Navigating Leadership in the Midst of Change:

Staying Resilient while focusing on the youth you serve.
Welcome & Introduction

May Sagbakken
WELCOME
OST LEADERS

Resiliency
Self-care
Care for others
ZOOM HOUSEKEEPING

Bathrooms - breaks/self-care

Thirst - water/hydrate

Sweat - hot seat/working

Yawn - cooling the brain down/ learning space

Talk - focuses express/share out/chat

Move - shake/walk/dance -integrity in the spine

Laugh - awkward/core
Celestina Garcia

- UNM - B.S. Child Development
- Claremont Graduate University - Master in Education
- Founder Community Leadership Foundation
- Coaching Solutions- Leadership development facilitator
Light House:

Set Your Intention

What is your intention for today?
WHAT IS IRRITATING YOU RIGHT NOW?

1. AT WORK
2. YOUR CAR/TRANSPORTATION
3. FOOD
4. TECHNOLOGY
5. FRIENDS/FAMILY
6. SOCIAL MEDIA
7. INCOMPLETE HOME PROJECT LISTS
8. EXERCISE
9. SELF-ISOLATION/STAYING HOME
10. LEARNING
11. MONEY
12. VOLUNTEER WORK
13. KIDS LIVES
14. COMMUNITY ISSUES
15. LIFE/DEATH
Worldview

is the fundamental cognitive orientation of an individual or society encompassing the whole of the individual's or society's knowledge and point of view.
## Mechanistic vs. Ecological Worldview

<table>
<thead>
<tr>
<th>Mechanistic</th>
<th>Ecological</th>
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<tbody>
<tr>
<td>Win/Lose</td>
<td>Win/Win</td>
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<tr>
<td>One Way Systematized</td>
<td>Endless Possibilities</td>
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<tr>
<td>Right/Wrong</td>
<td>Every Situation is Neutral</td>
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<tr>
<td>Competition</td>
<td>Collaboration</td>
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<tr>
<td>Survival</td>
<td>Thiving</td>
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Above the Line/Below the Line
Mechanistic Worldview

Safe - Comfortable - Fear - Limited - “I have to” - Attachment - Victim - Image
Ecological Worldview

Risk - Expanding - Love - At Cause - “I get to” - Freedom - Authentic - Accountable
Mechanistic: Things to do to Survive the Storm

1. See it coming and prepare in advance
2. Take the opportunity when things are calm to regroup and reassess
3. Reach out for help
4. Don’t just hope for the best
Ecological: Things to do to Thrive in the Storm

1. Drink water/Detox/Cleanse
2. Make space/Do your personal work
3. Breath/Meditate/Move
4. Make a meeting to rest
5. Focus on practicing your intention/way of being
Trauma & PTSD

- The dictionary defines *trauma* as a deeply distressing or disturbing experience. Defined like that, the events which can be considered *traumatic* are wide-ranging (i.e. the stuff of ordinary life such as *divorce*, illness, accidents, and *bereavement* to extreme experiences of war, torture, rape, and genocide).

- The American *Psychiatric* Association's current definition of *post-traumatic stress disorder (PTSD)*, introduced in 1994, states that a person must have experienced or witnessed an event or events that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others, and which involved *fear*, helplessness, or horror.

Stephen Joseph Ph.D., Psychology Today
<table>
<thead>
<tr>
<th>Have</th>
<th>Do</th>
<th>Be</th>
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<tbody>
<tr>
<td>Work</td>
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<td>Care for others</td>
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<td>Protect Society</td>
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<td>Hope/Chill Out</td>
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<td>Have</td>
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<tr>
<td>Work</td>
<td>Sit on Zoom Meetings</td>
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<tr>
<td>Care for others</td>
<td>Feed &amp; Educate my Kids</td>
<td></td>
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<tr>
<td>Protect Society</td>
<td>Protest/Volunteer/Vote</td>
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<td>Hope/Chill Out</td>
<td>Exercise/Pray</td>
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<td>Have</td>
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<td>Valued/Add Value</td>
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<tr>
<td>Care for others</td>
<td>Feed &amp; Educate my Kids</td>
<td>Responsible</td>
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<td>Protect Society</td>
<td>Protest/Volunteer/Vote</td>
<td>Free/Safe</td>
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<tr>
<td>Hope/Chill Out</td>
<td>Exercise/Pray</td>
<td>At Peace</td>
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<tr>
<td>Be</td>
<td>Do</td>
<td>Breakdown</td>
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<td>Valued/Add Value</td>
<td>Sit on Zoom Meetings</td>
<td>Technology Mishaps</td>
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<tr>
<td>Responsible</td>
<td>Feed &amp; Educate my Kids</td>
<td>Dinner was a 8pm because of miscommunication</td>
</tr>
<tr>
<td>Free/Safe</td>
<td>Protest/Volunteer/Vote</td>
<td>Violence/Resistance</td>
</tr>
<tr>
<td>At Peace</td>
<td>Exercise/Pray</td>
<td>Traditions Interrupted</td>
</tr>
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INTENTION + MECHANISM = RESULTS
PRACTICES TO COME BACK TO NEUTRAL

1. Emotional Freedom Technique
   a. https://youtu.be/TRq8o1MEUtU
   b. FREE eBook: Change Your Beliefs, Change Your Life with EFT!
      http://www.eft-alive.com
PRACTICES TO COME BACK TO NEUTRAL

1. Sedona Method
   b. The Sedona Method: Guided Meditation - Release Stress, Anxiety and Tension by Hale Dwoskin https://www.youtube.com/watch?v=bT-dQ0dGGE
PRACTICES TO COME BACK TO NEUTRAL

1. Zero Limits: Ho’oponopono
   a. Book: Zero Limits can be accessed on audible to learn the full story
   b. This video will give you a meditation you can listen to with the Ho’oponopono process.
      The Amazing Healing Power of Ho’oponopono (with meditation)
      https://youtu.be/mn7QhRglzXk
Navigating Leadership in the Midst of Change:

My takeaway is...
Thank you

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