

Three New Year's Reconciliations



Because resolutions aren't cutting it anymore



A few reminders:

- 1 Submit your questions through the chat pod.
- 2 Feel free to turn your comments off if you prefer not to be interrupted throughout the webinar.
- 3 Check your email later today for a copy of these slides and a replay of this webinar.



Meet your experts



Janet McDonald
Chief Executive Officer



Jim Geckler
Chief Operating Officer





RECONCILING
Change



When we struggle with **change**,

we can feel **frustrated, weary, helpless, lost, and untethered.**



Change is not always
good or always bad.
But it always constant.



Change is required for growth.





We were built for change.
We are adaptable and
resilient beings.



RECONCILING

Control



When we struggle with **control**,
we feel **afraid, exhausted, overwhelmed, and anxious.**



Control is often
an illusion.

When we overestimate our ability to control things, it can lead to poor decision making.





The things we
can't control...



- * The past
- * The future
- * Others



The things we can control...

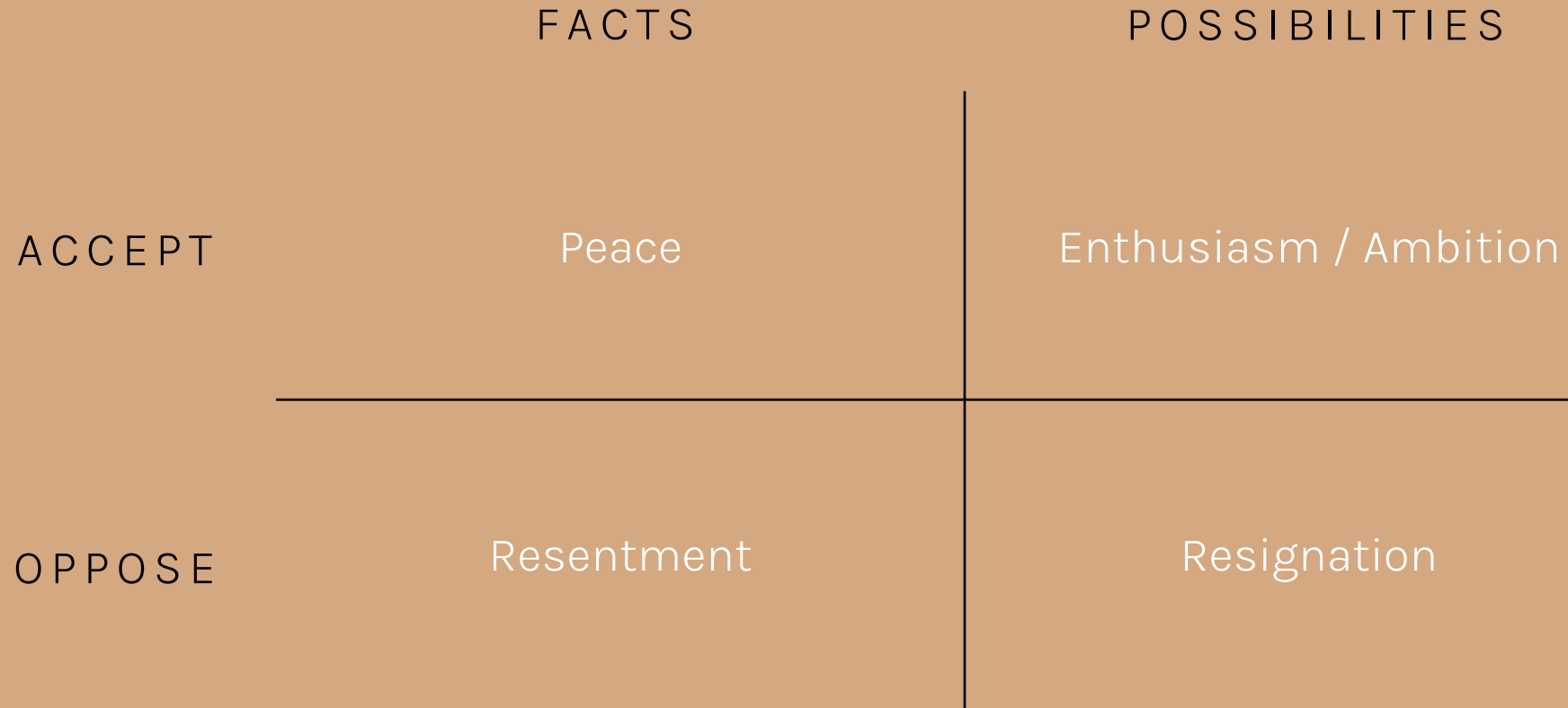


- * Our actions
- * Our words
- * Our perspective



What do we do with the
things we can't control?

Four Basic Moods



A few helpful reframes
for when things feel
out of control:

- * The “what if” reframe
- * The “let them” reframe
- * The “there’s more than enough” reframe





RECONCILING

Identity



When we struggle with **identity**,
we can feel **insecure, envious, isolated, and depressed.**

We are not...



- ⊗ Our past
- ⊗ Our trauma
- ⊗ Our parents
- ⊗ Our children
- ⊗ Our job
- ⊗ Our best moment
- ⊗ Our worst moment
- ⊗ Our assessments



We often over identify with
the things we do,
the systems we belong to,
the roles we play,
or the things we have.



The “crisis” of identity



We are...



Worthy of love



Deserving of good



Wired for compassion, curiosity, clarity, creativity, calm, courage, confidence, and connectedness



Going to make mistakes but they don't define us



We are human beings
not human doings.

Next Steps

Digital

- ✦ **30 Days of Living Centered** will equip you to pursue a more centered life—rediscovering, reclaiming, and rooting in who you truly are. By establishing life-changing habits and patterns, this course will help you feel grounded even when the world around you is spinning.

Programs

- * **Living Centered Program** covers the fundamentals that keep so many of us stuck. Whether you are actively struggling, looking to expand self-awareness, or hoping to catalyze growth this program helps identify what might be getting in the way.
- * **The Experience** an opportunity designed exclusively for Onsite workshop alum, to return to campus and discover your next layer of healing.





* **Milestones** is a one-of-a-kind holistic and specialized residential experience on our campus in Cumberland Furnace, Tennessee. Our innovative and integrative program offers you variable lengths of stay from 30 to 90 days based on your needs. If you are suffering from trauma and its effects, Milestones is a sanctuary of hope and healing.



* Questions for the experts

Submit your questions through the chat pod.

