How to Stay True to YOU This Holiday Season

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“Change comes from listening, learning, caring and conversation.”

Gwen Ifill
Today’s Presenter

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The Holidays Are Here!
Holiday Chaos

- Shopping
- Parties
- Family
- Traffic
- End of Year Priorities
- End of Year check out
- Vacations
- Family (they deserve a second mention)
WHERE DO YOU FEEL THE MOST HOLIDAY CHAOS?

POLL #1
How do we end up feeling?

- Overwhelmed
- Stressed
- Resentful
- Tired
- Grumpy
- Hungry
What do we end up doing?

- Working more
- Eating more
- Not taking care of ourselves
Not Staying TRUE to ourselves
How Do You Stay True to YOU in the Midst of all the Holiday Chaos?
3 Practices to Focus on YOU and NOT the Chaos

Priorities

Boundaries

Permission
YOUR Priorities
Priorities

• How do you want to feel this holiday season?
• What do you want to accomplish?
• What would you like more time to do?
• What do you value most during the holidays?
What Gets in the Way?

- Glorifying Busy
- 3 Ps
- Expectations
- Competing priorities

I smile to hide how completely overwhelmed I am.
WHAT IS THE BIGGEST BARRIER TO GETTING YOUR PRIORITIES DONE?

POLL #2
Reflection
YOUR Boundaries
Boundaries

- Protecting your priorities
- Protecting your values
- Holding yourself and others accountable
How Do You Create Boundaries

- What is ok?
- What is not ok?
- What are your triggers?
- What are your limits?
- What do you need to survive the holidays?
Reflection
YOUR Permission
Permission

- Grace to say yes or no
- Reality vs. Perfection
- Listen to intuition & body
What does permission look like?

- Letting Go
- Vulnerability
- Permission Slips
WHICH AREA WILL YOU NEED TO PRACTICE MORE TO STAY TRUE TO YOU?

POLL #3
Create YOUR Toolbox

- Clear Vision of YOUR Priorities
- Language for YOUR Boundaries
- Write YOUR Permission Slips
COURAGE
Questions?

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Today’s Presenter

Working with Amanda

- One-on-One Coaching
- Strengths Based Development
- RISE UP! Group Coaching Program Starts January
- More YOU Guidebook

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Happy Holidays!
Upcoming Webinars
TBD in early 2017

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