

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

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When this happens it's time to go to sleep.



Reasons We Don't Master Our Calm

Between 2011 and 2016,
Accenture's Global Disruption Index
grew by 4%. In your estimate,
what was the growth between 2017
and 2022?

2000%

What are signs you are getting stressed out?

What are signs of a stressed out system?

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.

– American Psychological Association



Stimulus

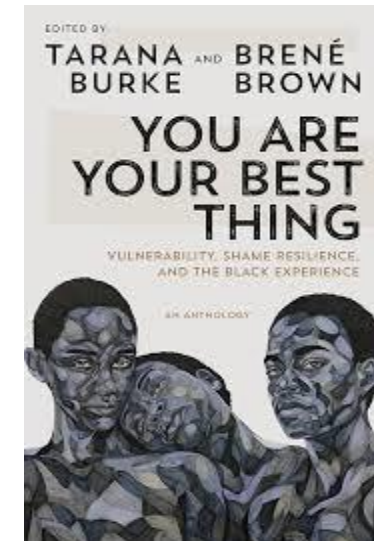
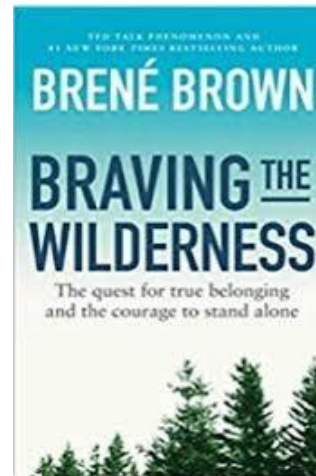
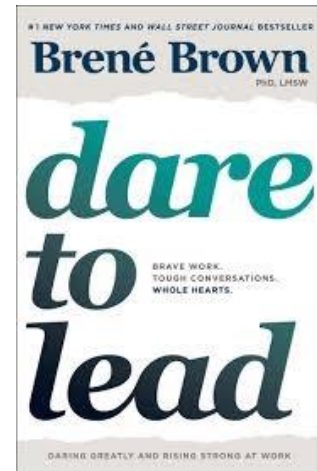
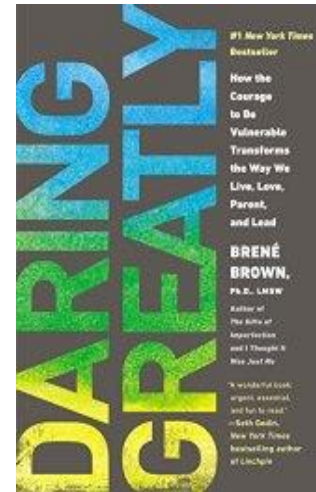
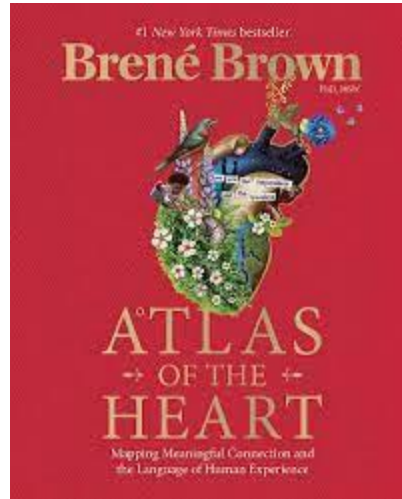
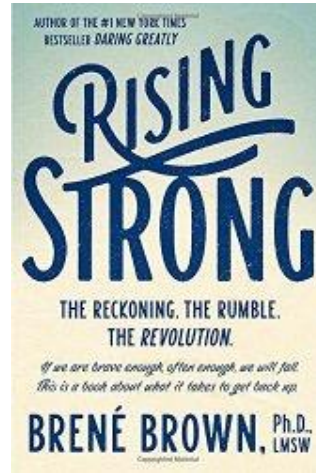
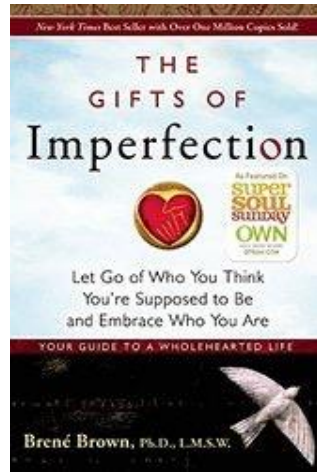
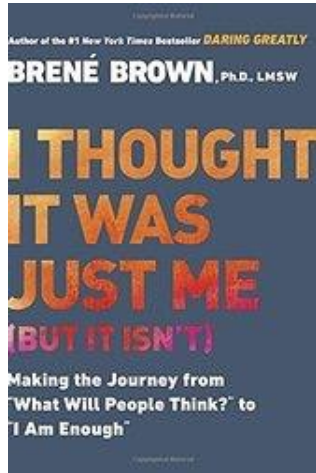
Response



“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 our freedom.”

- Viktor Frankl





Dr. Brené Brown



I Give Myself
Permission to . . .

Try Something
Crazy



I Give Myself
Permission to . . .



**What is a song
you love?**

**What does it
inspire you to
do or be?**

What does AMA stand for?

What does IRS stand for?

Perspective



“I was so sure
I knew what it
was based
only on what I
wanted it to
be.”

Brains that Fire Together,
Wire together
- Donald Webb
Tools to Teach Your Team

Sing
5 Senses Exercise
I. Am. Here.
Flip the Script Exercise

You are my sunshine,
my only sunshine.
You make me happy
when skies are gray.
You'll never know dear,
how much I love you.
Please don't take my sunshine away.

IT
ALL*



Embracing the
Asterisks of Having
& Doing It All

Weekly Episodes

3 Coaches Talking About The
Pressure As Women We
Experience From:

Multiple Priorities
Imagined Responsibilities
Competing Demands



Give feedback to Sarah

Scan this QR code



Or go to

<https://talk.ac/sarahciavarri>

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JOY

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