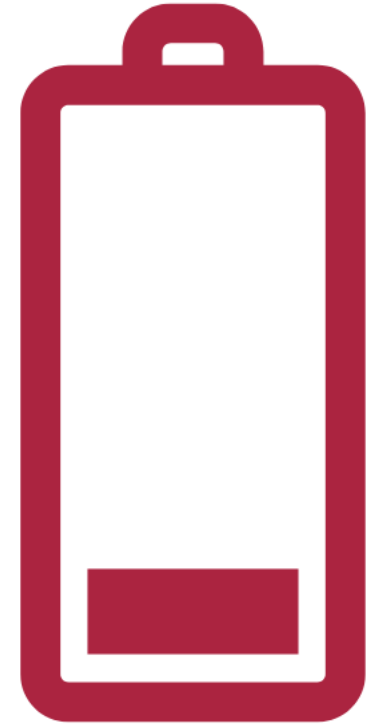
Good

56-71



OK

40-55



Warning

Below 40

recharge



refuel



M
THERE SHE GROWS

“

Rest and **self-care** are so important. When you take time to replenish your spirit, **it** allows you to serve others from the overflow. You cannot serve from **an** empty vessel.

Eleanor Brownn



conversations



Tip.

If it's not a
'HECK YES', **it's a 'NO'**





energy





conversations

Tip.

Manage your energy
over your time.



3 words that describe how you feel...

at your best.

at your worst.

High energy
Low pleasantness

Mood Meter.

High energy
High pleasantness

| | | | | | | | | | |
|-------------|--------------|--------------|--------------|-----------|-----------|------------|-----------|-------------|--------------|
| Enraged | Panicked | Stressed | Jittery | Shocked | Surprised | Upbeat | Festive | Exhilarated | Ecstatic |
| Livid | Furious | Frustrated | Tense | Stunned | Hyper | Cheerful | Motivated | Inspired | Elated |
| Fuming | Frightened | Angry | Nervous | Restless | Energized | Lively | Excited | Optimistic | Enthusiastic |
| Anxious | Apprehensive | Worried | Irritated | Annoyed | Pleased | Focused | Happy | Proud | Thrilled |
| Repulsed | Troubled | Concerned | Uneasy | Peeved | Pleasant | Joyful | Hopeful | Playful | Blissful |
| Disgusted | Glum | Disappointed | Down | Apathetic | At Ease | Easygoing | Content | Loving | Fulfilled |
| Pessimistic | Morose | Discouraged | Sad | Bored | Calm | Secure | Satisfied | Grateful | Touched |
| Alienated | Miserable | Lonely | Disheartened | Tired | Relaxed | Chill | Restful | Blessed | Balanced |
| Despondent | Depressed | Sullen | Exhausted | Fatigued | Mellow | Thoughtful | Peaceful | Comfortable | Carefree |
| Despairing | Hopeless | Desolate | Spent | Drained | Sleepy | Complacent | Tranquil | Cozy | Serene |

Low energy
Low pleasantness

Low energy
High pleasantness

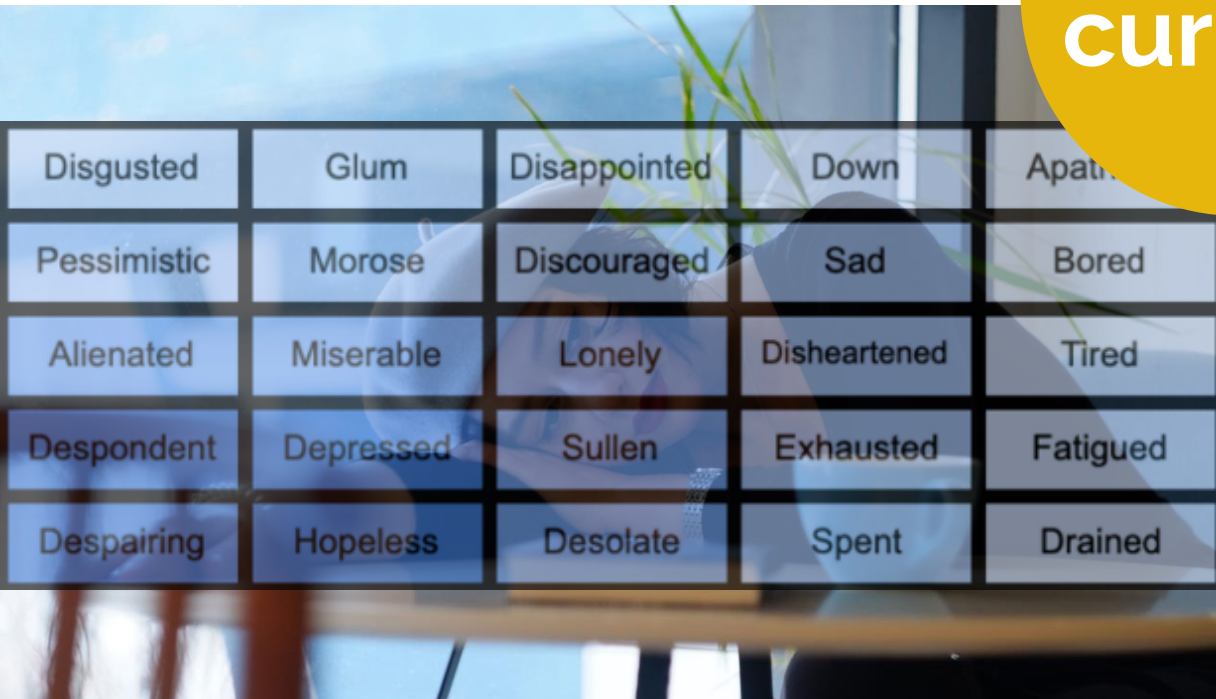


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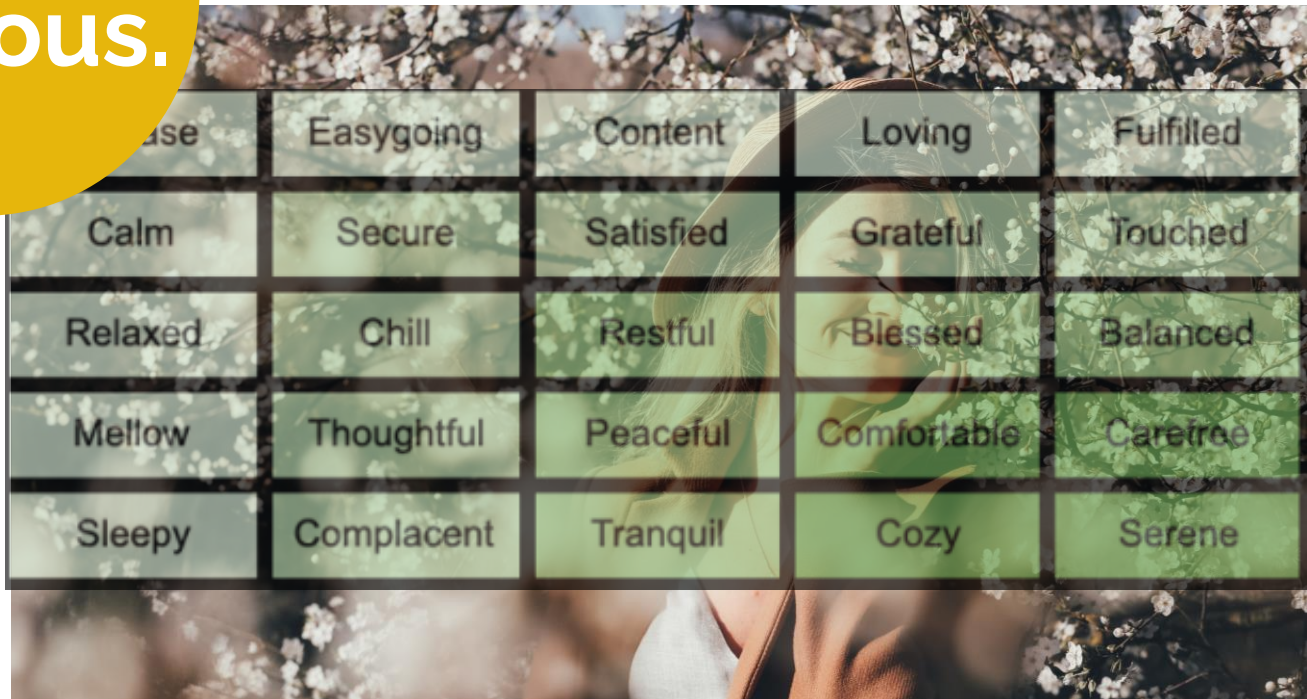


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Be
curious.



| | | | | |
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| | | | | |
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Tip.

Pause.

Ask: What do I need?





conversations



**You are the average of
the 5 people you spend
the most time with.**

Jim Rohn

Top 10 (best) moments

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

My Themes:



Themes to consider...

Conditions (Culture, places, environment, location etc)

People (Boss, team, partners, vendors, customers, clients)

Skills/strengths

Growth (challenged, learning, being stretched)

Helping others, giving back, greater purpose, impact/making a difference



conversations

Question.

**How do your themes impact
the future of your leadership?**

TM



Notice.

People you admire.



Confident, authentic, joyful,
caring, present, vulnerable



Patient, present, trusts the process,
listens, grounded in his work,
vulnerable, authentic, impact



Passion, purpose, energy,
love, mission

Think of someone you admire.

describe them.

traits/behaviors/actions/choices/priorities

1. _____

2. _____

3. _____



How are you
like the people
you admire?

“

**Knowing what you admire
in others is a wonderful
mirror into your deepest, as
yet unborn, self.**

Gretchen Rubin



If you embraced
these qualities
about yourself,
what action could
you take today?


Question.

What is ONE action you can take on behalf of your own future career?

TM



conversations



What are you
taking away
from today's session?

What is one **"I will"** statement
you can commit to?

**“The path you’re here to pave has not
been walked the way you’ll walk it.”**

Campbell~

