SELF-CARE IS A SUPER POWER!

Nicole Lance
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Who am I?

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How I serve

• Executive Coaching
• Strategic Planning
• Team Training
• Retreats
• Courageous Conversations

• Community Engagement
• Diversity & Inclusion
• Women’s Leadership Development
My goal today…

MICRO-STRATEGIES
How do we feel about self-care?
How most people feel about self-care
Because it’s silly!

“Self-care isn’t… SHELLFISH!”
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…

101 must-do practices for self care!
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/DOODLING
MICRO-STRATEGY: CLEARING
A.K.A. “THE COSMIC LINT ROLLER”
MICRO-STRATEGY: BREATHING
MICRO-STRATEGY: LEAVE IT IN A BOX
THAT MOMENT WHEN
YOU WALK OUT OF WORK
#ICMA2019
MICRO-STRATEGY: QUIT SHOULDING YOURSELF
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GUILT
MICRO-STRATEGY: BUILD YOUR “WHY I AM AWESOME” LIST
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:

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MICRO-STRATEGY: REFINE YOUR FILTER
CONCERN

WORRY
MICRO-STRATEGY: CREATE A TRIGGER
MICRO-STRATEGY: BUILD AN ADVENTURE LIST
MICRO-STRATEGY: WAIT CREATIVELY

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MICRO-STRATEGY: GRATITUDE ABC’S
MICRO-STATEGY: WORD OF THE DAY
MICRO-STRATEGY: FIND YOUR FRAMEWORK
MANTRA  FRAMEWORK  TOUCHSTONE  PERSPECTIVE  GUIDEPOST  GUARDRAIL  #ICMA2019
“PEOPLE FIRST”
OPEN

ALLOW

BUT BE SPECIFIC!
MICRO-STRATEGY: WATCH YOUR (internal) WORDS
Some notes about our Internal Monologue
Our brains are wired to answer the questions we ask.

Why do I always make mistakes?

How can I possibly keep screwing this up?

Why am I such an idiot?

Why am I so stupid?
Our brains are wired to answer the questions we ask.

I hate making mistakes.

That’s not good enough.

Why am I so stupid?

A trap we set for ourselves.

#ICMA2019
Our brains like to project certainty.

Why am I so stupid?

I KNOW

I AM STUPID BECAUSE...
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 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.
It takes courage to build our awareness.
MICRO-STRATEGY: WRITE A LETTER
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 right now.

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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Let’s Connect

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