



Who am I?







Nicole Dailey Lance

CEO at Lance Strategies

Phoenix, Arizona · 500+ connections · Contact info

Lance Strategies

Arizona State University





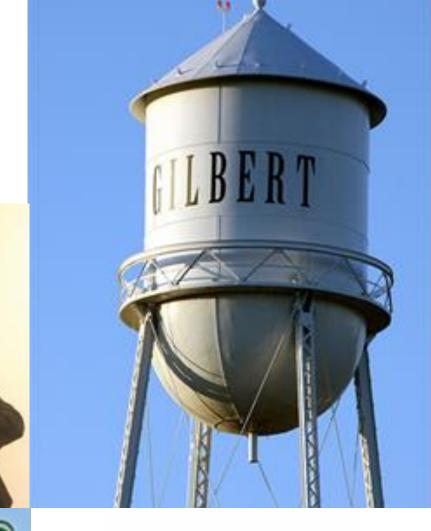
How I serve

- Executive Coaching
- Strategic Planning
- Team Training
- Retreats
- CourageousConversations

- CommunityEngagement
- Diversity & Inclusion
- Women's Leadership
 Development

























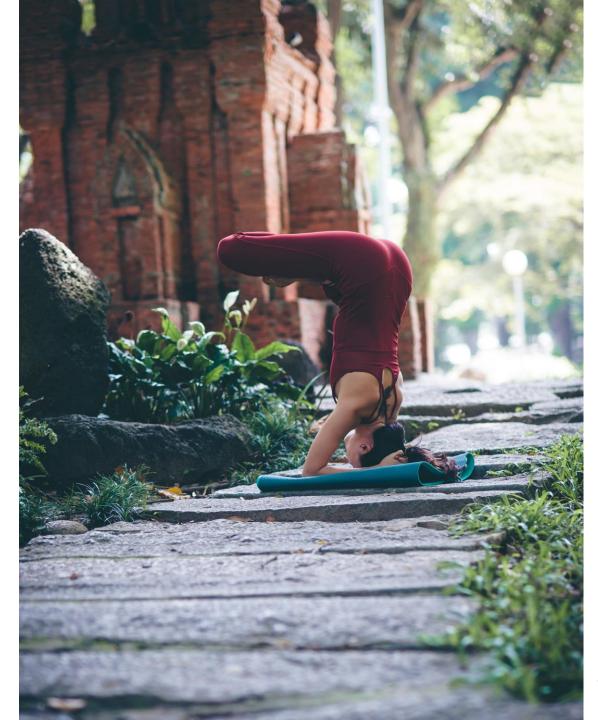


My goal today...

MICRO-STRATEGIES













RADICAL PRESENCE









How most people feel about self-care









Because it's silly!

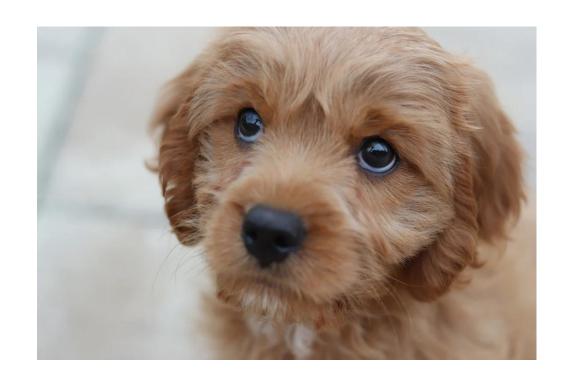






Because its importance is minimized...

- New Self-Care: Talk to myself the way I talk to my dog
 - ➤ Hi, pretty girl!
 - Want a treat?
 - ➤ You're so chubby & cute!
 - ➤ You deserve a nap!
 - ➤ What a good girl you are!







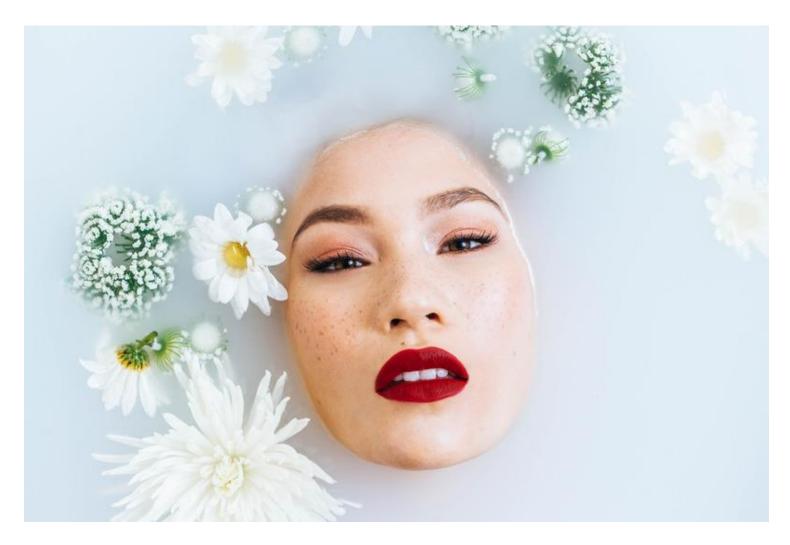
Because it becomes one more to-do list item we're not accomplishing...







Because it's "a little out there"







What we fail to recognize











MICRO-STRATEGIES

Tactics & Experiences



MICRO-STRATEGY: MINDFULNESS





When I ask how your weekend was please provide it in a one word reply.







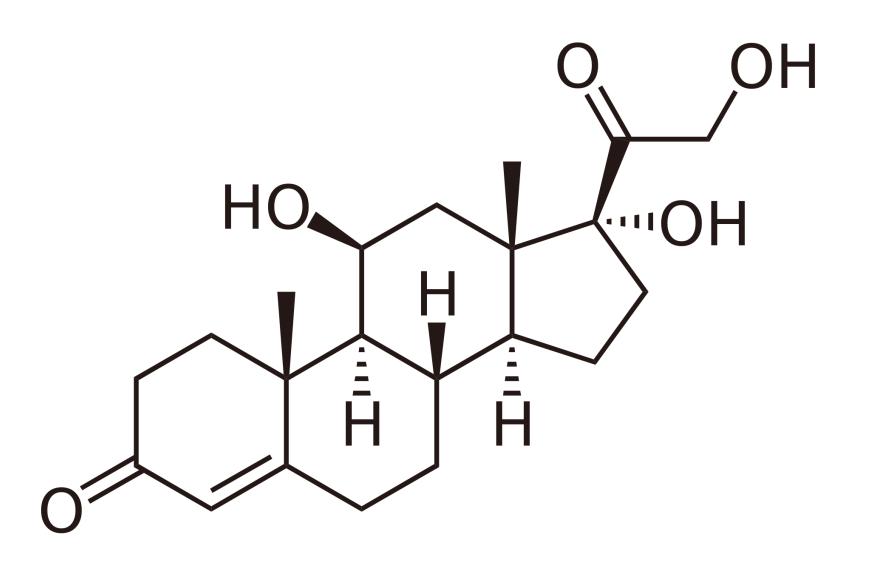






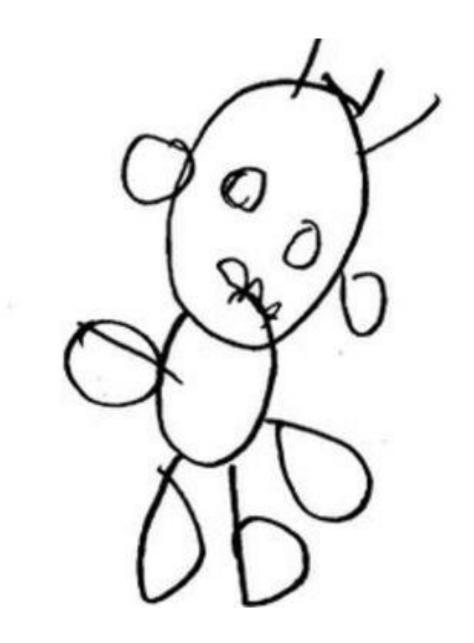
MICRO-STRATEGY: DRAWING/DODLING



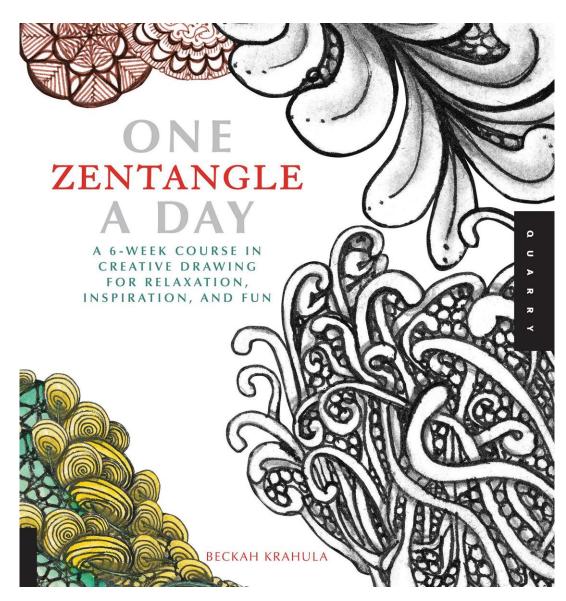








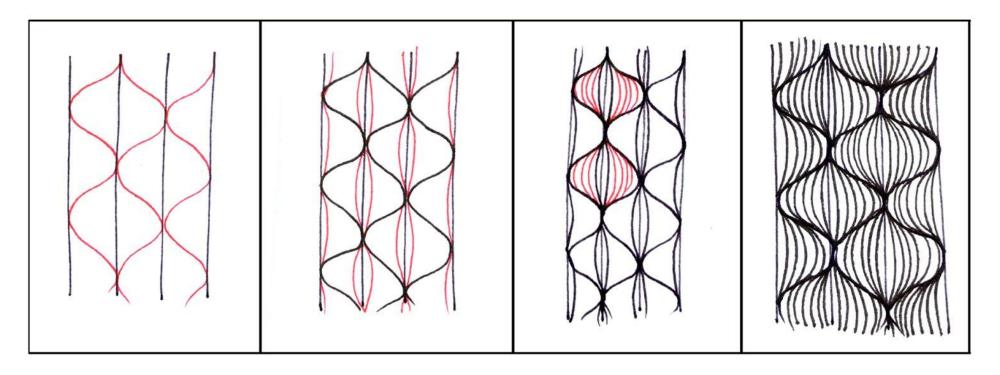








olb



helen williams 01/2013 www.alittlelime.blogspot.com





MICRO-STRATEGY: A.K.A. "THE COSMIC LINT ROLLER"





















MICRO-STRATEGY: BREATHING









MICRO-STRATEGY: LEAVEITINABOX











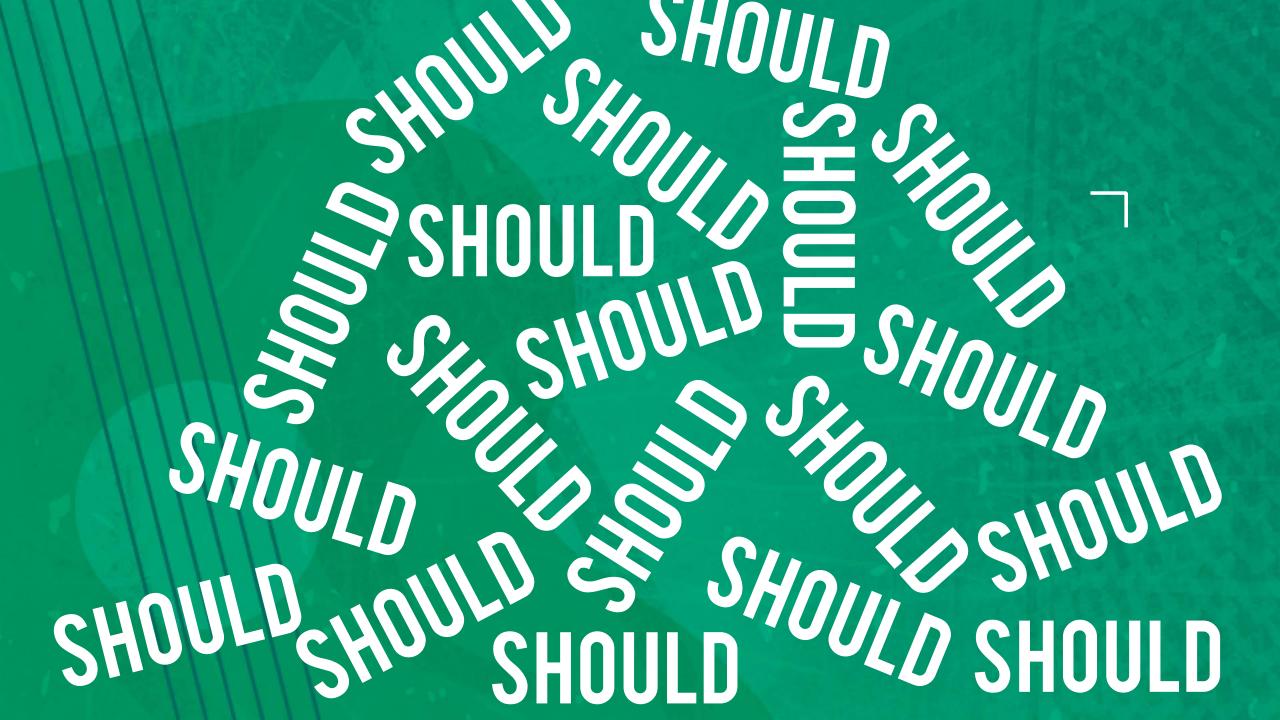




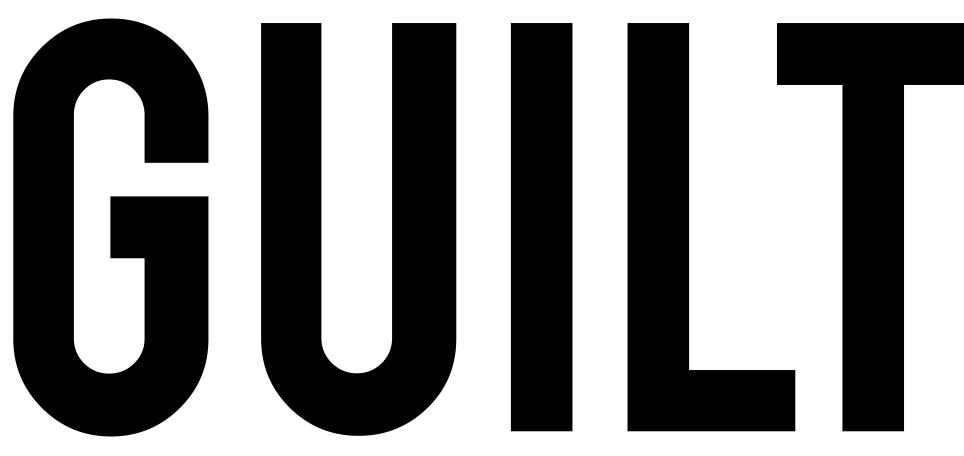


MICRO-STRATEGY: QUIT SHOULDING YOURSELF

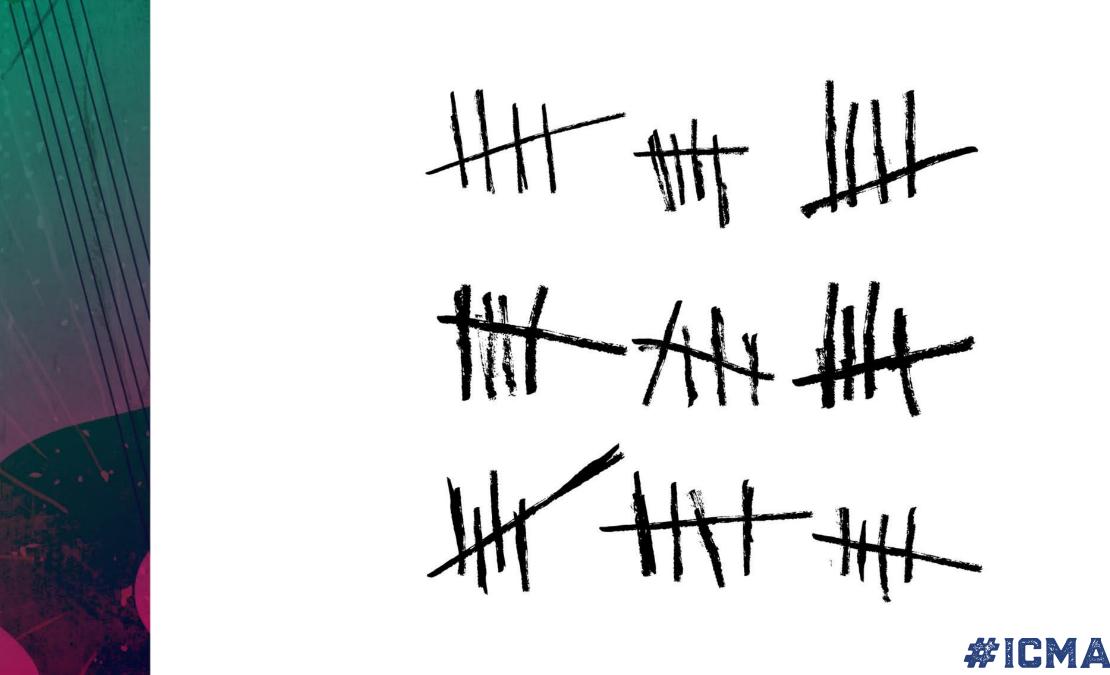












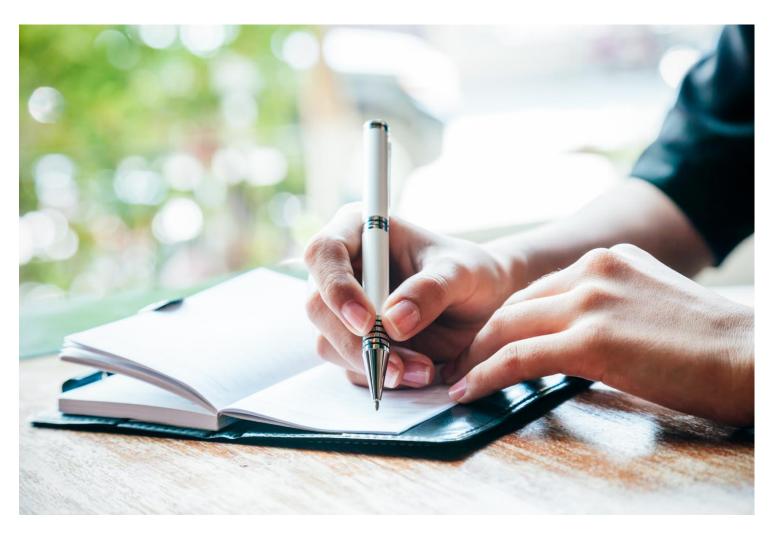
#ICMA2019







I'm awesome because...



- -Of this thing I'm really good at:
- -Of all these things I do for other people:
- -Of my secret superpower, which is:
- Of this impact I've had:





MICRO-STRATEGY: REFINE YOUR FILTER











MICRO-STRATEGY: CREATE ATRIGGER







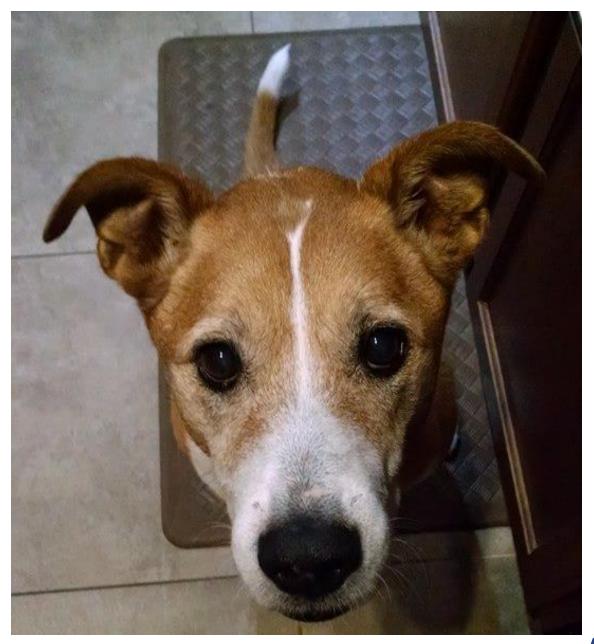






















MICRO-STRATEGY: BUILD AN ADVENTURE LIST





MICRO-STRATEGY: WAITCREATIVELY

















MICRO-STRATEGY: GRATITUDE ABC'S









MICRO-STRATEGY: WORDOFTHEDAY

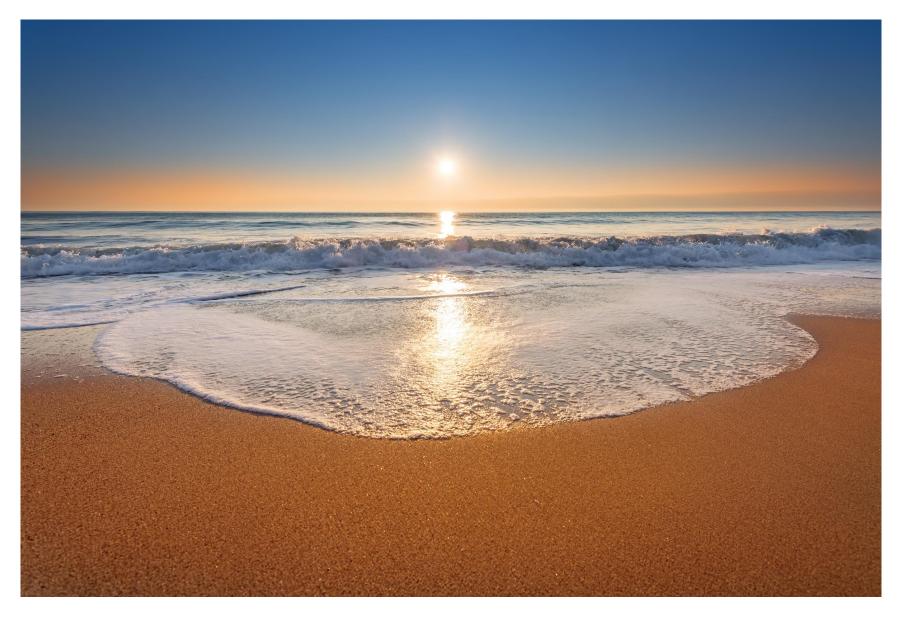
















MICRO-STRATEGY: FIND YOUR FRAMEWORK















SAY YES



OPEN



ALLOW

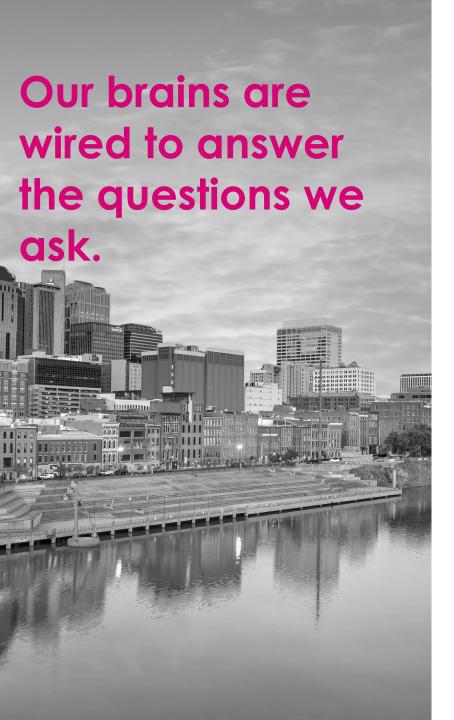




MICRO-STRATEGY: WATCH YOUR (internal) WORDS







Why do I always make mistakes?

How can I possibly keep screwing t

Why am I such an idiot?

Why am I so stupid?





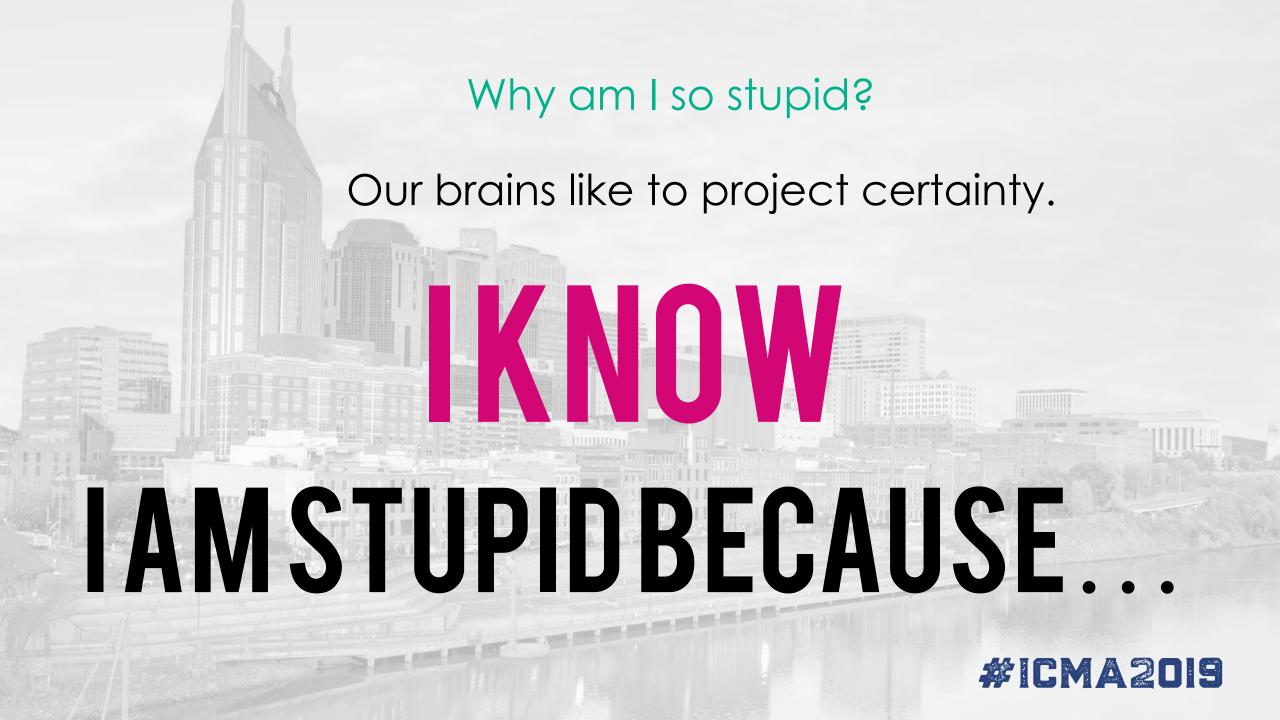
I hate making mistakes.

That's not good enough.

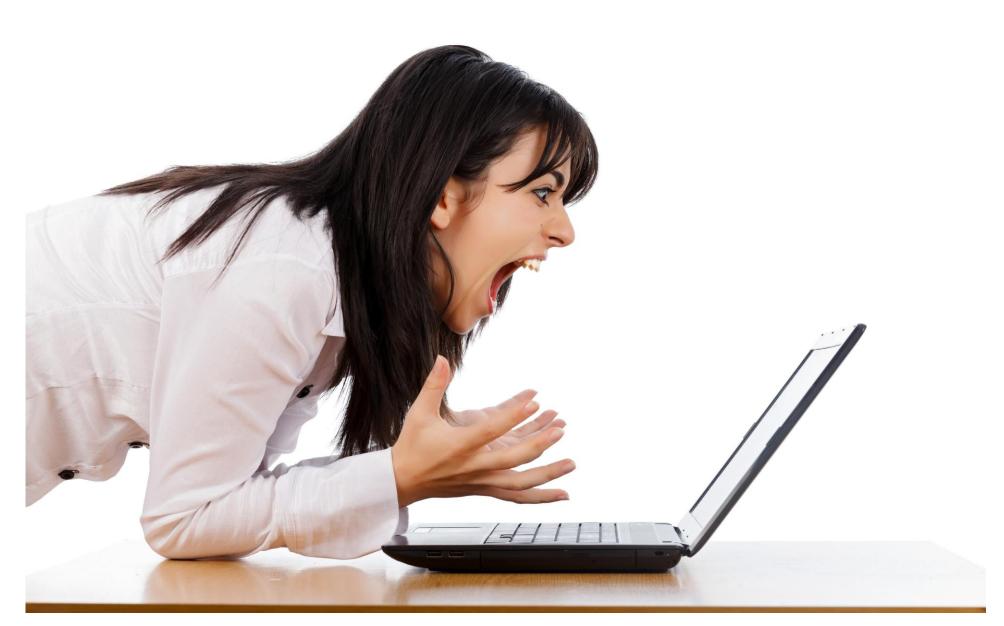
Why am I so stupid?

A trap we set for ourselves.









#ICMA2019



Google

Tue 12 Mar 2019 23.30 EDT

< 1,721

Google's Gmail and Drive suffer global outages

Users in Australia, the US, Europe and Asia report problems with various applications for several hours



▲ Google said it did not know how long the issue would continue. Photograph: NurPhoto/NurPhoto via Getty Images

Google has been hit by outages in a host of countries around the world, with users reporting issues with Gmail, Google Drive, Hangouts and Google Maps for several hours.







MICRO-STRATEGY: WRITEALETTER













DEAR (INSERT YOUR NAME)

Hello! It's your inner self.

Here is what I want you to know that I am grateful for

and sincerely appreciate about you. Here are some things I want you to know

Here is what I need from you and would like you to do.





MICRO-STRATEGY: GIVE YOURSELF PERMISSION



PERMISSION SLIP

I,_____,
GIVE MYSELF PERMISSION TO...



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THANK YOU

Questions?

ICMA | conference