

MENTAL HEALTH +

WELLNESS

AMBASSADORS

*emPOWERing confidence and healthy communication skills
for leaders and service-based professionals*

Mental Health + Wellness Ambassadors
Advocates for Social Justice, Diversity, Equity + Inclusion
Love+Relationship Specialists
PEAK Performance+Leadership Consultants



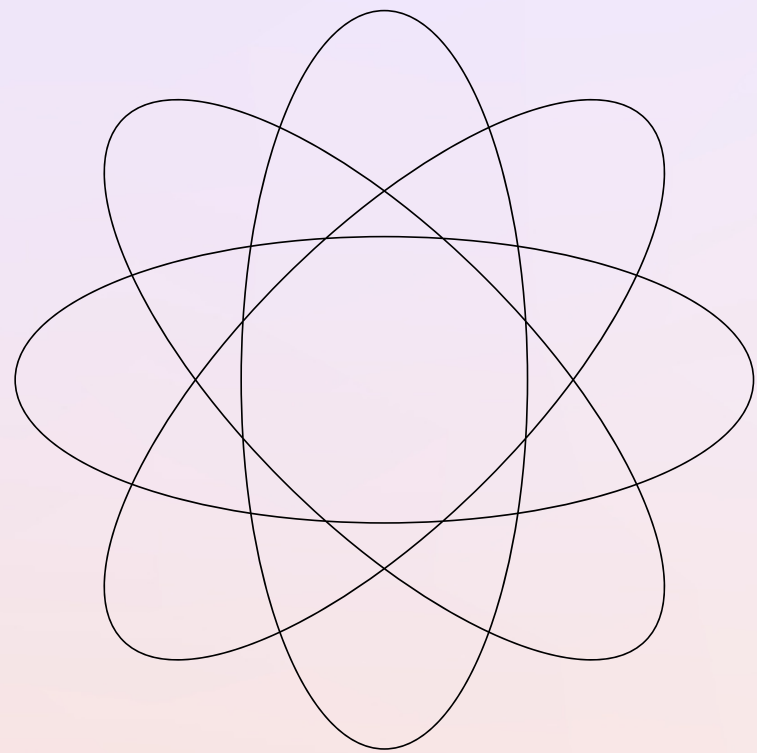
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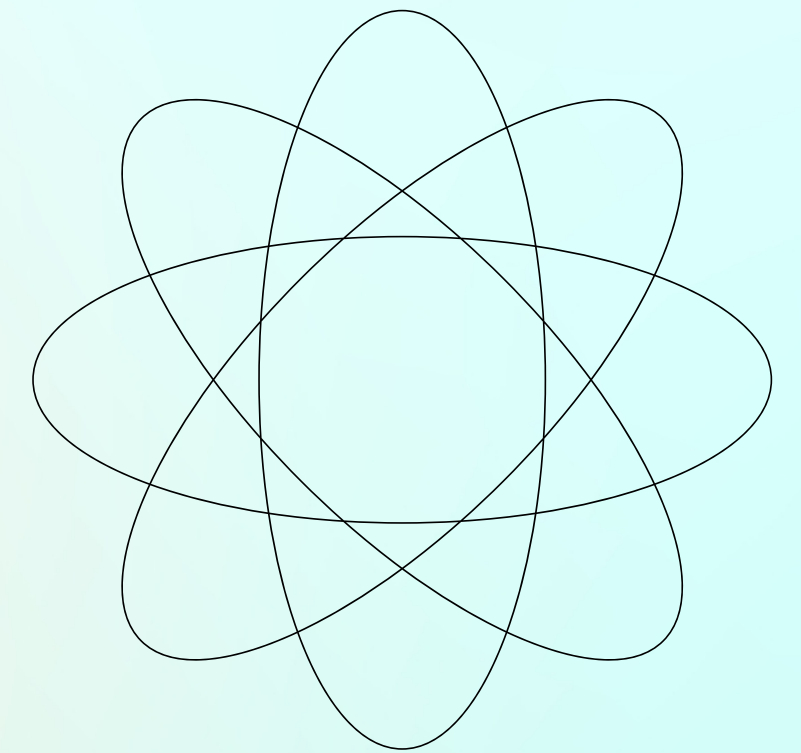
CONNECTION

- On the cardstock paper:
 - (fold it in half)
 - write your first name
 - write your preferred pronouns
- On the back (the side that faces you)
 - write: body, mind, heart, soul, spirit
- On the blank slip of paper
 - write your dream vacation destination
 - we will use that later in an activity

THE BRAIN IN THE PALM OF YOUR HAND



- Brainstem
- Mid-brain
- Cortex
- Prefrontal cortex
- Mirror Neurons



IMPLICIT + EXPLICIT LEARNING

CONNECTION

- Brief intros:
 - name
 - pronouns
 - something you are celebrating today
- On a post-it:
 - write one of your biggest challenges at work
 - crumble it up
 - we will use that later in an activity

MENTAL HEALTH + WELLNESS AMBASSADORS

Vision: *emPOWERing confidence and healthy communication skills for leaders and service-based professionals*

Mission: *emPOWERing you to help your clients; help yourselves; help your team*

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Visionistas **BY DESIGN**
WELLNESS BOUTIQUE 

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Core Values:

LEAD with *love*



humi**L**ity

Empathy

Authority

confi**D**ence

Empowerment

d**R**ive

vi**S**ion

love HEALS.  We EMPOWER You to *Fly!*

Visionistas BY DESIGN
WELLNESS BOUTIQUE 

Client Care

Self Care

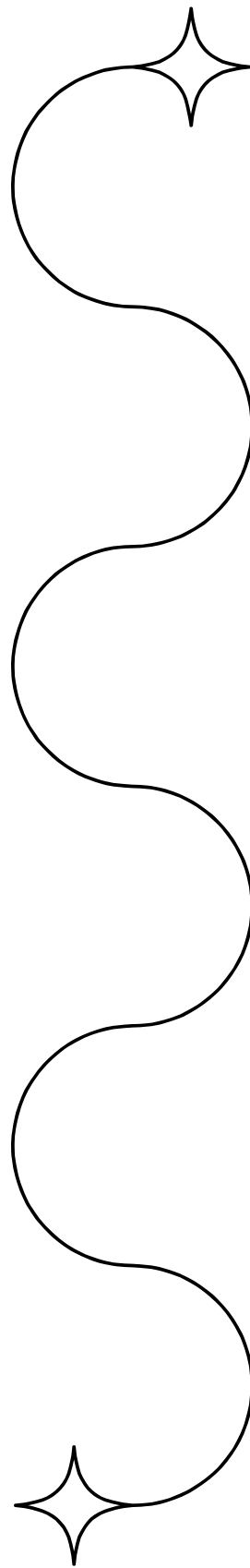
Team Care

VALUES

MISSION

VISION





**73% of service
workers had
considered
leaving their
jobs in the last
12 months due
to burnout**

SIGNS OF BURNOUT

1. “My life is a dumpster fire.”
2. “I don’t feel like getting out of bed.”
3. “If I don’t work, I don’t get paid.”
4. “I feel weighed down.”
5. “This job is too stressful.”



**You aren't
trained to be a
therapist.**



**But you feel the
pressure to act
like one.**

NEGATIVE EFFECTS OF BURNOUT

ABSENTEEISM



***DECREASED
FOCUS***

BURNOUT

***POOR
PERFORMANCE***



***MENTAL
HEALTH
CONCERNS***

***RELATIONSHIP
PROBLEMS***



***LOSS OF
REVENUE***

here to help!

Mental Health + Wellness Ambassadors Program



- build on your current skills
- learn new information
- practice strategies with guidance and support
- improve your confidence
- leave with effective tools and resources to share

BONUS!

We provide tools, strategies, and resources to help
leaders and team members:

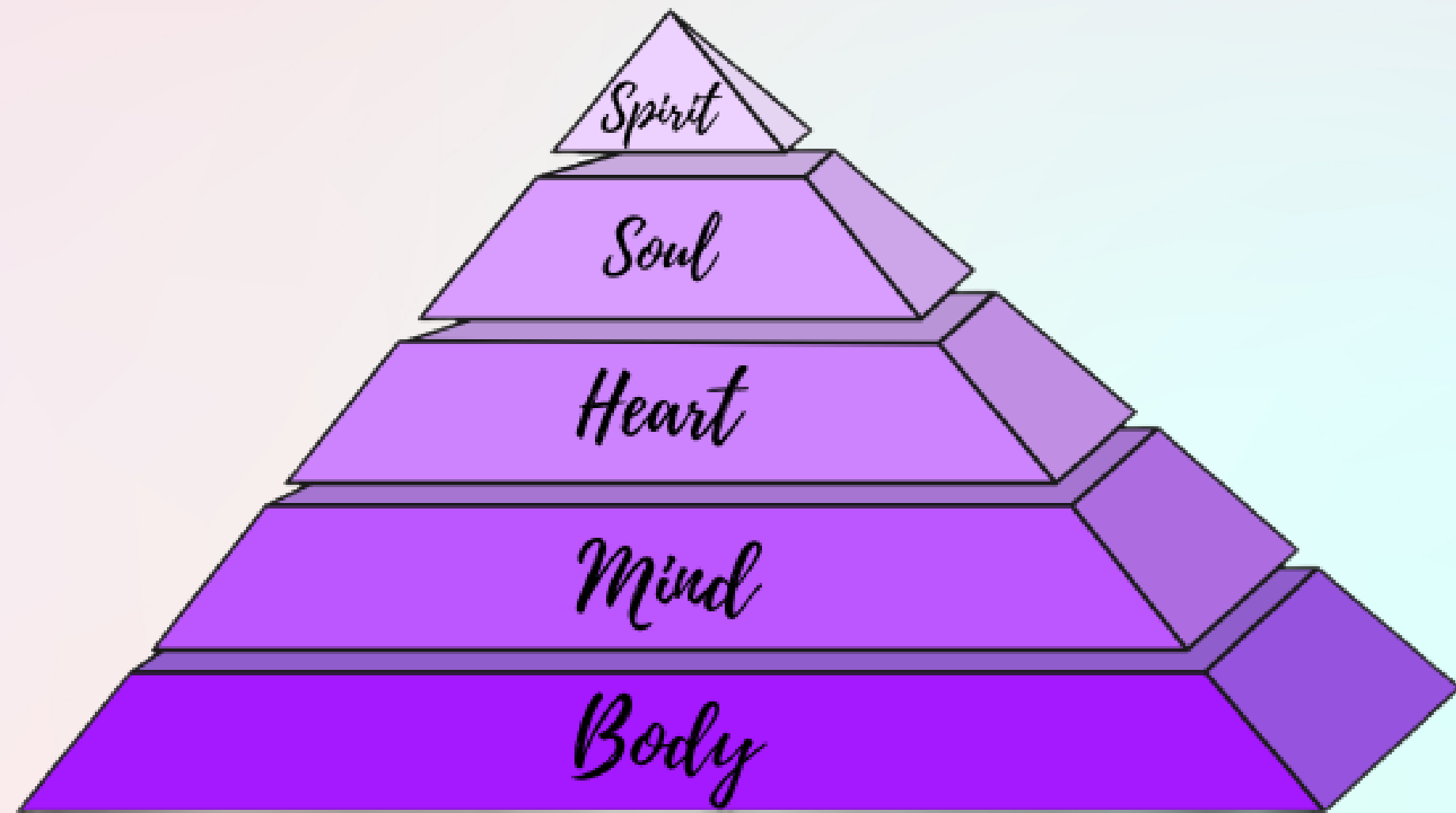
- be effective helpers for customers and community;
- improve relationships; and
- continue growing in confidence, wellness, and work-life balance!

OVERVIEW

- Connection!
- Brain in the palm of your hand; body+mind+heart+soul+spirit
- Learners and experts - speak up! / listen up!
- Dimensions of Wellness + Values, Mission, Vision
- How we talk to children, ourselves, and each other
- Adlerian Principles
- Criteria for Effective Discipline
- Belief / Motivation Behind the Behavior
- 3 Rs of recovery
- 3 Cs of Confident Connection
- Reactions and Discussion

HOW WE TALK TO CHILDREN ***(+OURSELVES + EACH OTHER)***

- Reacting
- Thinking
- Feeling
- Deciding
- Believing






POSITIVE DISCIPLINE

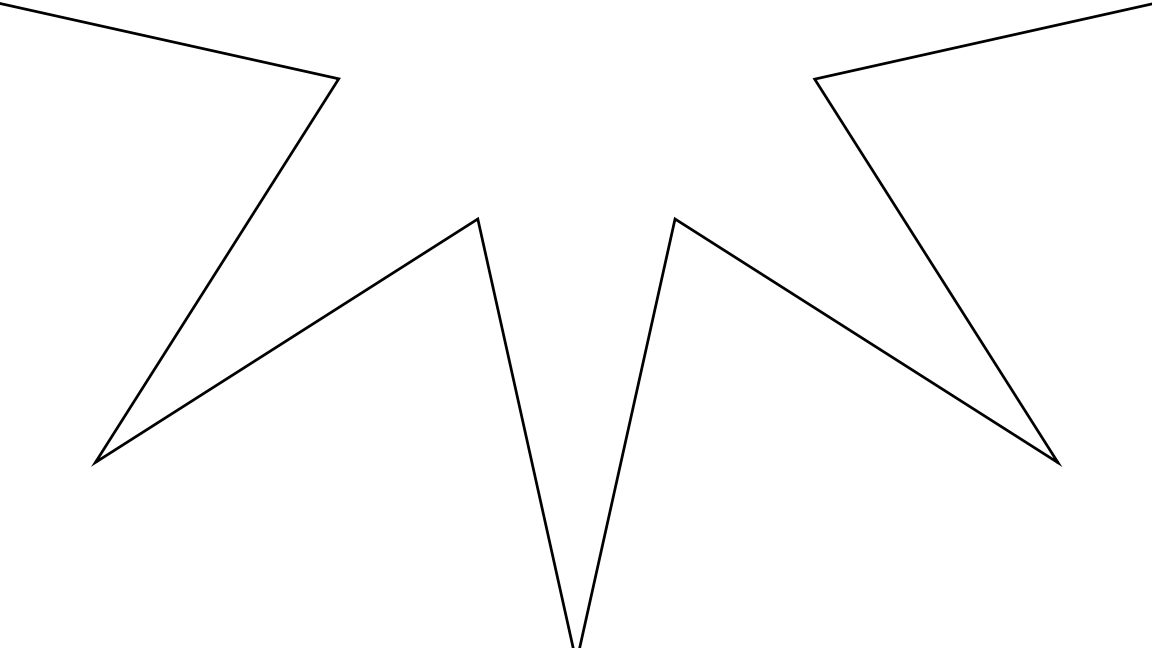
DEVELOPED BY JANE NELSEN AND LYNN LOTT

“Tell me...I will forget,
Teach me...I will remember,
Involve me...I will learn.”

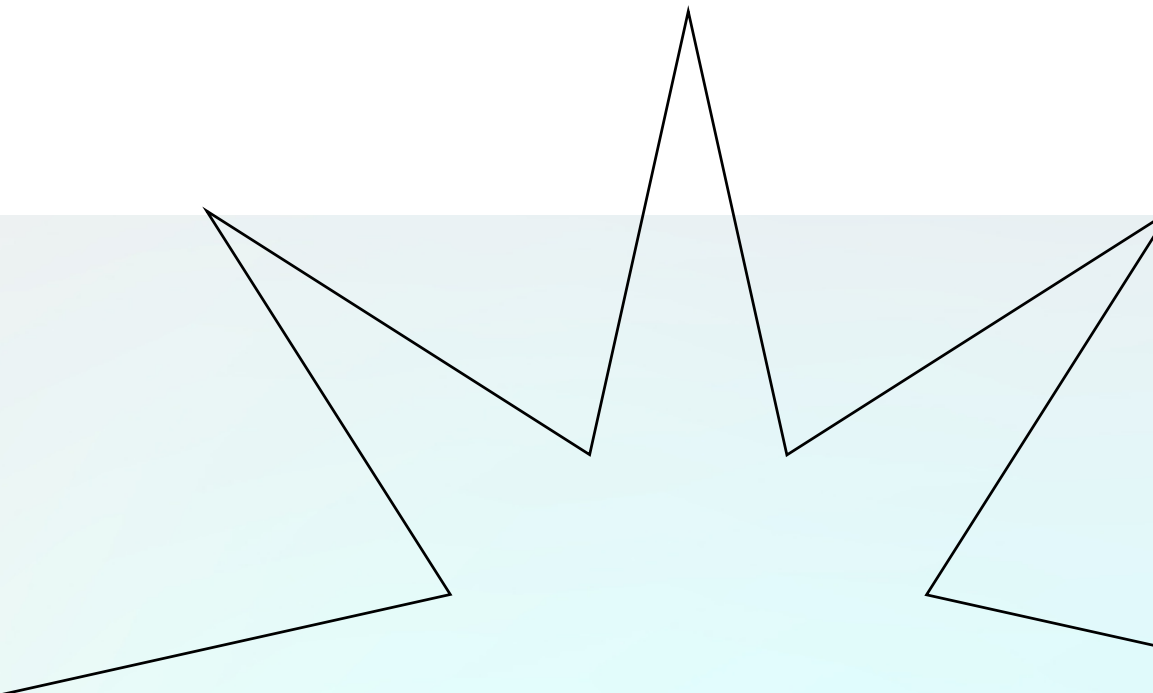


ADLERIAN PRINCIPLES

- Child's primary goal is to belong and be significant
- Children are social beings and their behavior is goal-oriented
- A misbehaving child is a discouraged child
- Social Interest: a genuine concern for others
- Equality for ALL people
- Mistakes are wonderful opportunities to learn
- Make sure the message of love gets through



Where did we ever get the crazy idea
that in order to get children to do better,
first we have to make them feel worse?



CRITERIA FOR EFFECTIVE DISCIPLINE

1. Helps children feel a sense of connection
2. Is mutually respectful and encouraging
3. Is effective long-term
4. Teaches valuable social and life skills
5. Invites children to discover how capable they are

KEEP 3; GIVE ONE BACK



meaninglessness &
unimportance



criticism &
humiliation



rejection &
abandonment



stress &
pain

TOP CARD = STRESS RESPONSE



meaninglessness &
unimportance
SUPERIORITY



criticism &
humiliation
CONTROL



rejection &
abandonment
PLEASING



stress &
pain
COMFORT

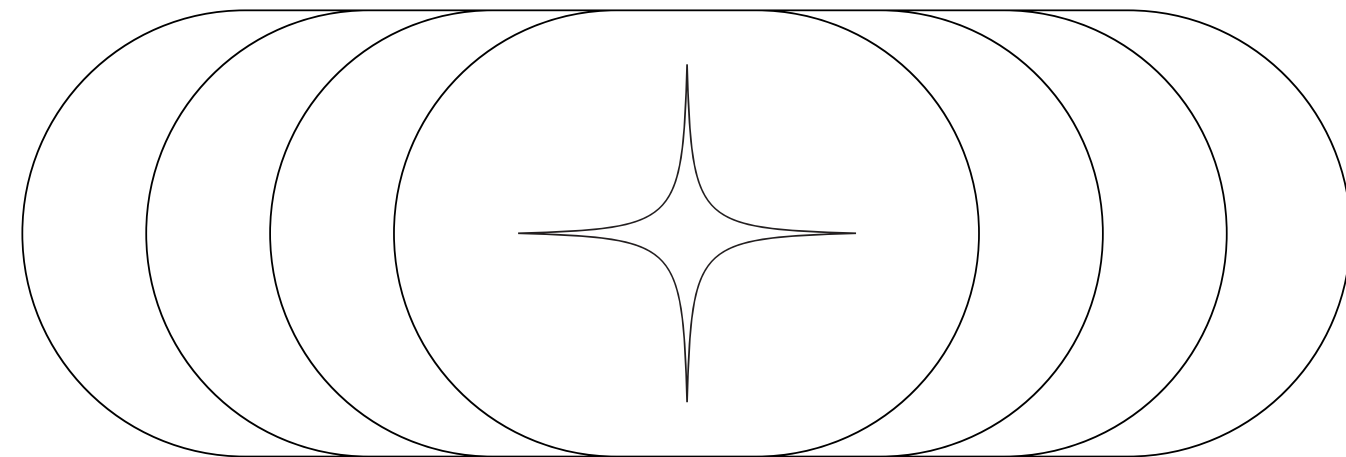
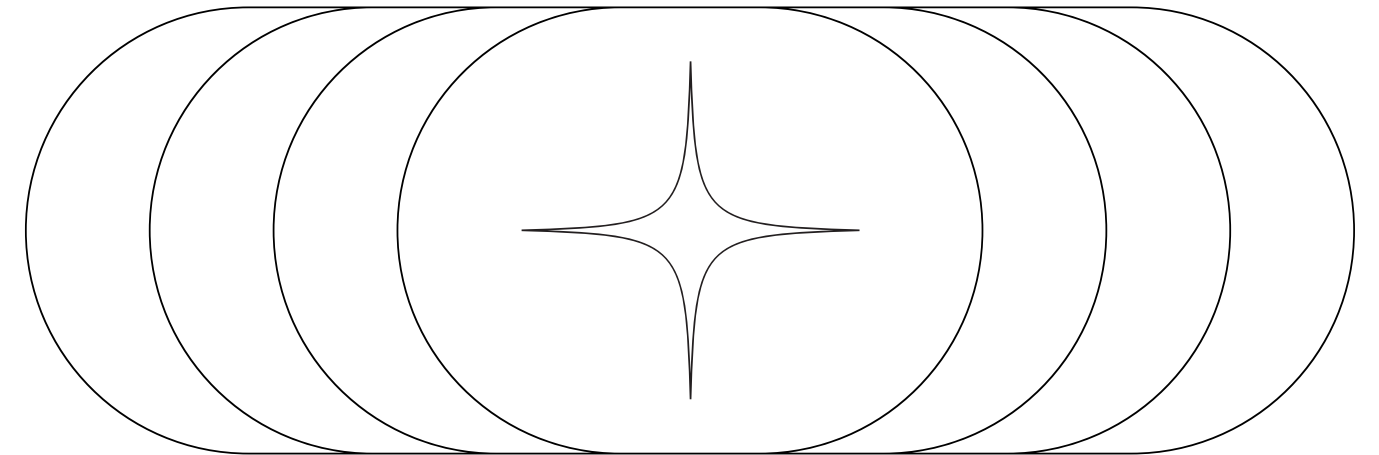
Three Rs Of Recovery

RECOGNIZE

the behavior with a feeling of responsibility
instead of blame

RECONCILE

by apologizing



RESOLVE

the problem by working together

2ND BOX = DAILY OPERATION STYLE



meaninglessness &
unimportance
SUPERIORITY



criticism &
humiliation
CONTROL



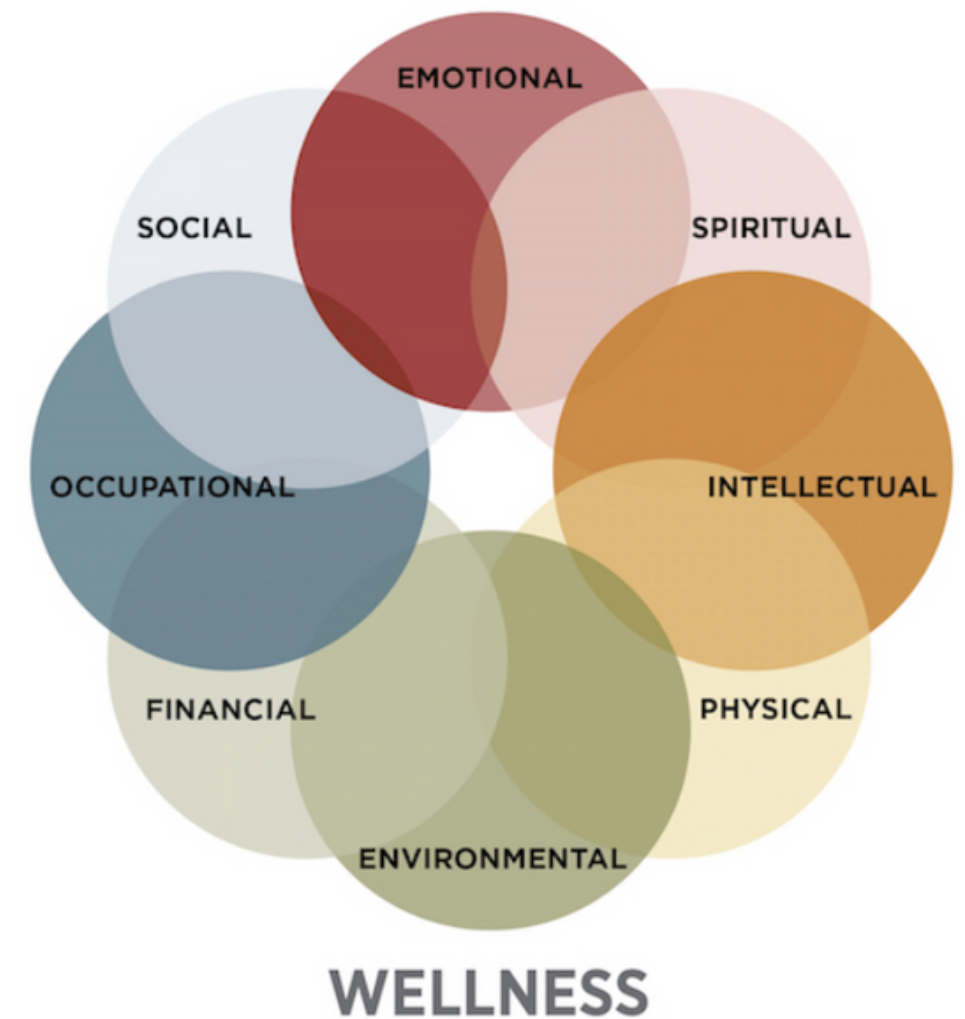
rejection &
abandonment
PLEASING



stress &
pain
COMFORT

BELIEF BEHIND THE BEHAVIOR

- Children make decisions from birth
 - Personality
 - Goals
 - Reactions to perceived insecurity and stress
- Who they are
 - Good or bad
 - Capable or incapable
- What the world is like
 - Safe or threatening
 - Friendly or unfriendly
- What they need to do to survive or to thrive



***ASSETS +
LIABILITIES +
ENCOURAGEMENTS***



meaninglessness
& unimportance

SUPERIORITY



criticism &
humiliation

CONTROL

**TIME KEEPER
ORGANIZER
FUN INSPIRER
SPEAKER**



rejection &
abandonment

PLEASING

stress &
pain

COMFORT

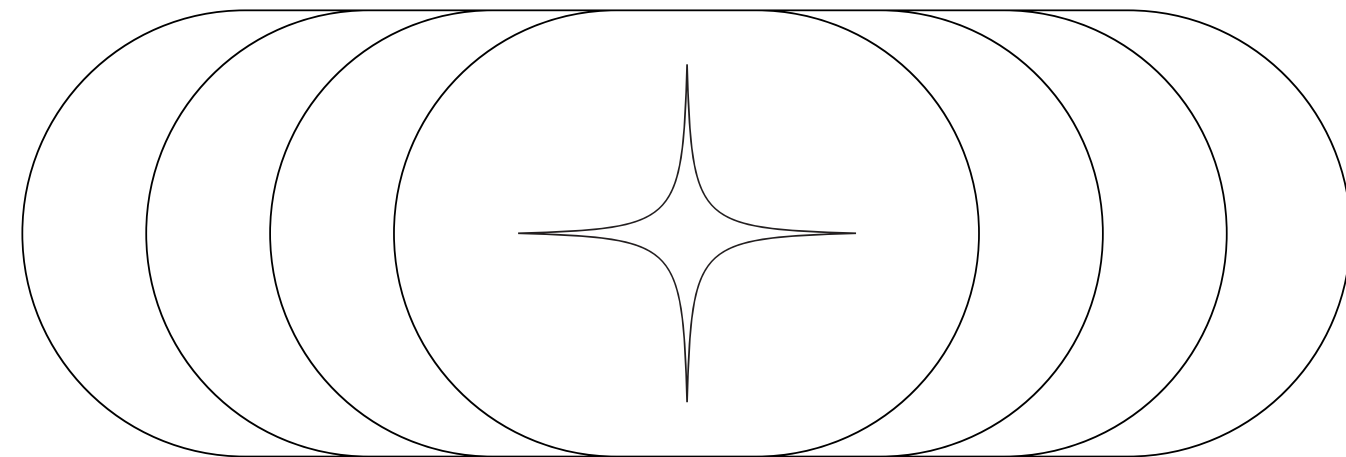
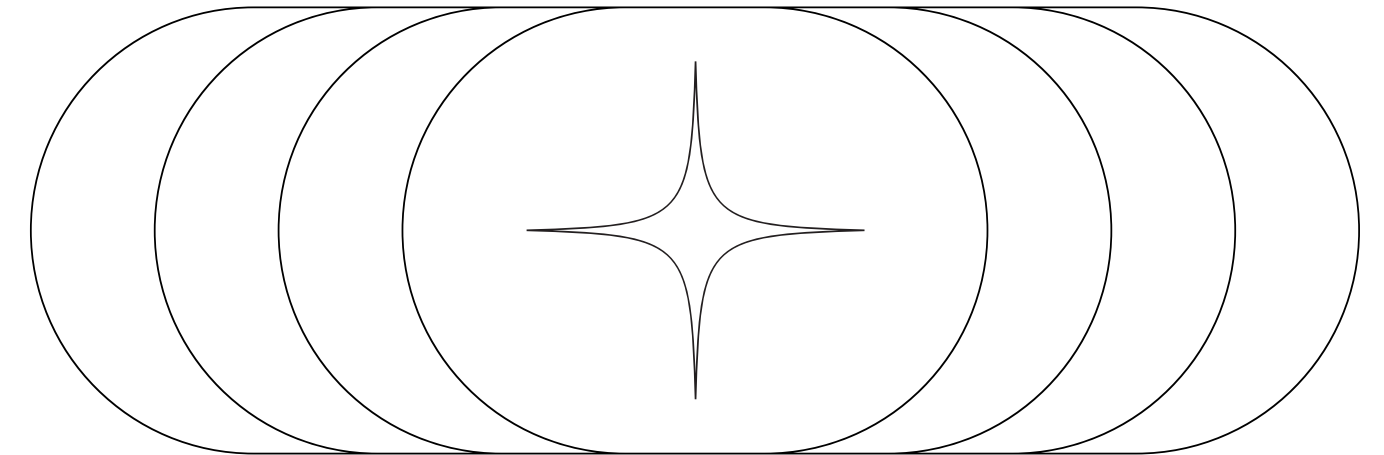
Three Cs Of Confident Connection

CURIOSITY

learn more; “what/how”

COMPASSION

go beyond empathy; avoid judgment



COURAGE

stretch the muscle of discomfort

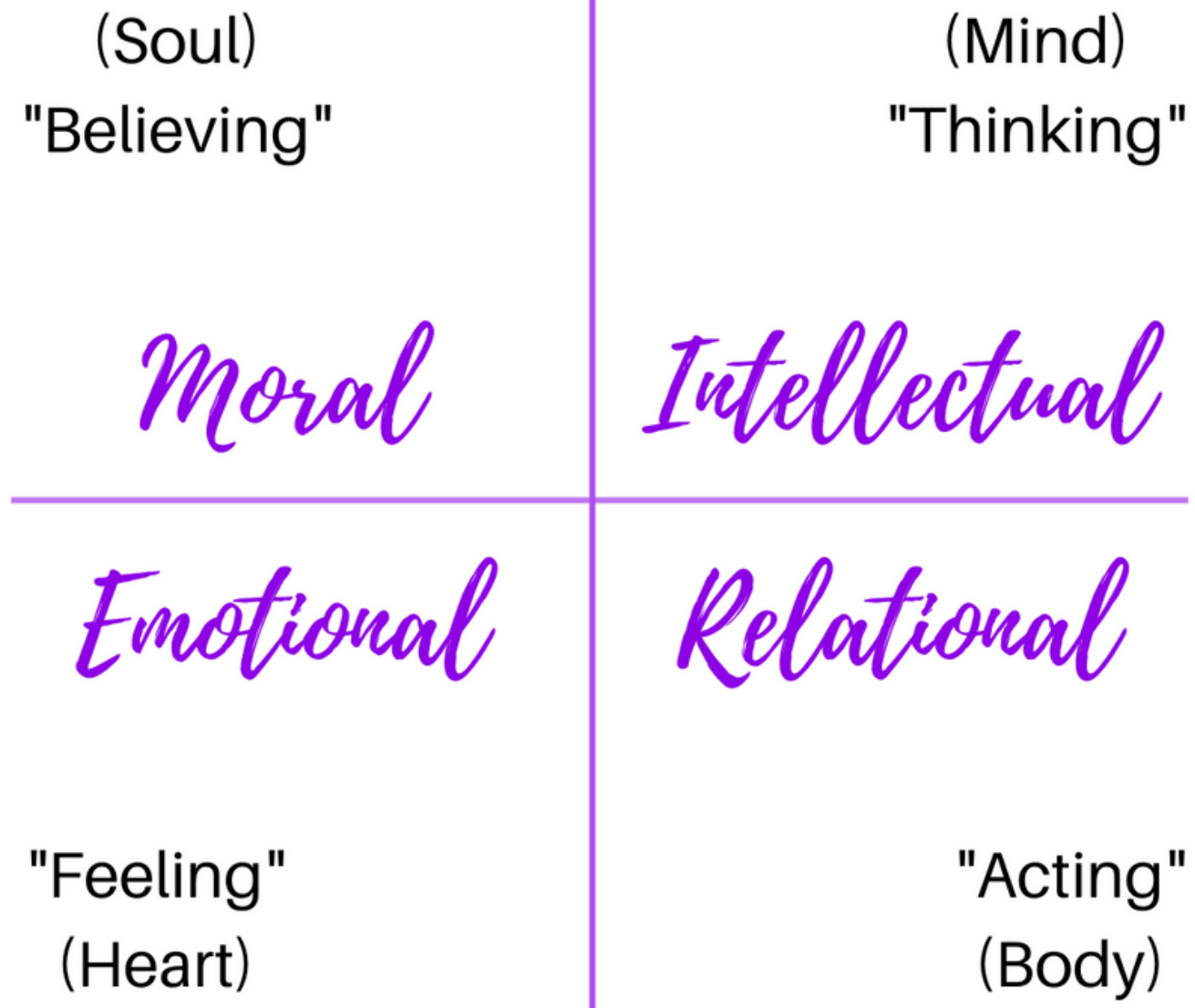
CURIOSITY QUESTIONS

WHY? WHY?

- WHAT? / HOW?:
 - Why did you do that?
 - What did you do?
 - How did it come about?
- Locus of control
- Personal Responsibility



Courageous Conversations Compass

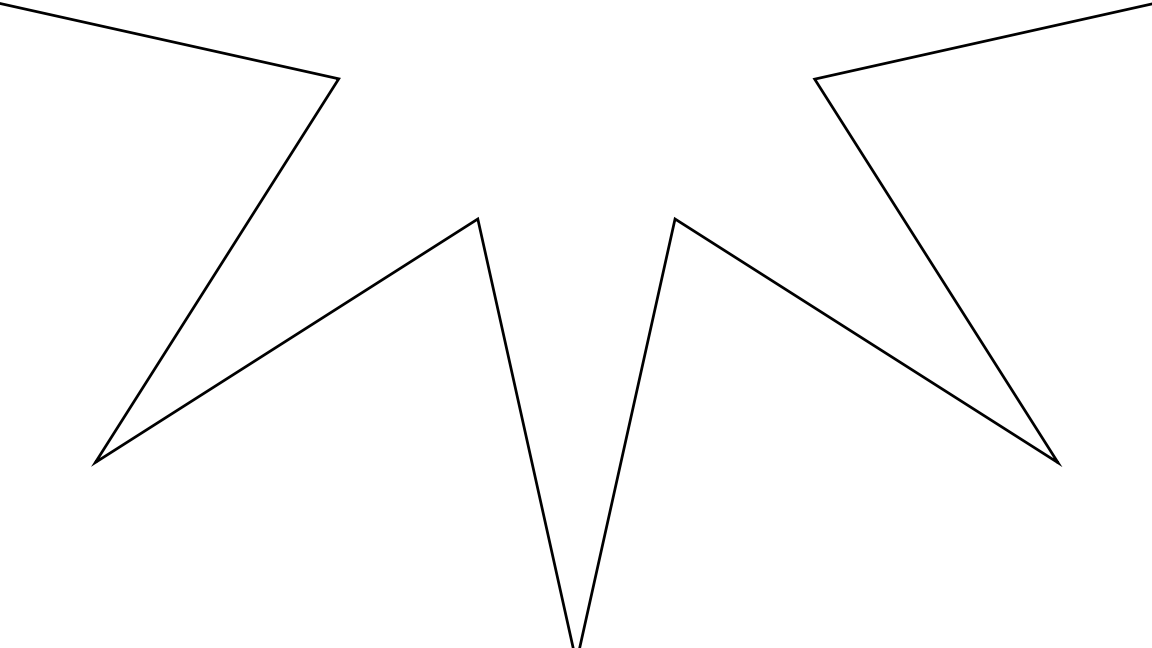


Courageous Conversations About Race, Singleton & Linton, 2005

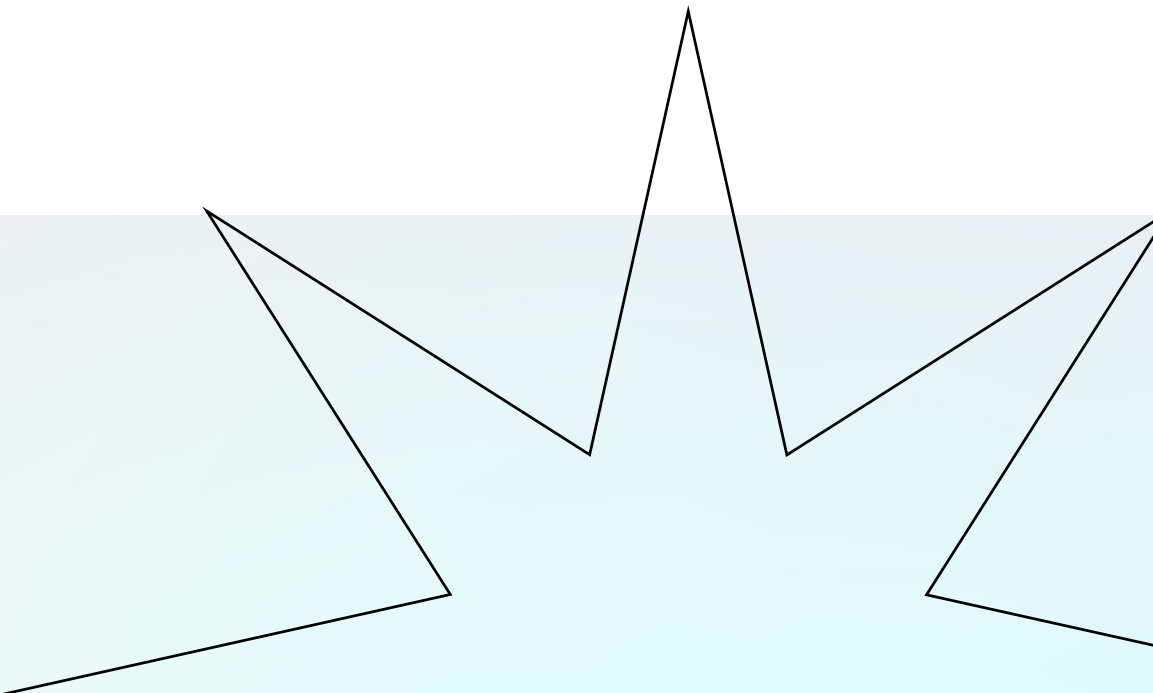
Four Agreements:

- Stay engaged
- Speak your truth
- Experience (don't avoid) discomfort
- Expect and Accept non-closure

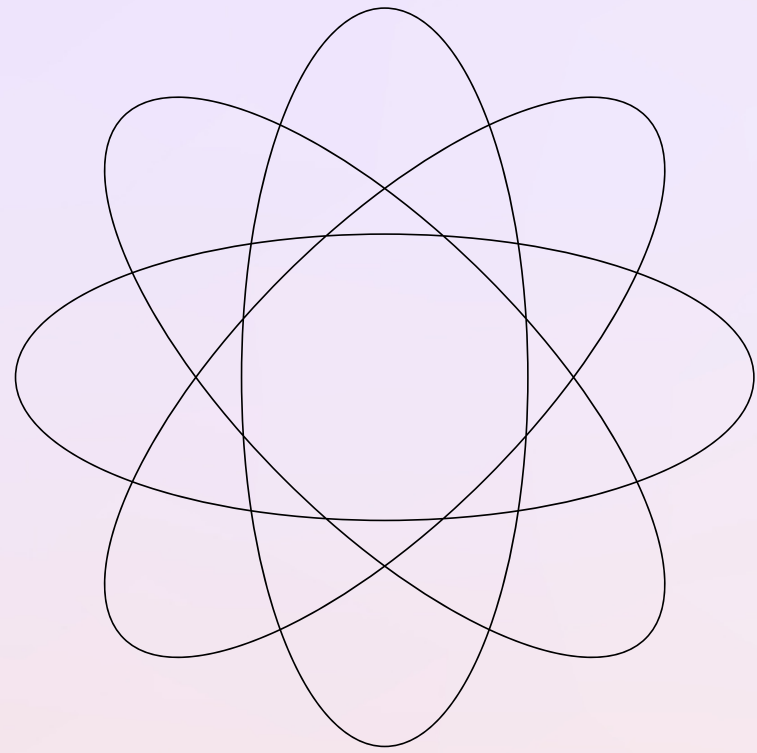




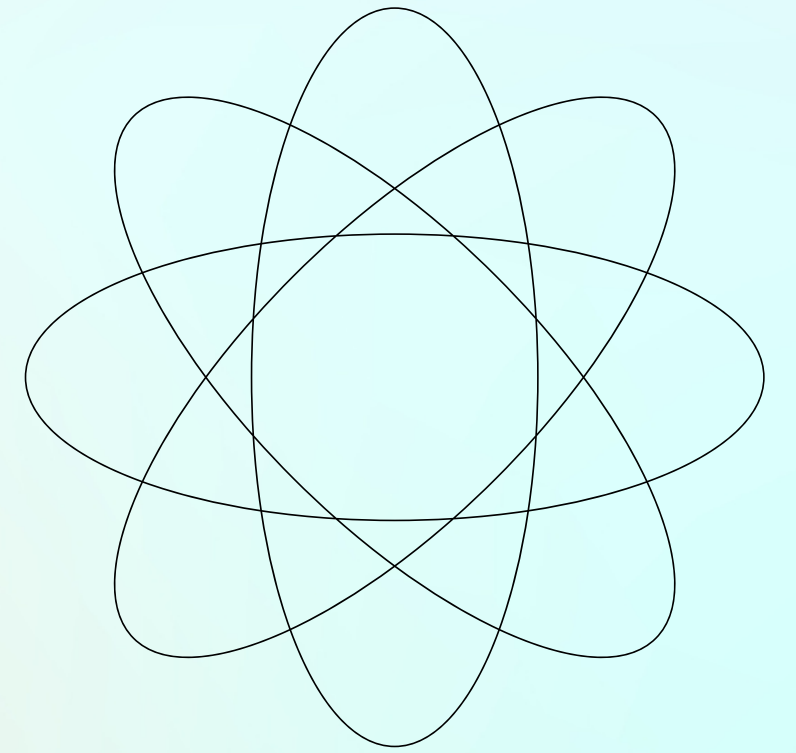
Encouragement Circle



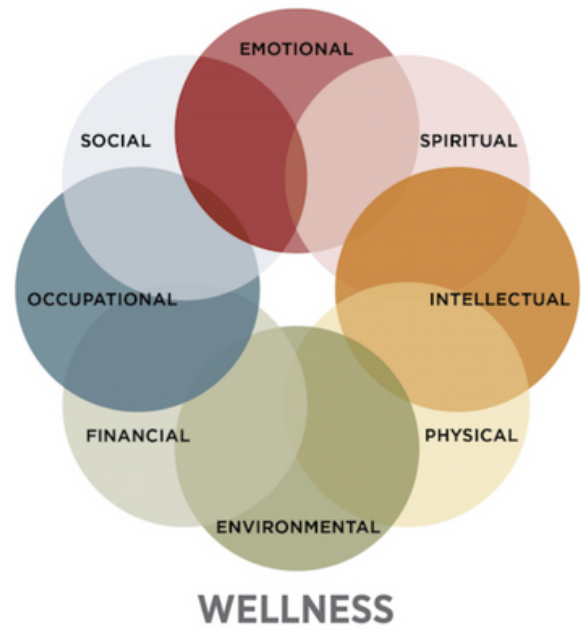
HELPING OTHERS CAN BE DRAINING.



- You are on the front lines.
- Stop taking other people's negative energy home with you.
- Regain freedom + balance + joy.
- Empower others to do the same!

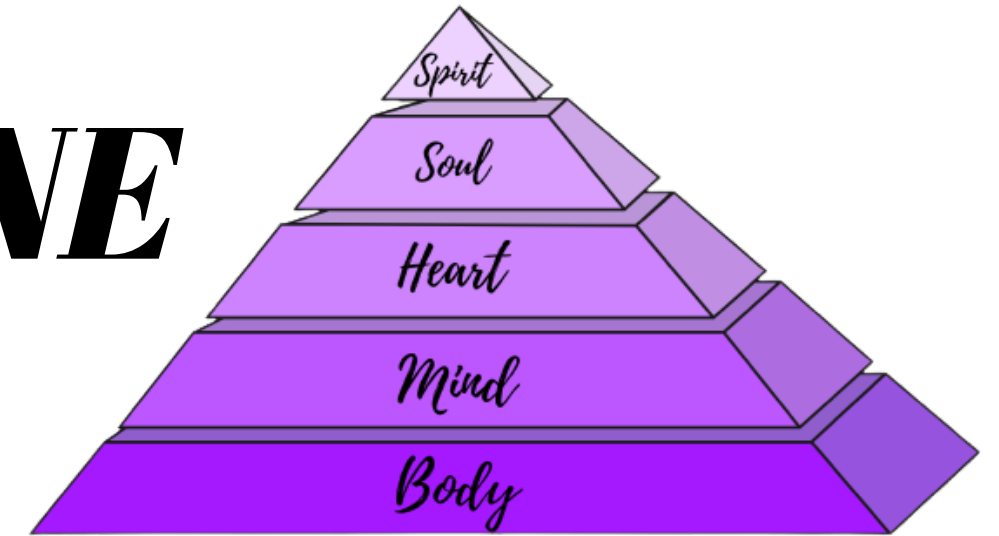


ENHANCE MENTAL HEALTH + WELLNESS.



LIFESTYLE MEDICINE

Stanford University



movement +
exercise

healthful
nutrition

restorative
sleep

stress
management

social
engagement

gratitude +
reflection

cognitive
enhancement

OPTIMIZE PHYSICAL AND MENTAL HEALTH

MENTAL HEALTH + WELLNESS AMBASSADORS

Values: *aligning behaviors with your beliefs and values facilitates meaningful action with confidence*

Mission: *emPOWERing you to help your clients; help yourselves; help your team*

Vision: *emPOWERing confidence and healthy communication skills for leaders and service-based professionals*

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Wows!

&

Wonders!





RESOURCES

- Positive Discipline: PositiveDiscipline.org
 - Wellness Dimensions: www.samhsa.gov
 - *Courageous Conversations About Race* by Singleton & Linton, 2005
 - Stanford University: [Lifestyle Medicine](http://LifestyleMedicine)
 - longevity.stanford.edu/lifestyle
 - www.VisionistasByDesign.com
 - www.DrLyz.com
 - [Empowered By Design Podcast with Dr. Lyz](#) -
 - [Apple Podcasts](#), [Spotify](#).
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Thank you!

Share the Love + Spread the Power!

We invite you to share the information contained in this program and ask that you please credit our sources appropriately!

Thank you!

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