

Master of Calm: How to Keep Your Head While Everyone Around You is Losing Theirs

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Our lives are _____ more disrupted than in 2016 according to the Global Disruption Index from Accenture.

According to the American Psychological Association: **Resilience** is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom.” - Viktor Frankl

What are signs you are getting stressed out?

What are signs of a stressed-out system?



Calming Tools to Practice and Teach Your Team

1. *I give myself permission to . . .* from Dr. Brené Brown

2. Sing

3. *I.Am.Here. Tool to Ground*

Simple phrase grounds us, add a physical movement to make the practice stick

4. Flip the Internal Script

