

TAKE ACTION NOW:

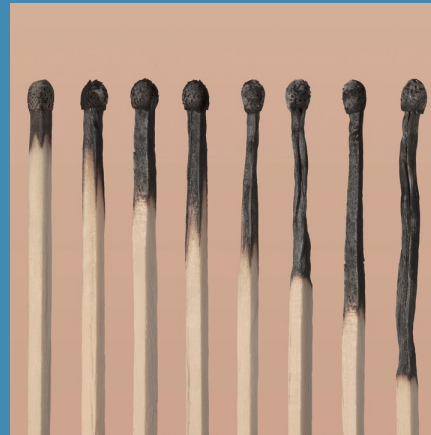
*WHAT YOU CAN DO TO CREATE A CULTURE OF
WELLNESS IN YOUR AGENCY (AND IN YOURSELF)!*

Amber Peterson

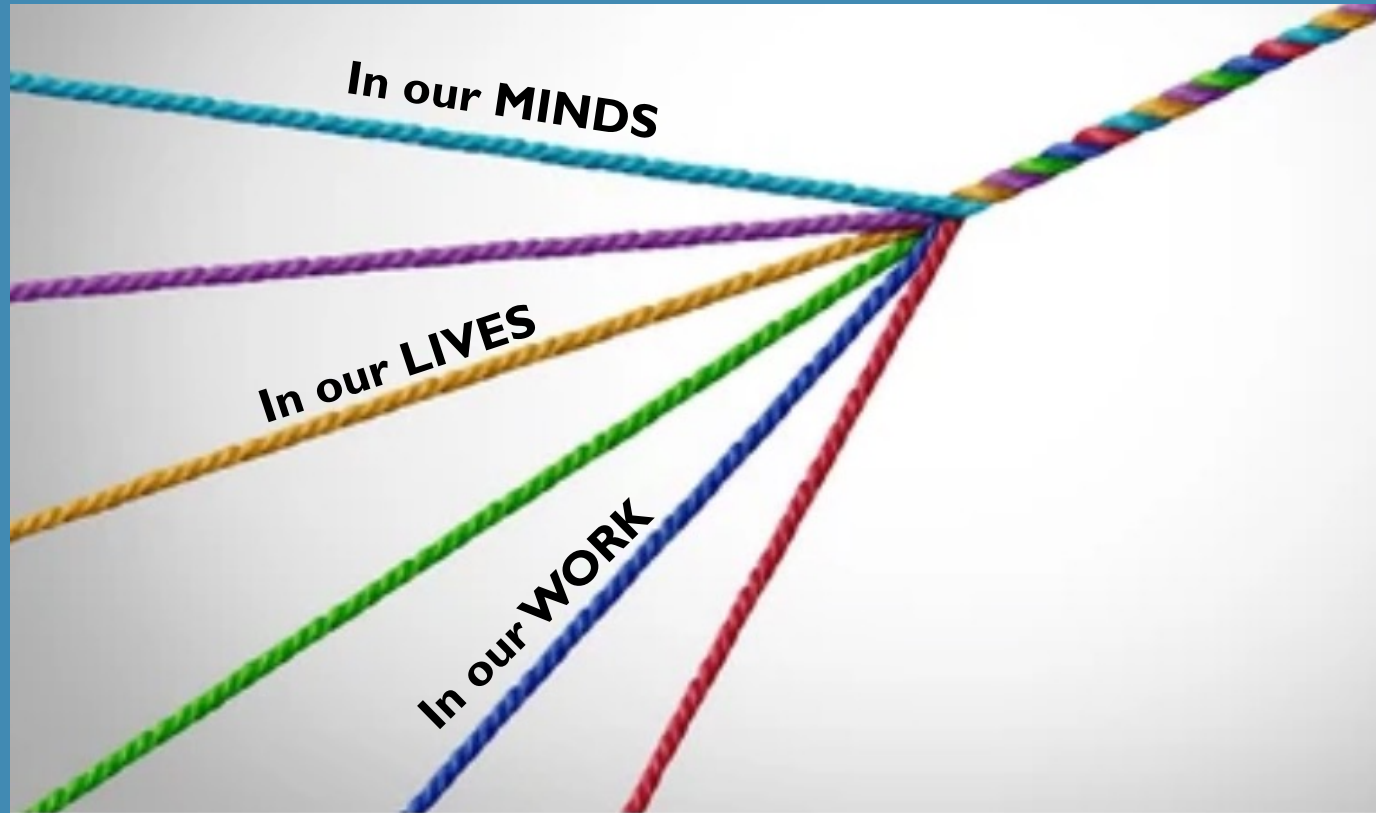
With Special Guests:

Mike Goldstein and Mary Schauf

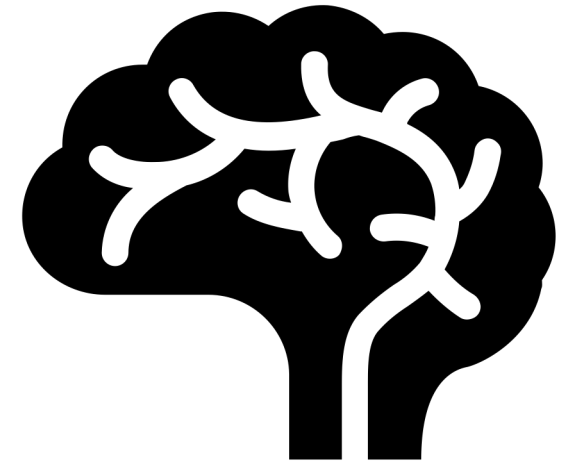
HOW ARE YOU SHOWING UP?



IT'S HOW WE SHOW UP...



HOW WE SHOW UP –
IN OUR MINDS



MANAGING YOUR MINDSET



This includes:

- Your attitude
- The balance of your thoughts
- How you handle challenges

Ask yourself:

- How **conscious** am I of my thinking patterns?
- Are they bringing my life **value**?
- How **intentional** am I about changing them?

WHY IS THIS IMPORTANT?

- You are the creator of your own experience – it's YOUR choice
- This is the foundation of your satisfaction & fulfillment
- Your impact starts here!



KEY ACTIONS



Have a 20-year vision

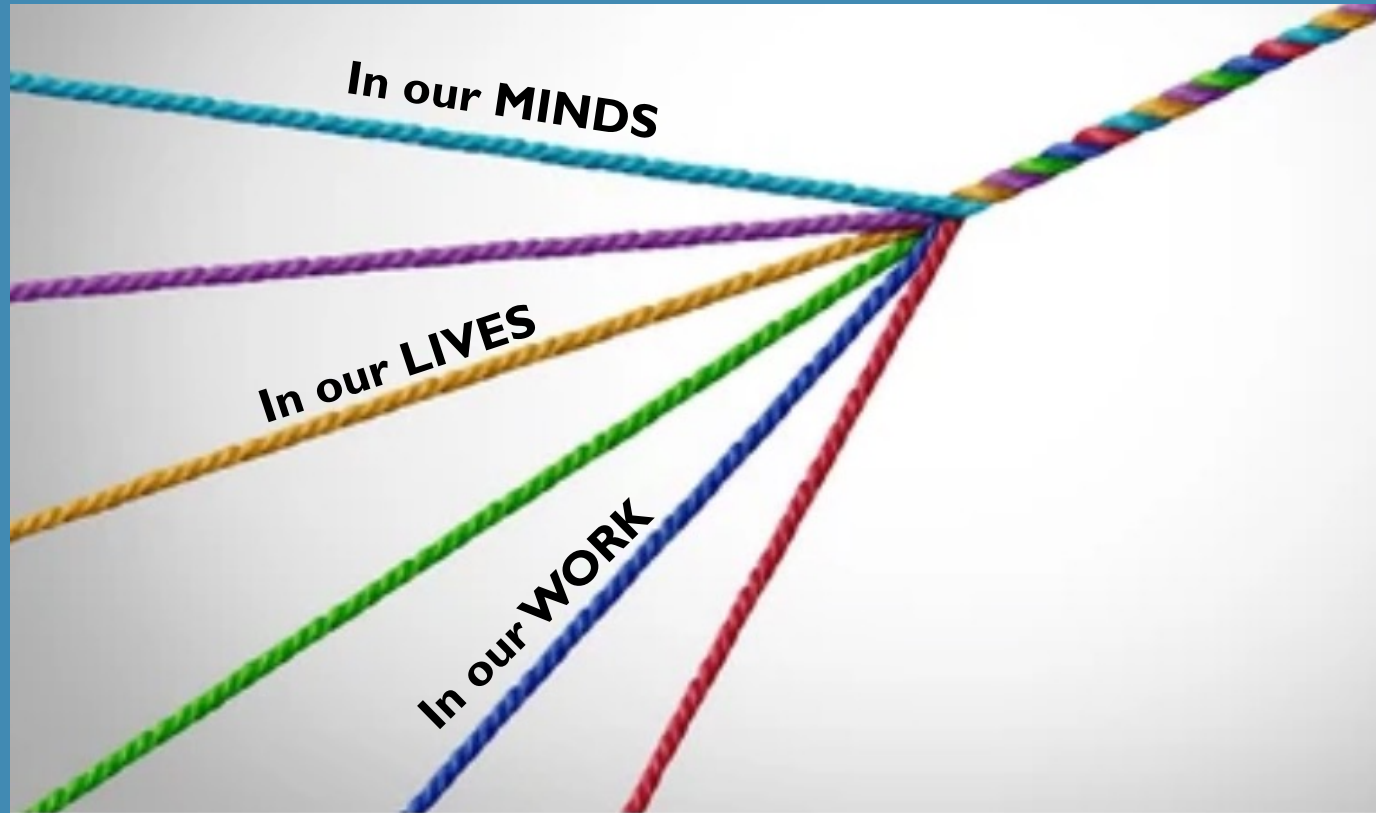


Lock in your self-talk

POWER OF MINDSET



IT'S HOW WE SHOW UP...



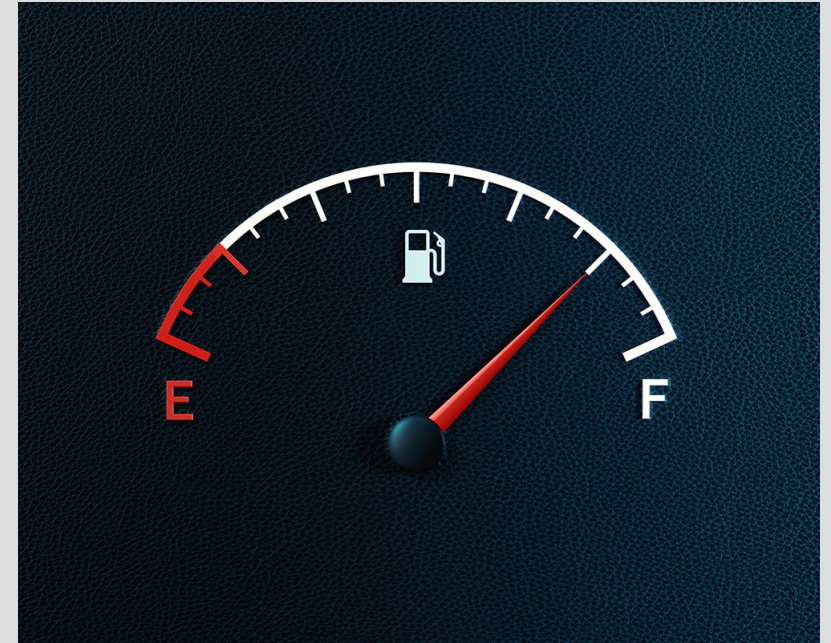


HOW WE SHOW UP – IN OUR LIVES

MANAGING YOUR ENERGY

This is dependent on:

- Knowing what's important to you
- Deciding where to focus your time & energy
- Ensuring you have the energy you need



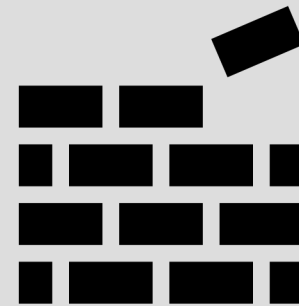
Ask yourself:

- What are my **priorities**?
- How am I **balancing** the attention I give to my priorities?
- Now, how will I **create** energy I need?

KEY ACTIONS



Know your energizers

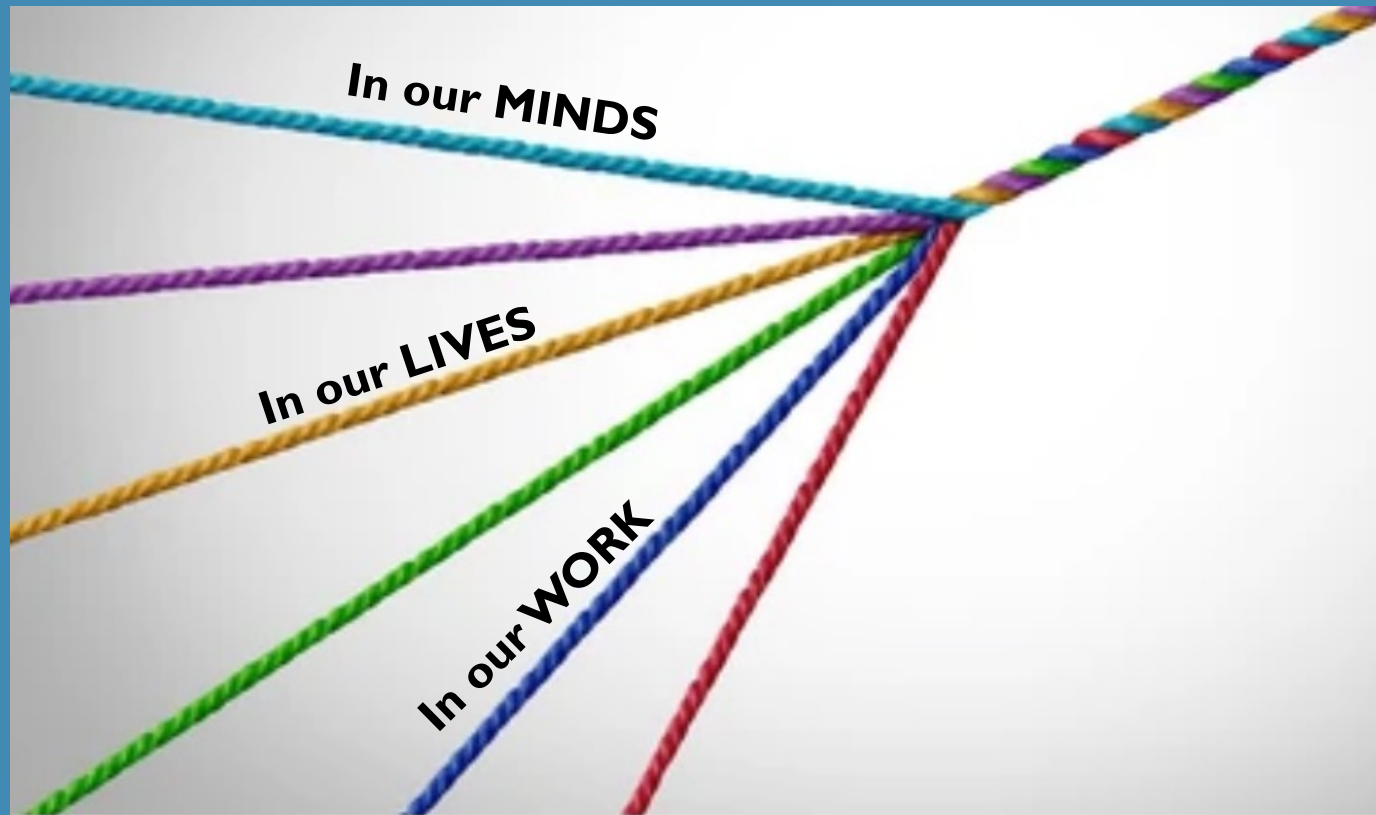


Set boundaries



PROTECTING YOUR ENERGY

IT'S HOW WE SHOW UP...





HOW WE SHOW UP – **IN OUR WORK**

MANAGING YOUR IMPACT

This considers:

- How connected you are to your “why”
- Taking responsibility
- The value gap

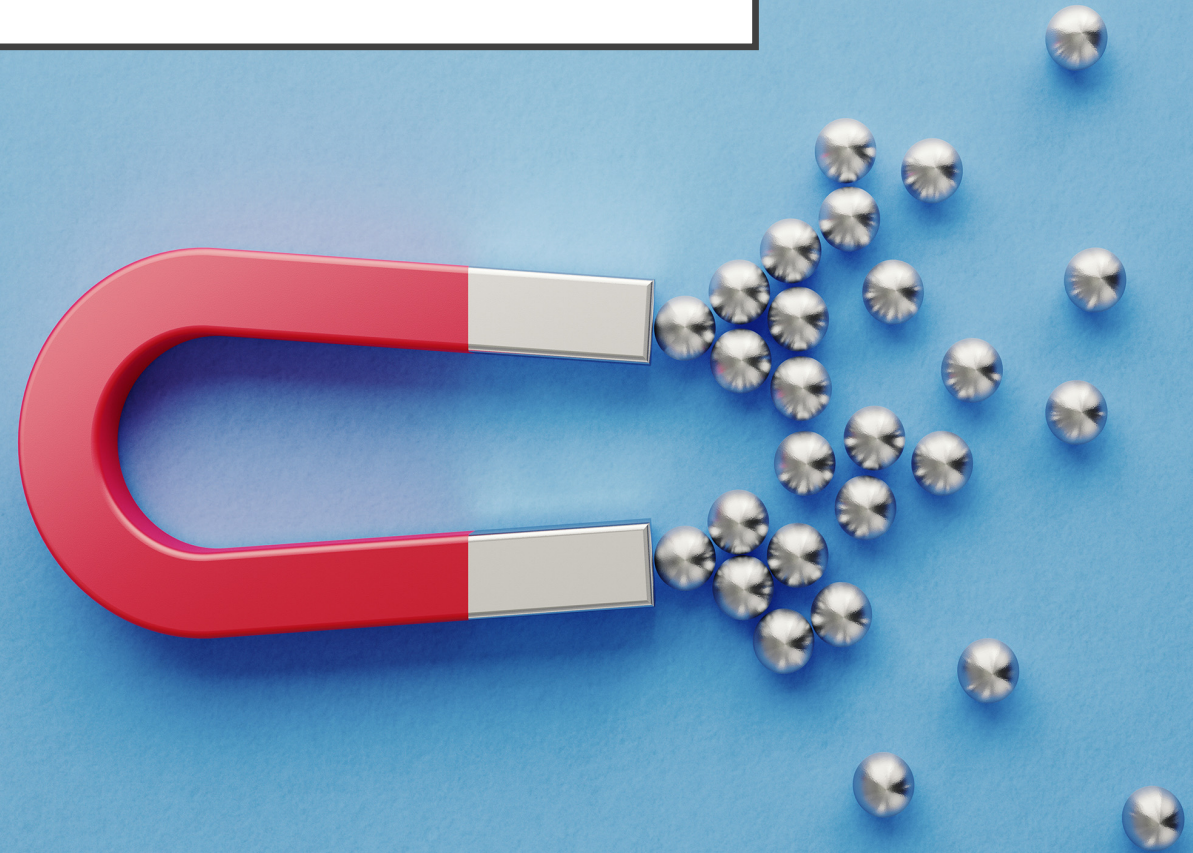
Ask yourself:

- What energy do I **intentionally** bring to my work?
- How do my **choices** impact others?
- Am I **satisfied** with my performance?



WHY IS THIS IMPORTANT?

- Your energy is contagious, and it directly impacts those around you
- We all reinforce culture
- And besides... shouldn't it be worth it?



KEY ACTIONS




Know your “why”



Define your impact



IMPACT IN ACTION



KEY
ACTIONS
TO SHIFT
HOW YOU
SHOW UP

1. Have a 20-year vision
2. Lock in your self-talk
3. Know your energizers
4. Set boundaries
5. Know your “why”
6. Define your impact

TAKE A STEP BACK TODAY & ASK...

How will I show up now?



THANK YOU FOR YOUR TIME!

JOIN US AT THE NEXT SESSION:

UPSTAIRS IN THE

COBORN/METZROTH ROOM

Contact Amber at:

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