

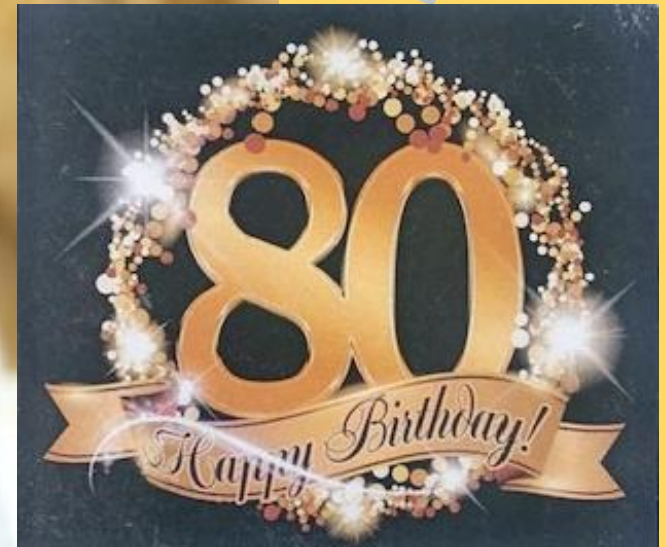


Deep Release Online
Professional Training for Counsellors

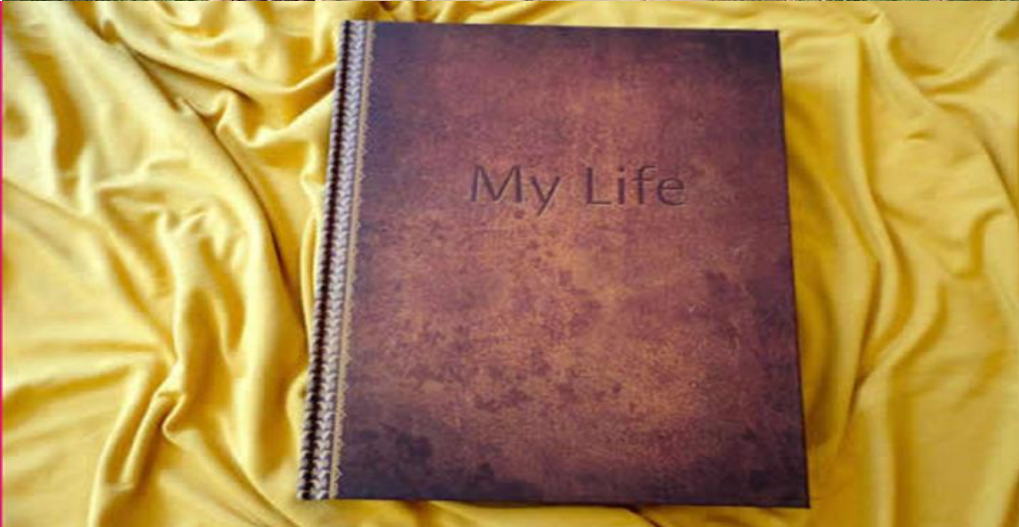
COACHING 2 : MANAGING YOUR LIFE – MANAGING YOURSELF with Dr Chris



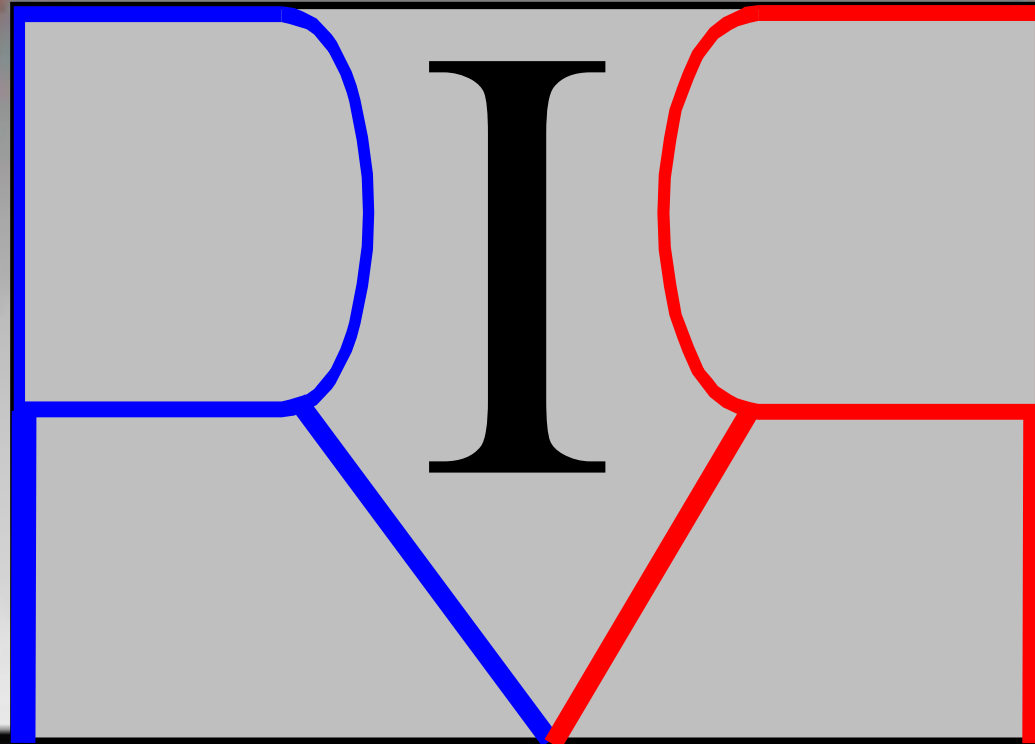
FOUR SCORE YEARS AND THEN...



LEAVING A LEGACY



RELATIONSHIP – ISSUE - RELATIONSHIP



HOW JULIA MANAGES LIFE

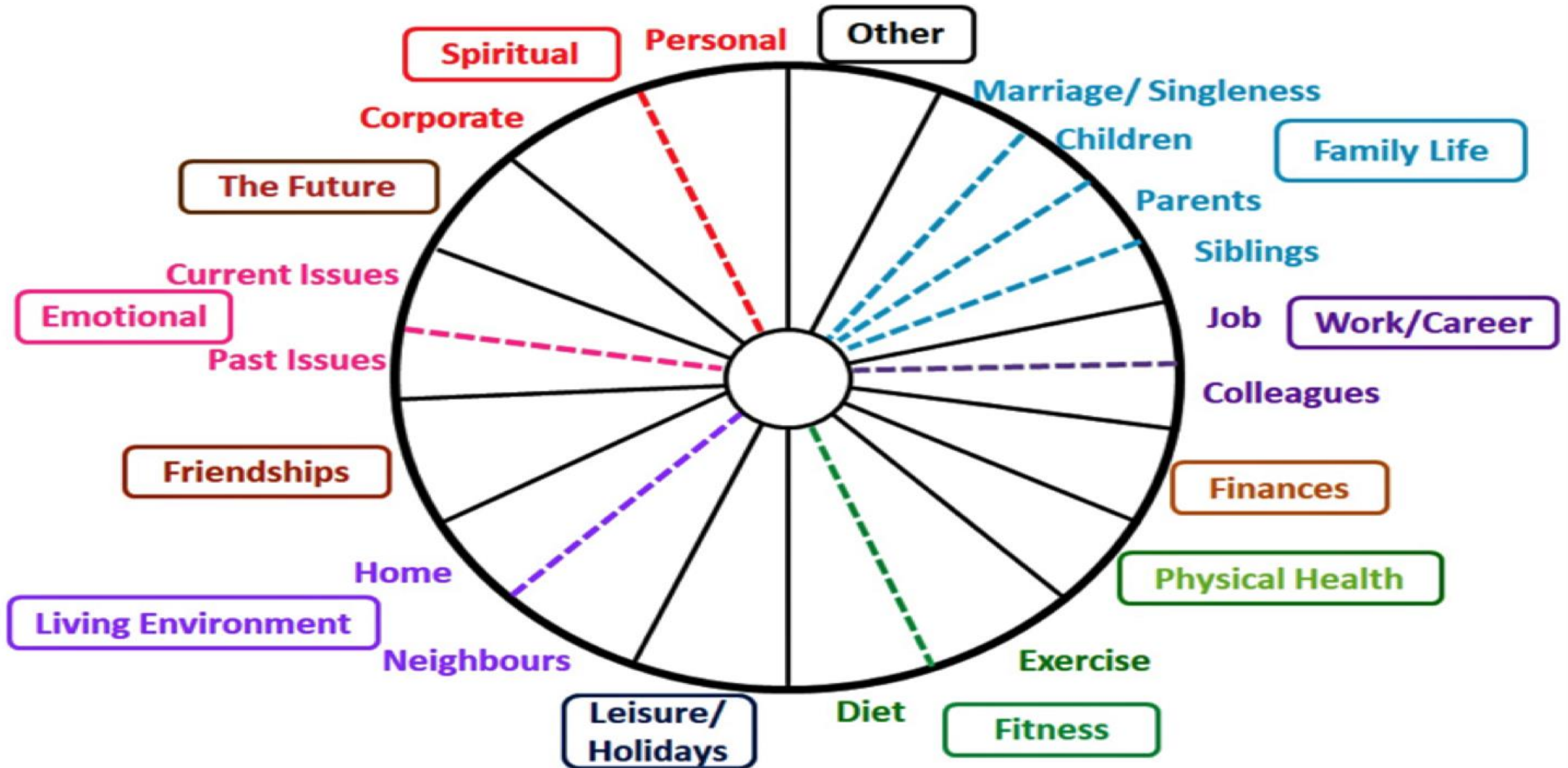


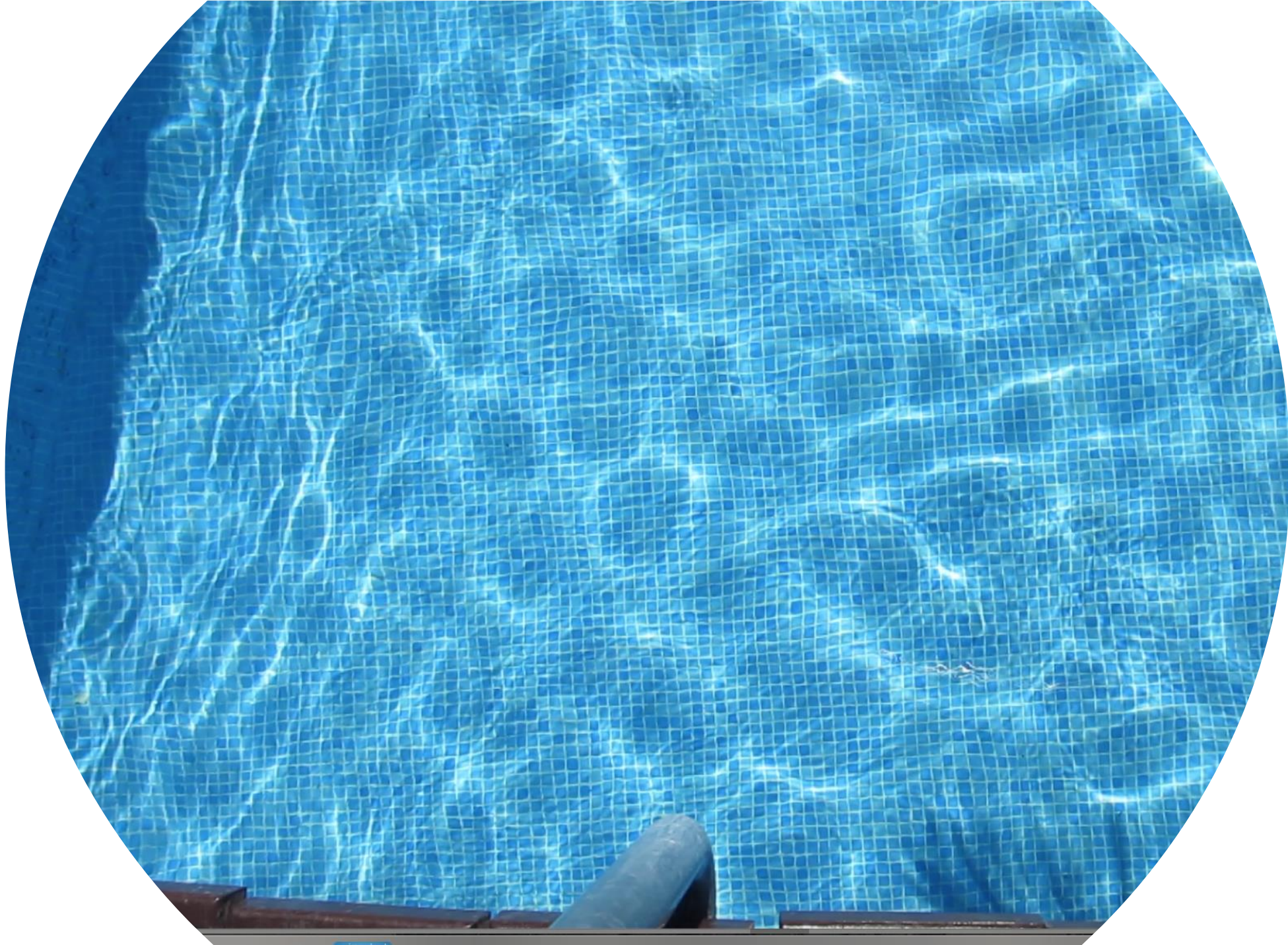
LIFE'S EASY, ISN'T IT?





WHEEL OF LIFE







ERIKSON'S LIFE STAGES / STATES

0-2 years
INFANCY

2-4 years
EARLY
CHILDHOOD

4-6 years
MIDDLE
CHILDHOOD

7-11 years
LATE
CHILDHOOD

12-18 years
EARLY
ADOLESCENCE

19-24 years
ADOLESCENCE

25-45 years
ADULT-
HOOD

45-65 years
MIDDLE
AGE

65+ years
SENIOR
AGE



Trust

Autonomy

Initiative

Competence

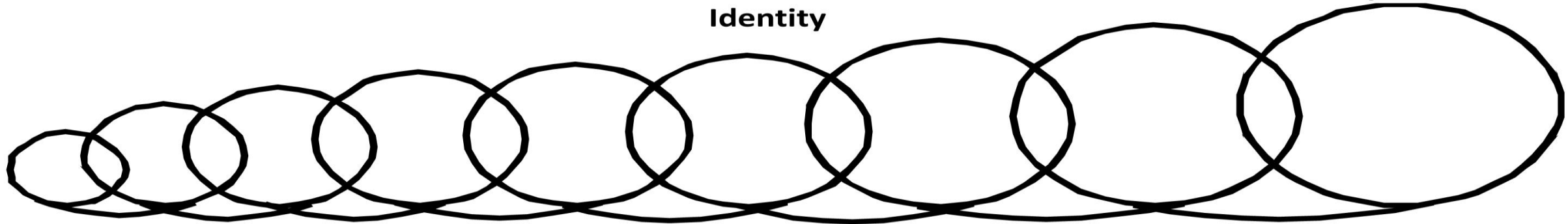
Group
Identity

Identity

Intimacy

Productivity

Integrity



Mistrust

Doubt
Shame

Guilt

Inferiority

Alienation

Role
Confusion

Isolation

Stagnation

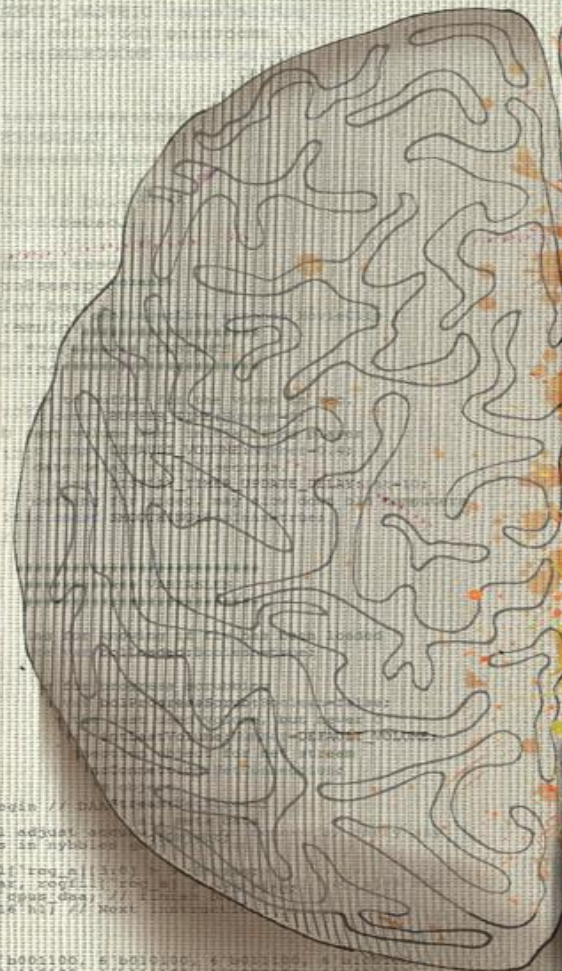
Despair



THE TWO HALVES OF THE BRAIN

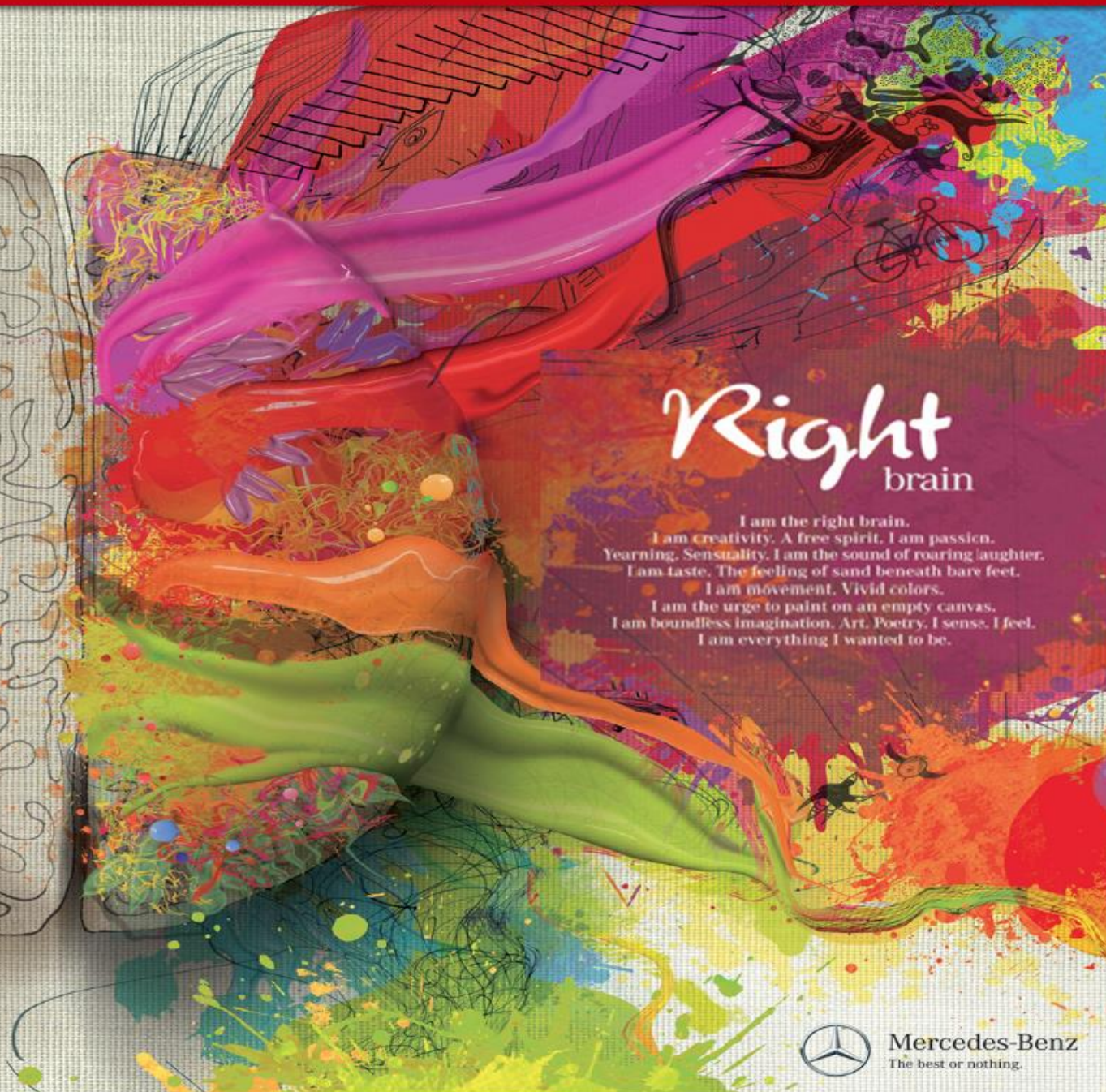
Left brain

I am the left brain.
I am a scientist. A mathematician.
I love the familiar. I categorize. I am accurate. Linear.
Analytical. Strategic. I am practical.
Always in control. A master of words and language.
Realistic. I calculate equations and play with numbers.
I am order. I am logic.
I know exactly who I am.



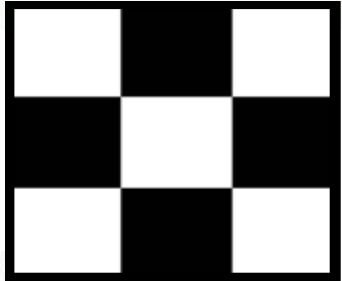
Right brain

I am the right brain.
I am creativity. A free spirit. I am passion.
Yearning. Sensuality. I am the sound of roaring laughter.
I am taste. The feeling of sand beneath bare feet.
I am movement. Vivid colors.
I am the urge to paint on an empty canvas.
I am boundless imagination. Art. Poetry. I sense. I feel.
I am everything I wanted to be.



Mercedes-Benz
The best or nothing.

THE TWO HALVES OF THE BRAIN



> "No!"

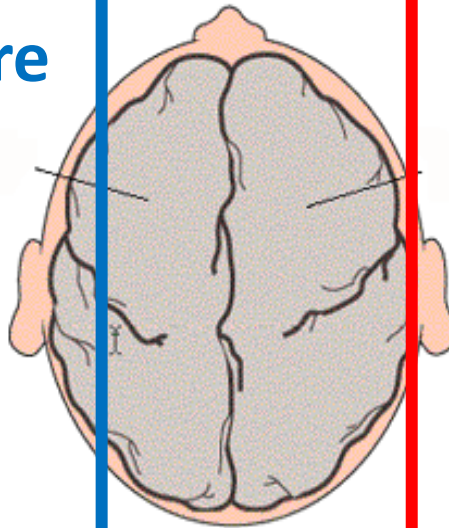
The Left Hemisphere

LOGICAL

LEGAL

LINEAR

LINGUISTIC



The Right Hemisphere

RELATIONAL

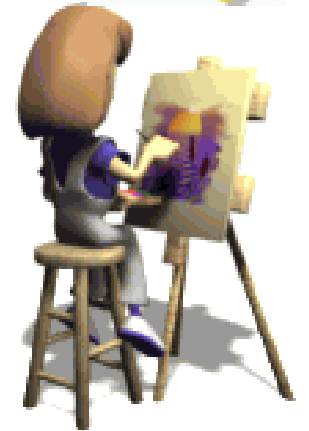
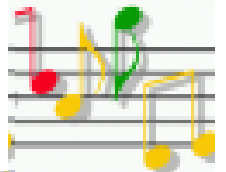
ARTISTIC

RELEASING

RESPONSIVE

REACH FOR THE STARS

RISK-TAKING

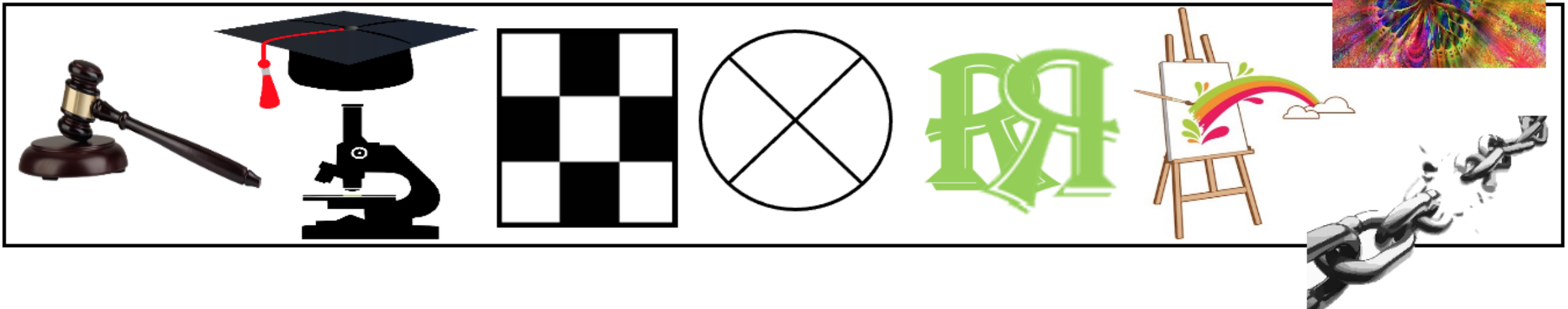
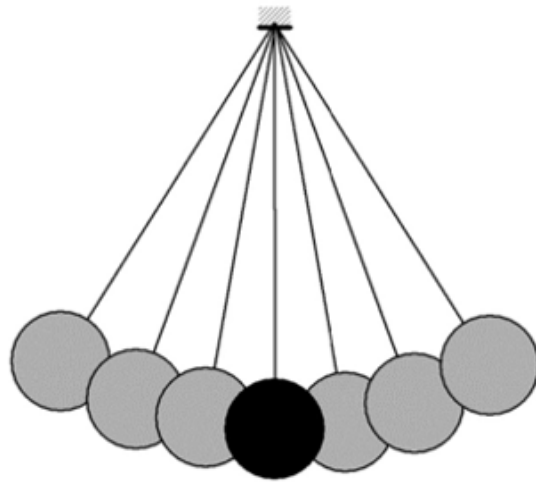


<

"Why Not?"

THE LEFT-RIGHT AXIS

Legalism	Law	Liberty	Licence
-----------------	------------	----------------	----------------



THE TOP-DOWN BRAIN

Cortex



Thinking

Limbic System



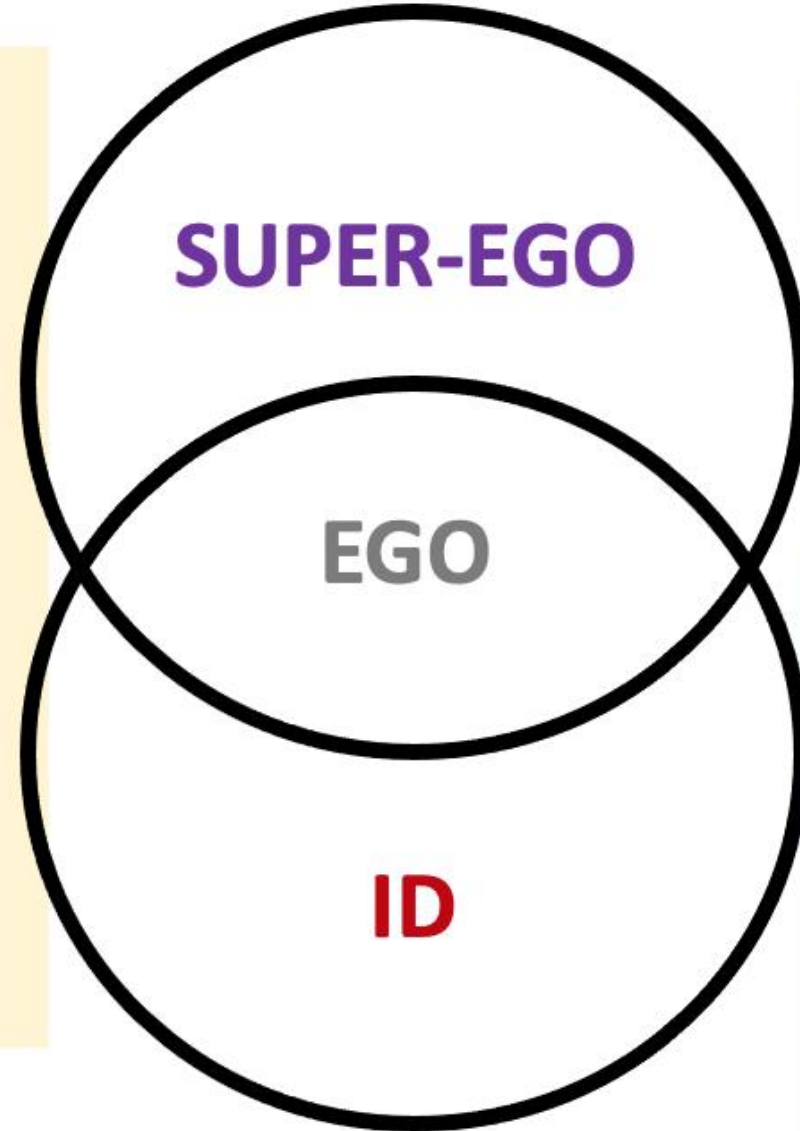
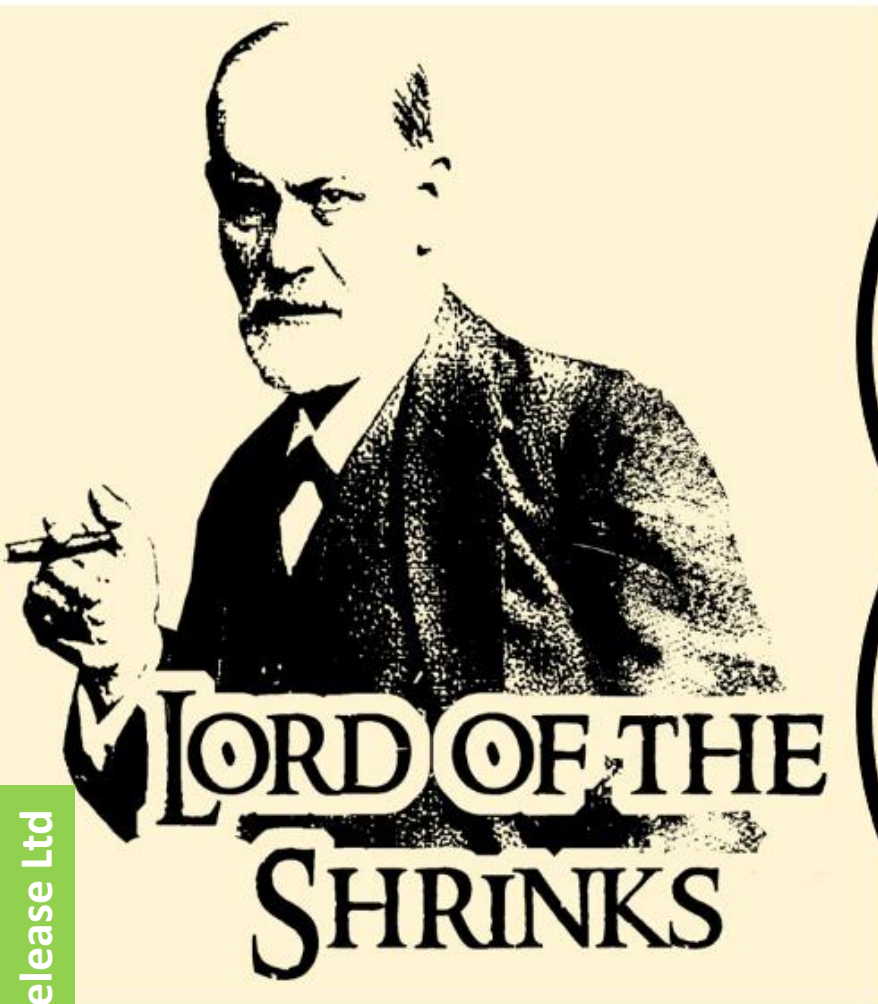
Feeling

Hindbrain



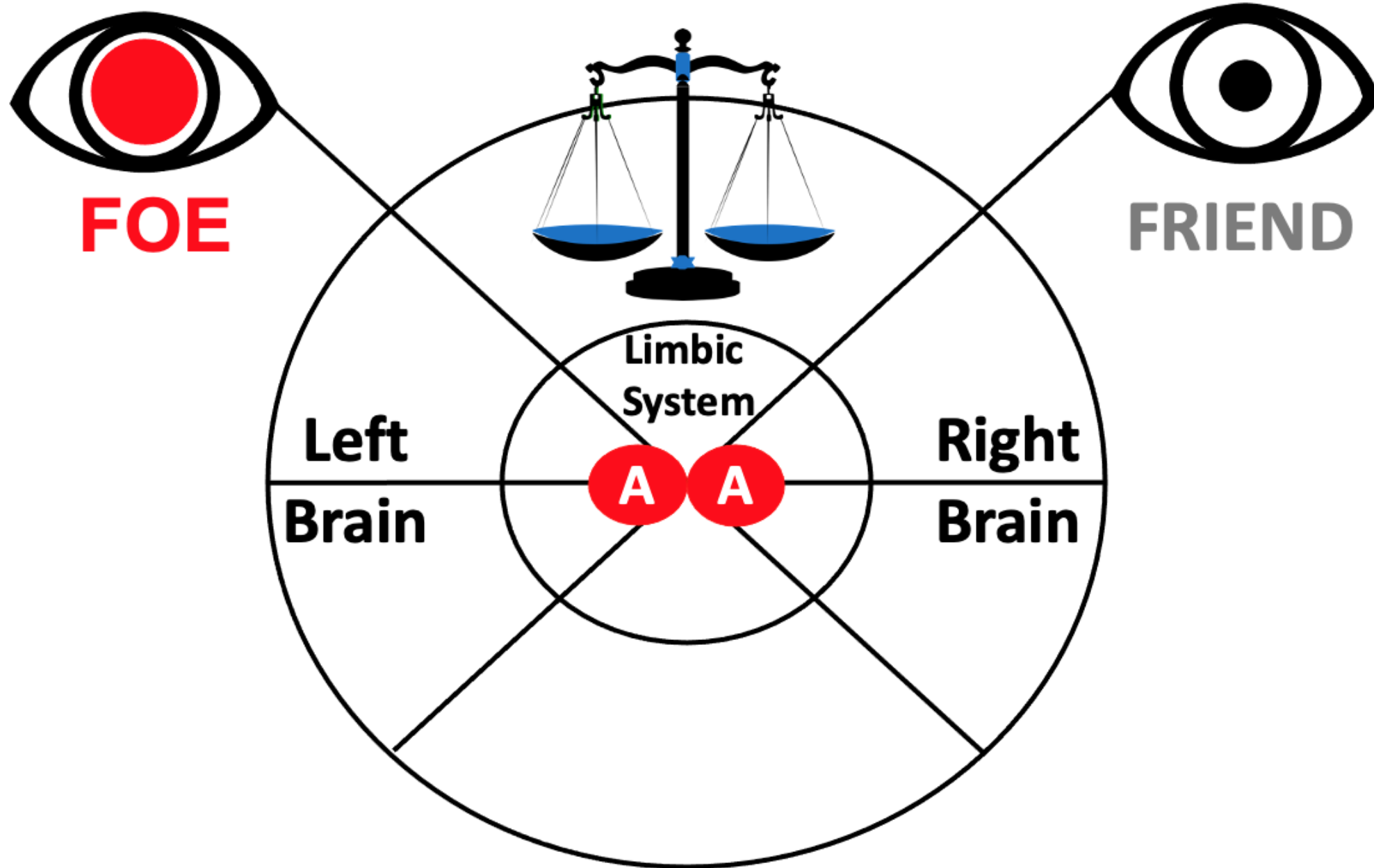
Being/Doing

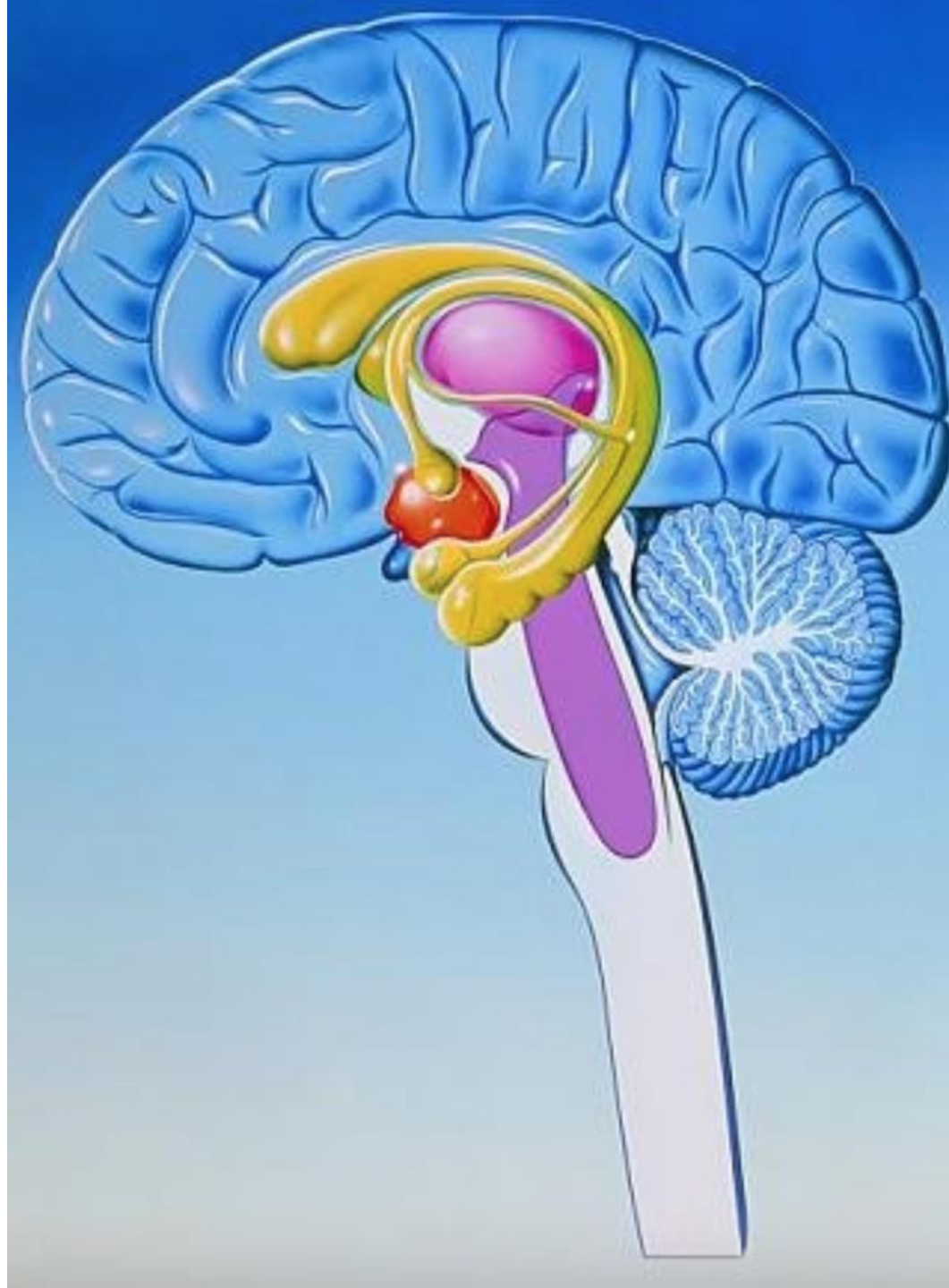
FREUD'S THEORIES





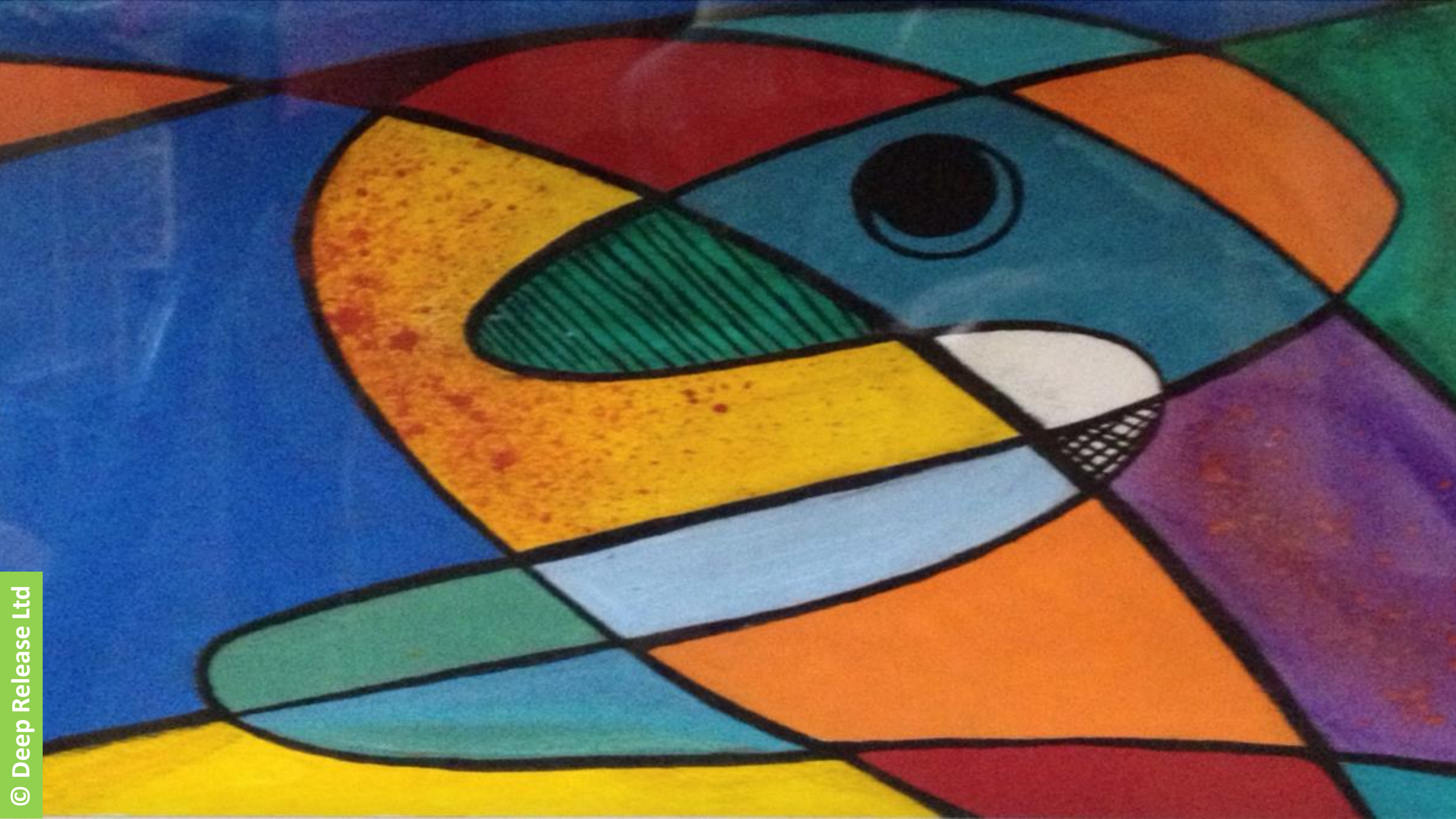
FRIEND OR FOE?





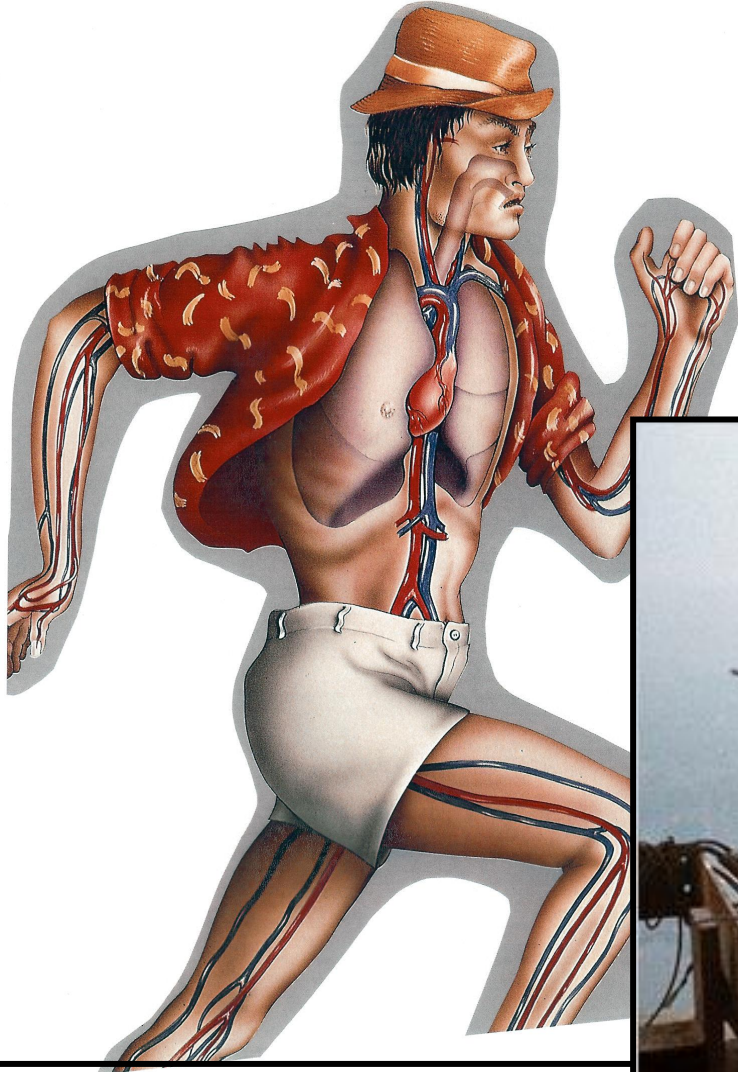


AMYGDALA



THE AUTONOMIC NERVOUS SYSTEM

SYMPATHETIC SYSTEM – FLIGHT/FIGHT/FREEZE



PARASYMPATHETIC SYSTEM – CHILL



Share in Buddy Groups

- Discuss your life stage with the other group members
- How organised is your life?
- What struggles challenge you the most?
- How do you relate to Julia's way of managing life?

15 minutes



HOW STEPHEN MANAGES LIFE

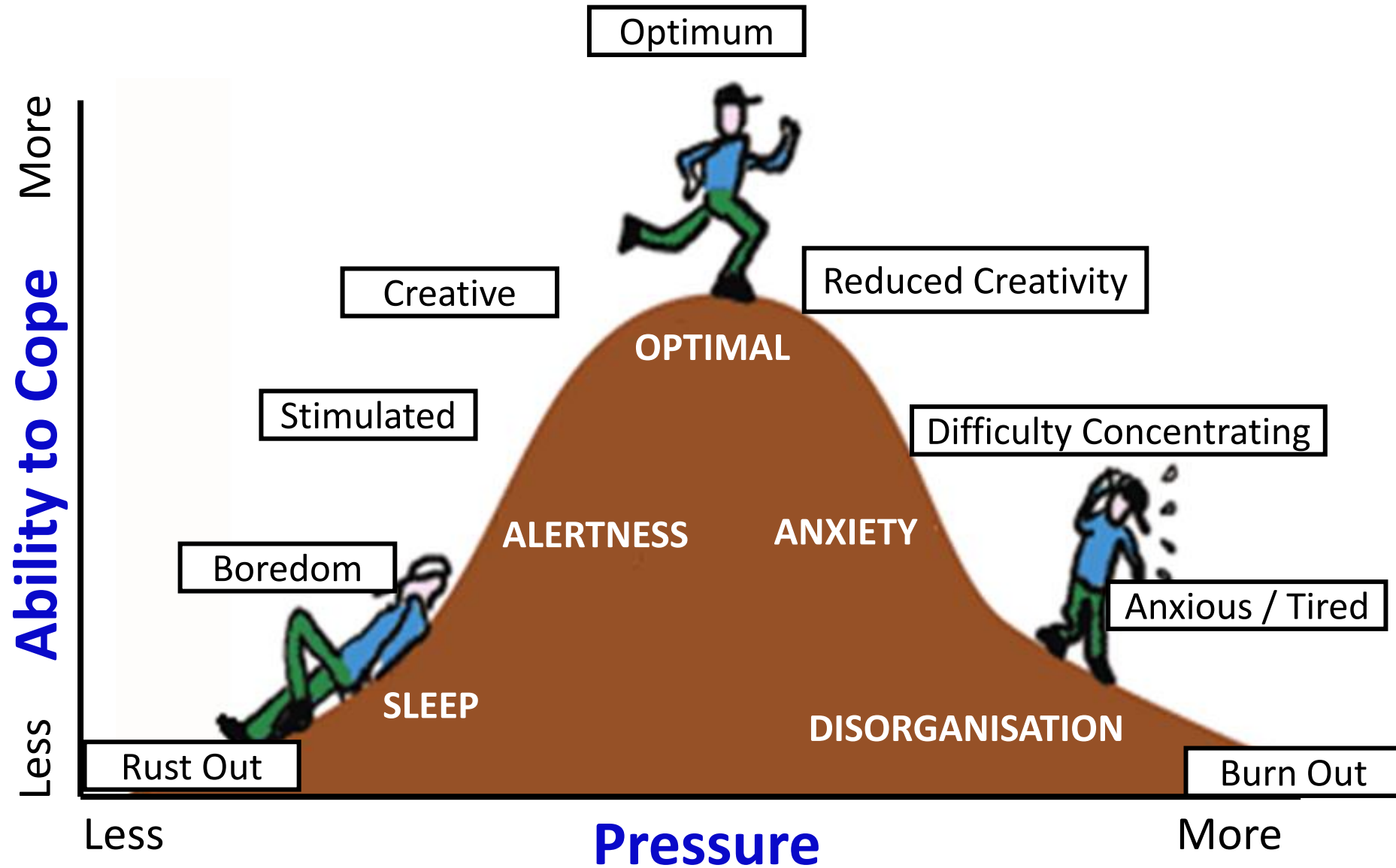


STEPHEN

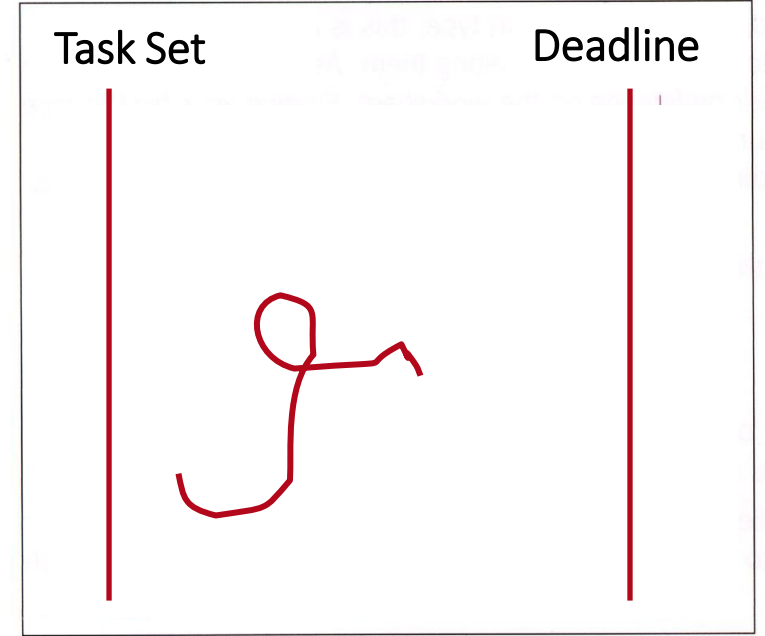
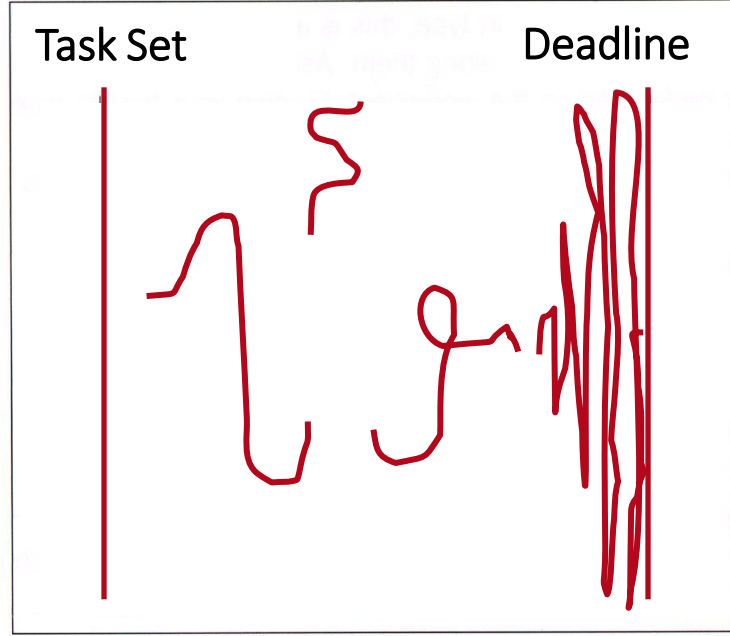
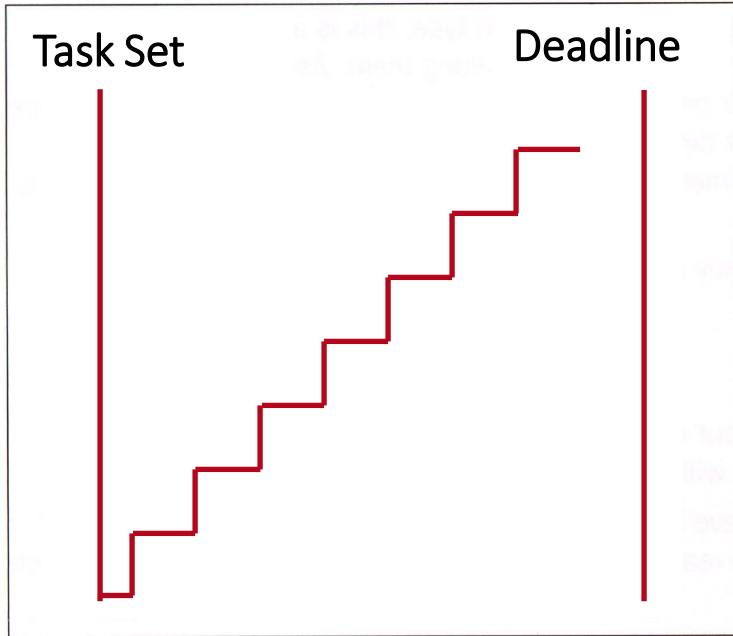
STRESS

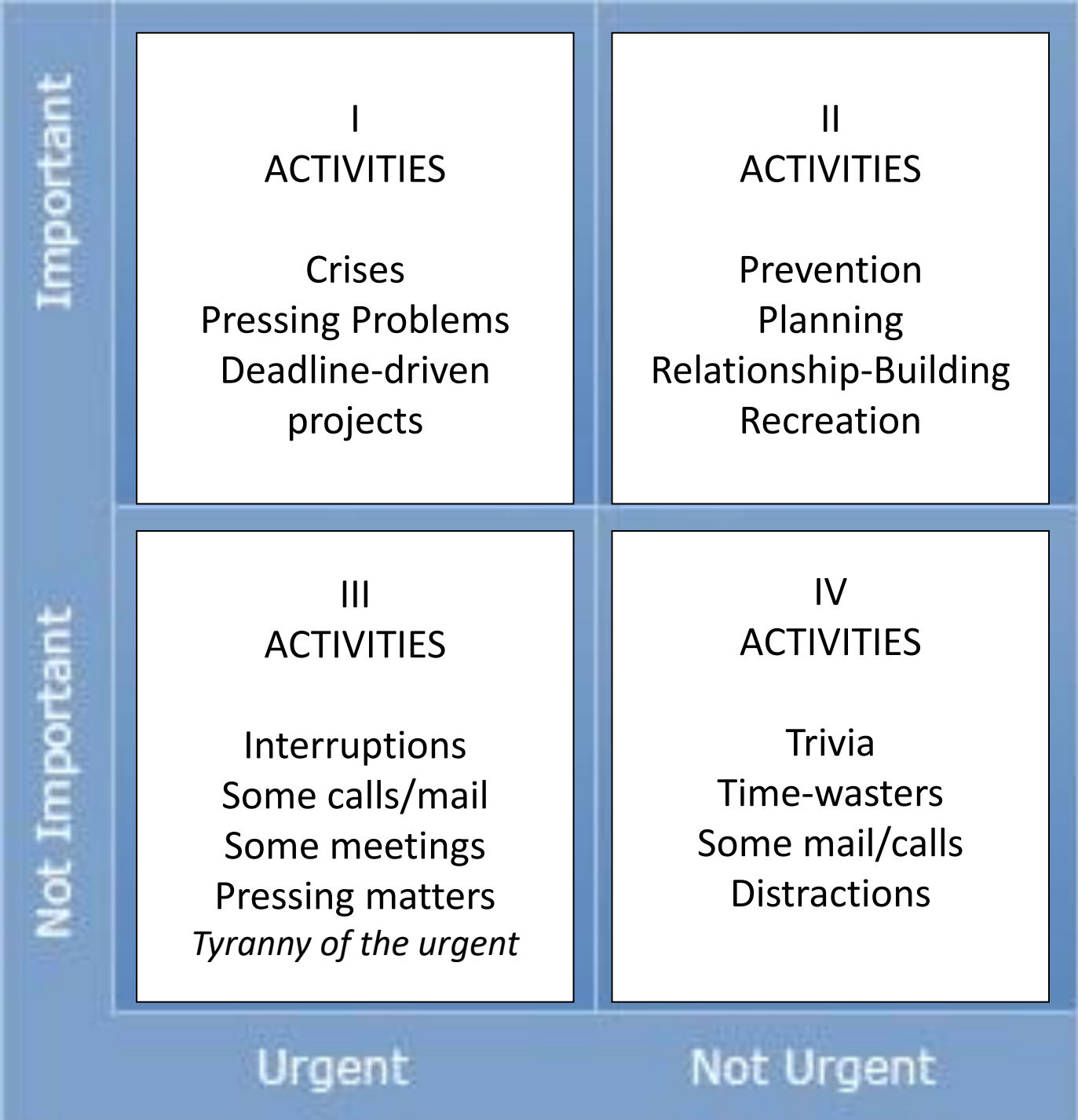


THE STRESS CURVE



DEADLINES





DOING THE RIGHT THING

Doing the right thing
can be so hard...



Doing the wrong
thing, all too easy!



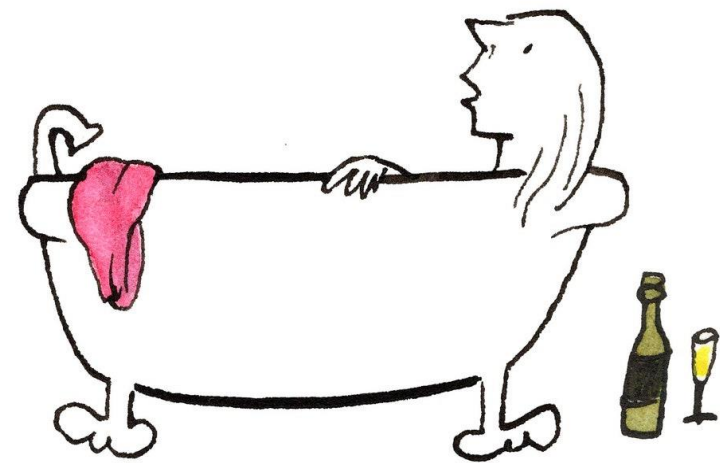
DISTRACTIONS



PROCRASTINATION



I wouldn't call
this "procrastination"
so much as "self-care."

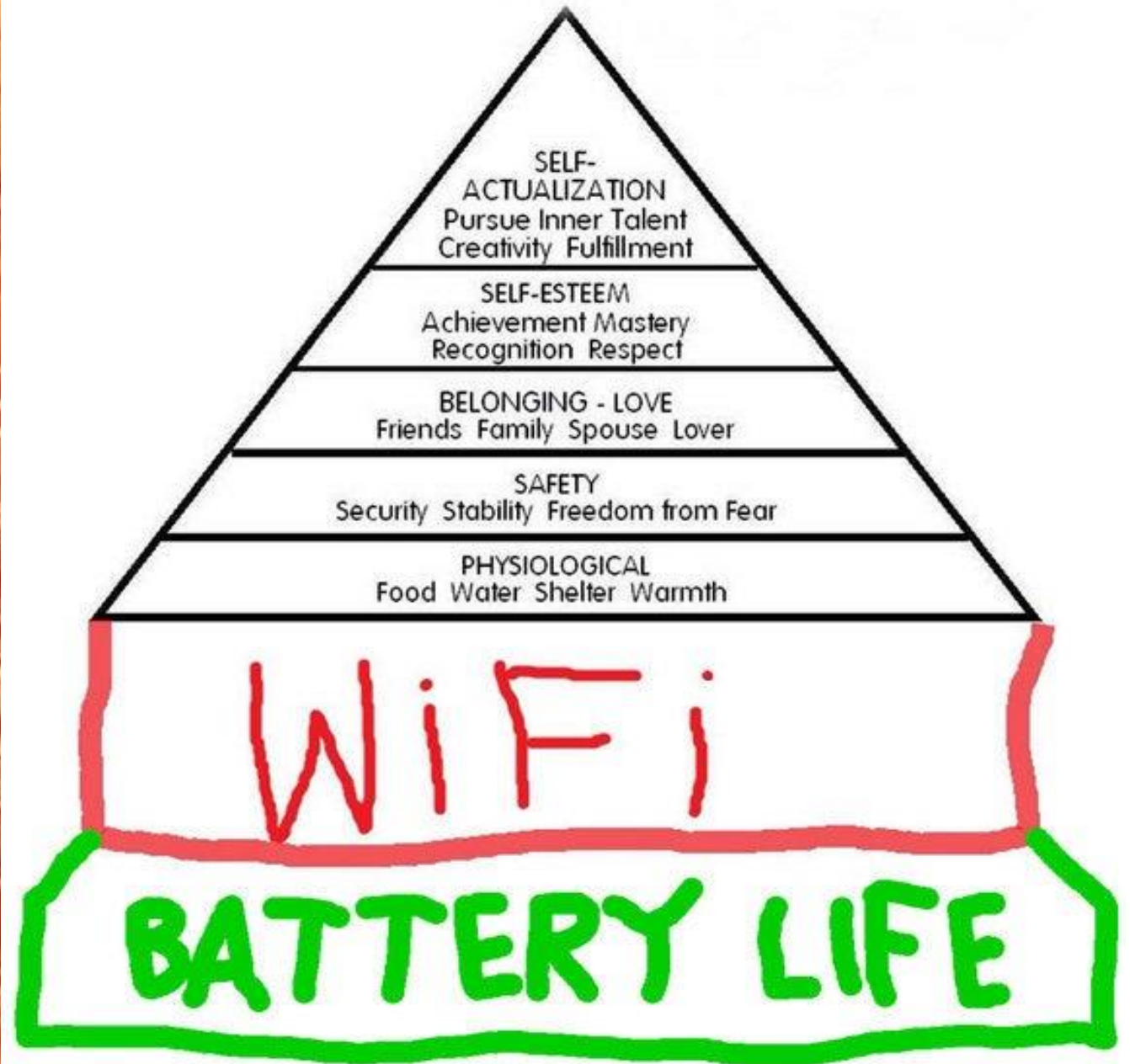


The Loophole

SOCIAL MEDIA OVERWHELM



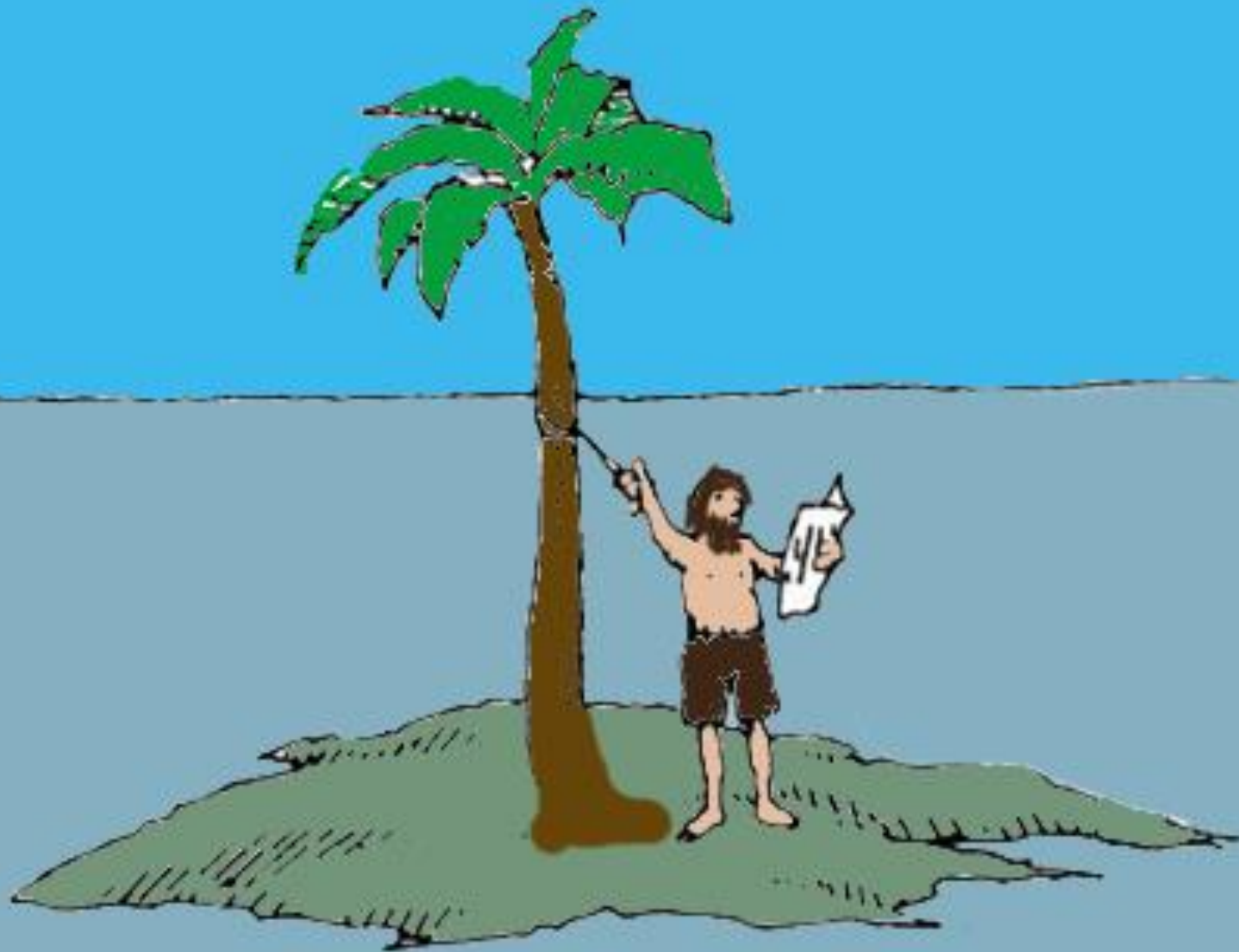
ANGST



RESISTANCE TO CHANGE



OLD HABITS DIE HARD!



WHAT KIND OF ENCOURAGEMENT DO YOU NEED?



**I SHOULD
PROBABLY
KICK SOME ASS
TODAY.**

INCENTIVES



DECLUTTERING

1. Start with 5 minutes at a time
2. Give one item away each day
3. Fill an entire bin bag
4. Donate clothes you never wear
5. Create a decluttering checklist
6. View your home as a first-time visitor
7. Take the 12-12-12 challenge

12-12-12 Challenge

FIND 12
ITEMS TO
DONATE

12 ITEMS
TO THROW
AWAY

12 ITEMS
TO RETURN
TO THEIR
PROPER PLACE
IN YOUR SPACE

TheBlueDot
p•r•o•j•e•c•t
TheBlueDotProject.org

DECLUTTERING



Share in Buddy Groups

- Continue to share what is coming up for you
- How do you relate to what Stephen does?
- What motivates you to change?

15 minutes





Angie



Morag



Katy

A FEMALE PERSPECTIVE

<https://oneofmany.co.uk/>

A VOTE FOR STATIONERY!



DIGITAL SKILLS



PLAN TIME TO PLAN!



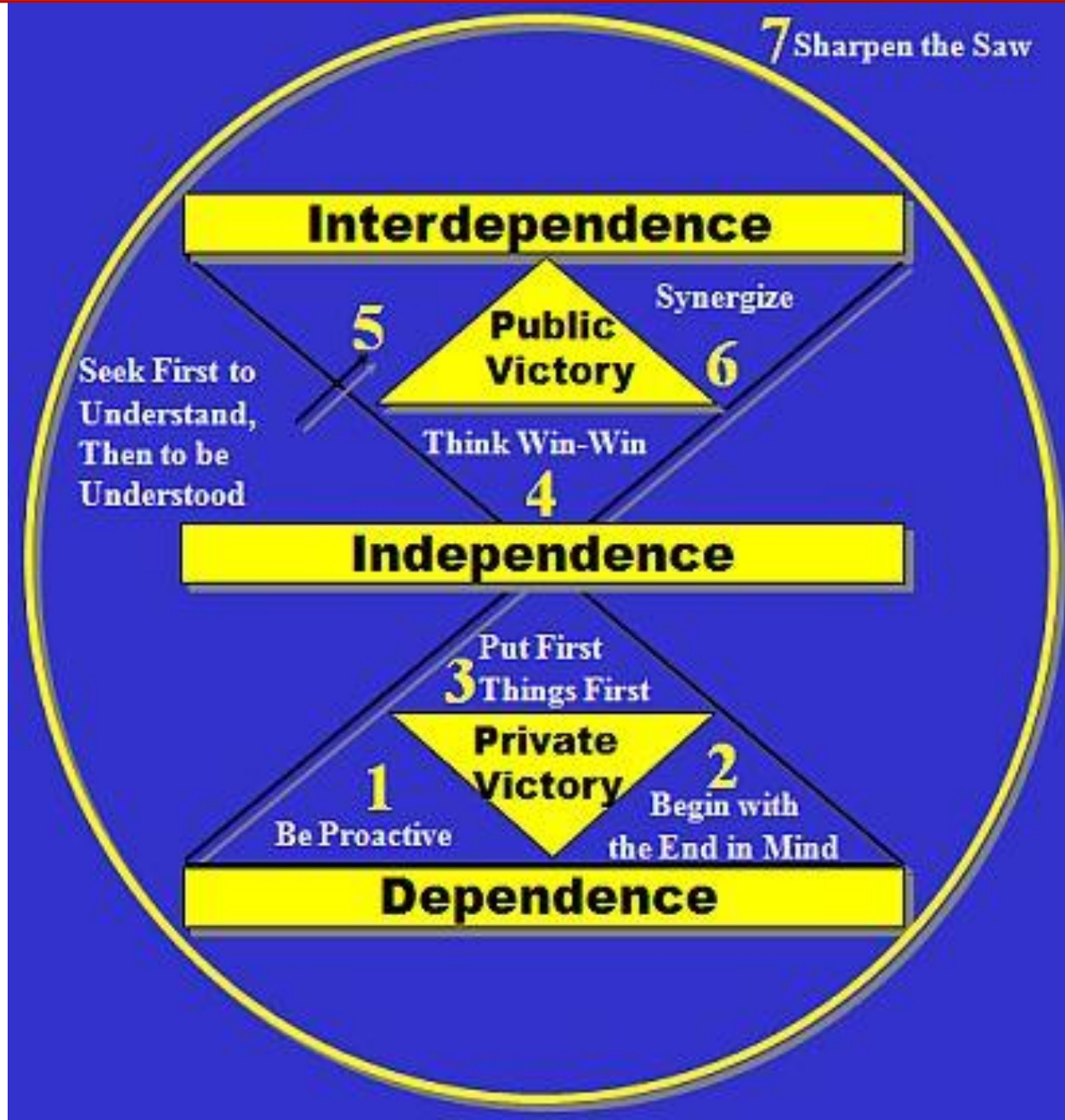
MAXIMISING YOUR BEST TIME OF DAY



TAKE ACTION!



7 HABITS OF SUCCESSFUL PEOPLE



1. Be Proactive
2. Begin with the End in Mind
3. Put First Things First
4. Think Win-Win
5. Seek first to understand, then to be understood
6. Synergize
7. Sharpen the Saw

IF AT FIRST YOU DON'T SUCCEED....



Persist **u**ntil **s**omething **h**appens!

RESILIENCE



BACKSLIDING!





STRATEGIES

REVIEW



Change course if necessary

FIND ESCAPE VELOCITY



Break out of the loop!

FIND ENCOURAGERS

the power of encouragement



RISKY TRANSITION!

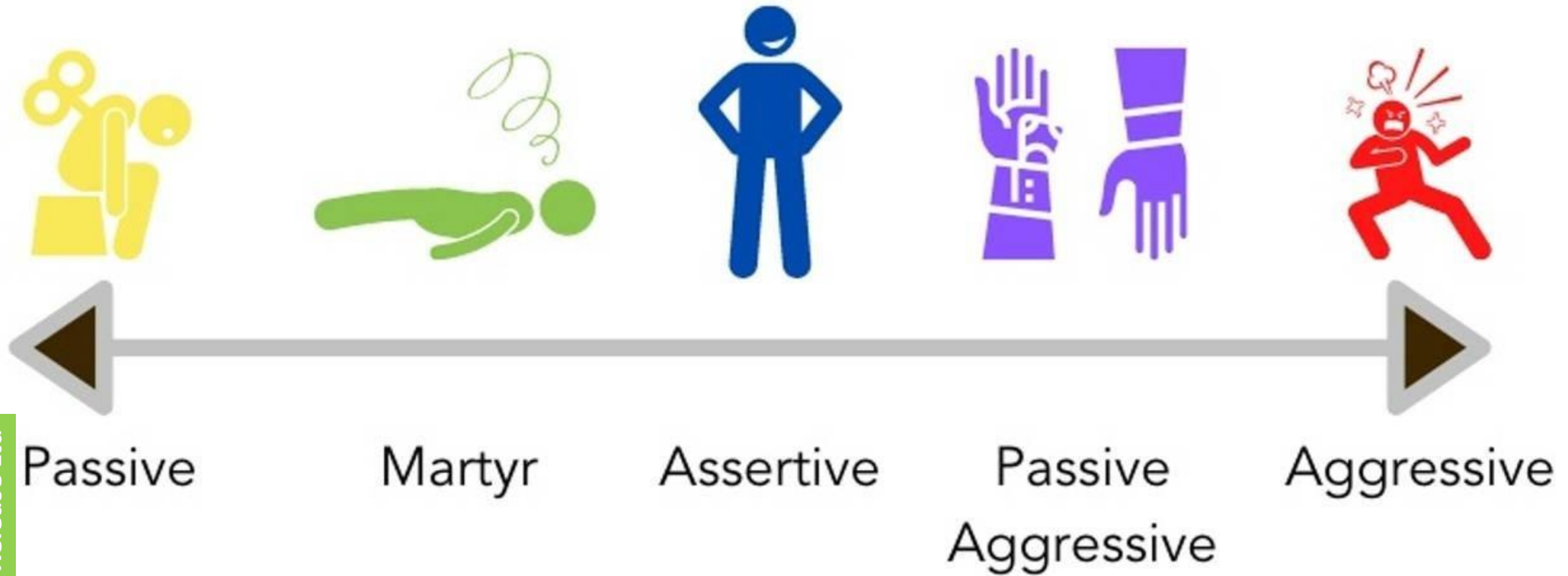


COURSE CORRECTION

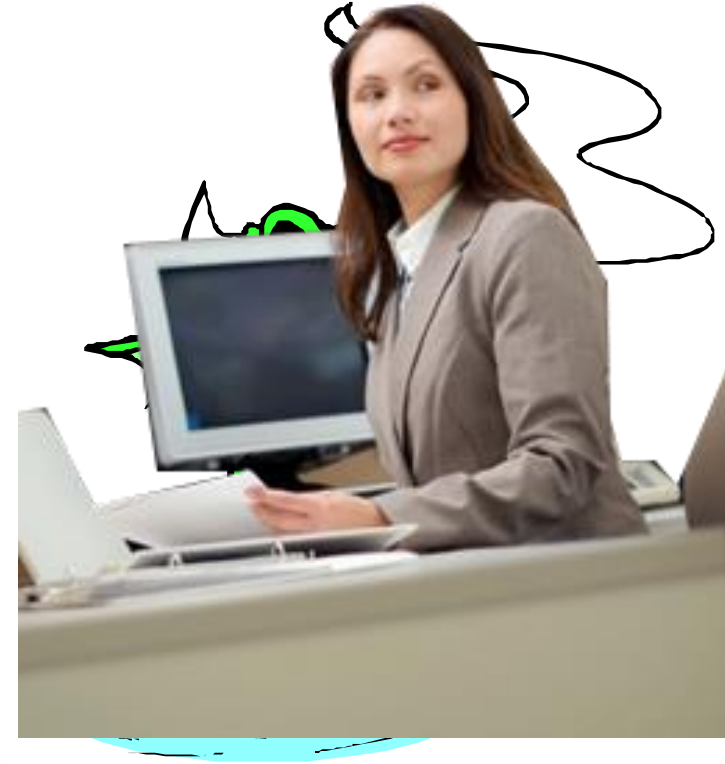
The only real mistake is not to learn from your mistakes



The Assertiveness Scale



FEEL THE FEAR AND DO IT ANYWAY!



SAYING NO

*I feel like I
have no
choice...*

*I feel guilty
if I say No*

*I don't
want to be
rude*

*I don't want
you to
dislike me*

*I'm just a
pushover*

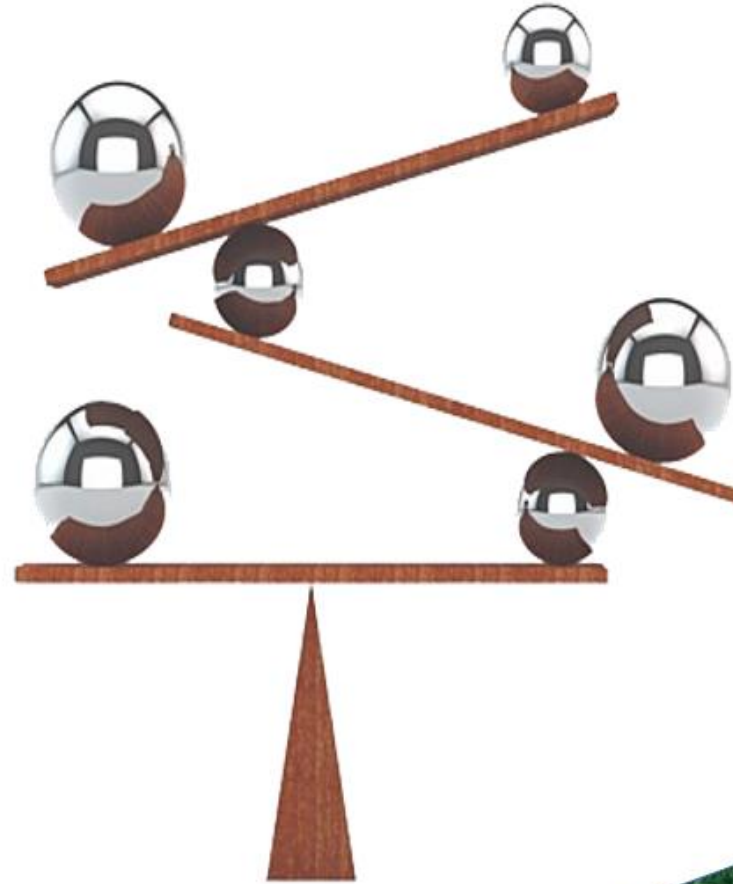


***Say what you
mean without
being mean***
Keep it Simple

BUILDING THE ROAD AS WE TRAVEL



DECISION MAT WORK





SMART GOALS

Specific



Measurable



Attainable



Relevant



Time-based



PREPPING



15 ITEMS

EVERY PREPPER SHOULD HOARD

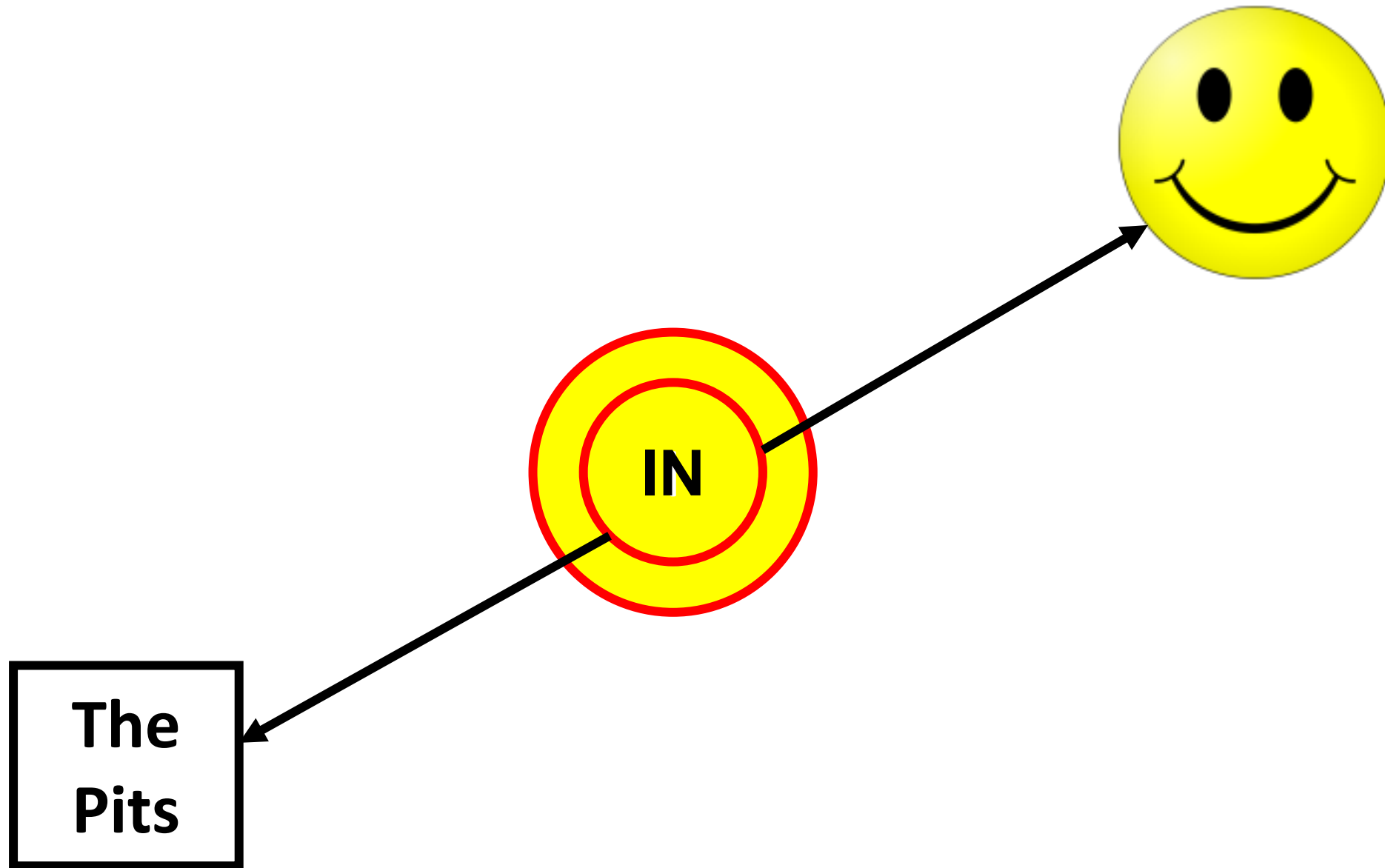
Share in Buddy Groups

- Do you think men and women manage lives differently?
- How easy do you find it to be assertive?
- What goals do you feel are achievable – what kind of help do you need?

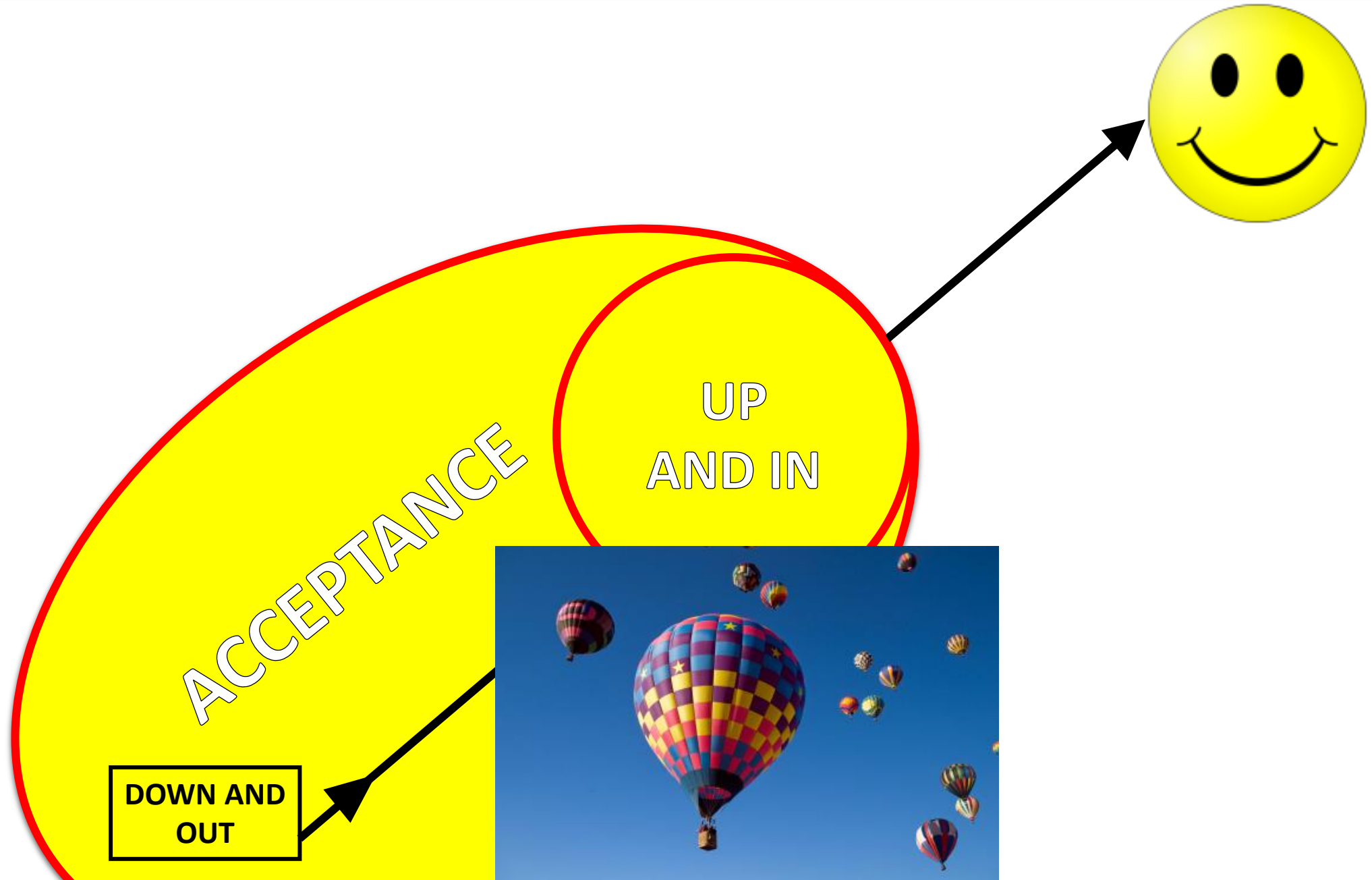
15 minutes



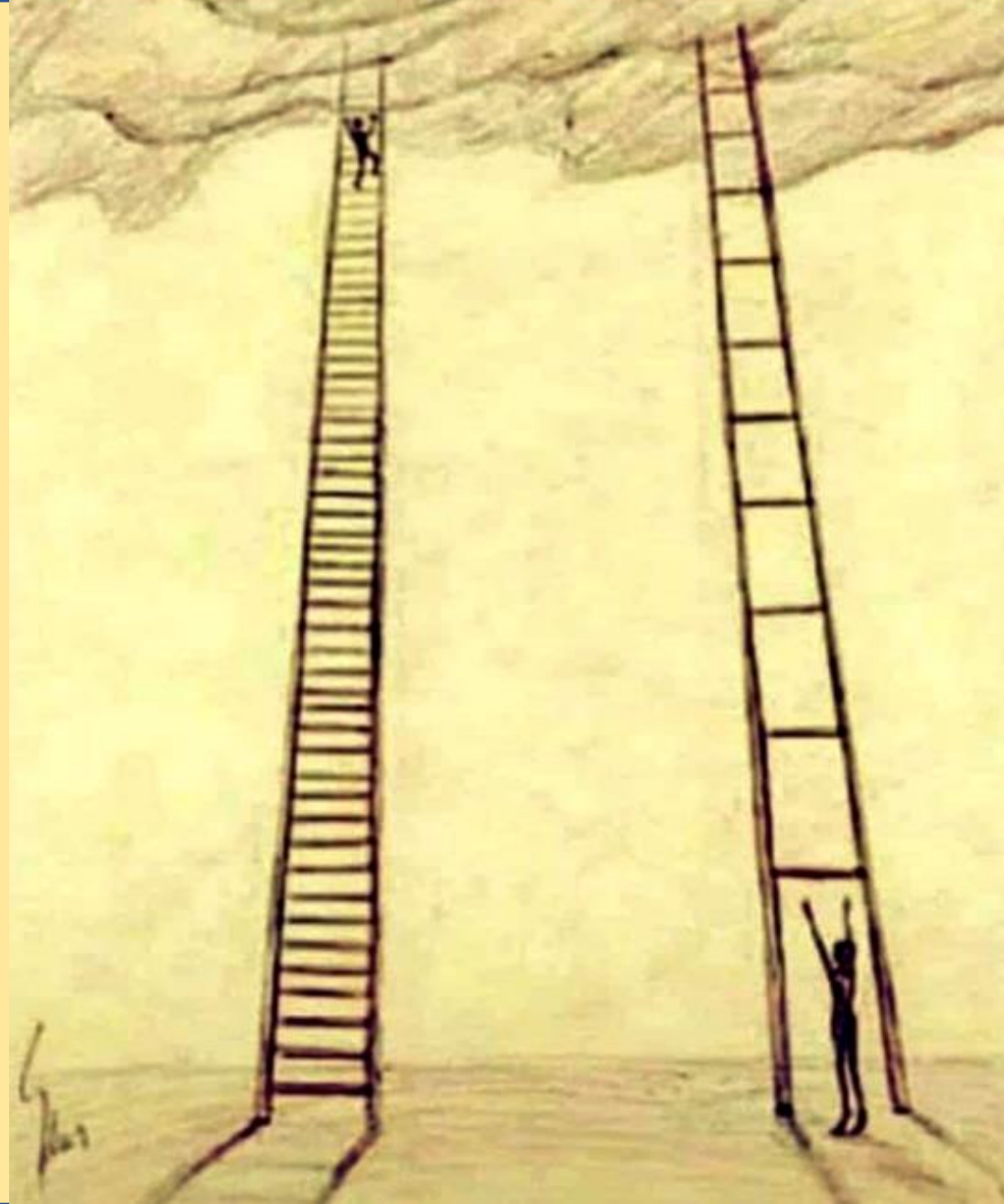
THE POWER LINE



ENERGY LIFELINE

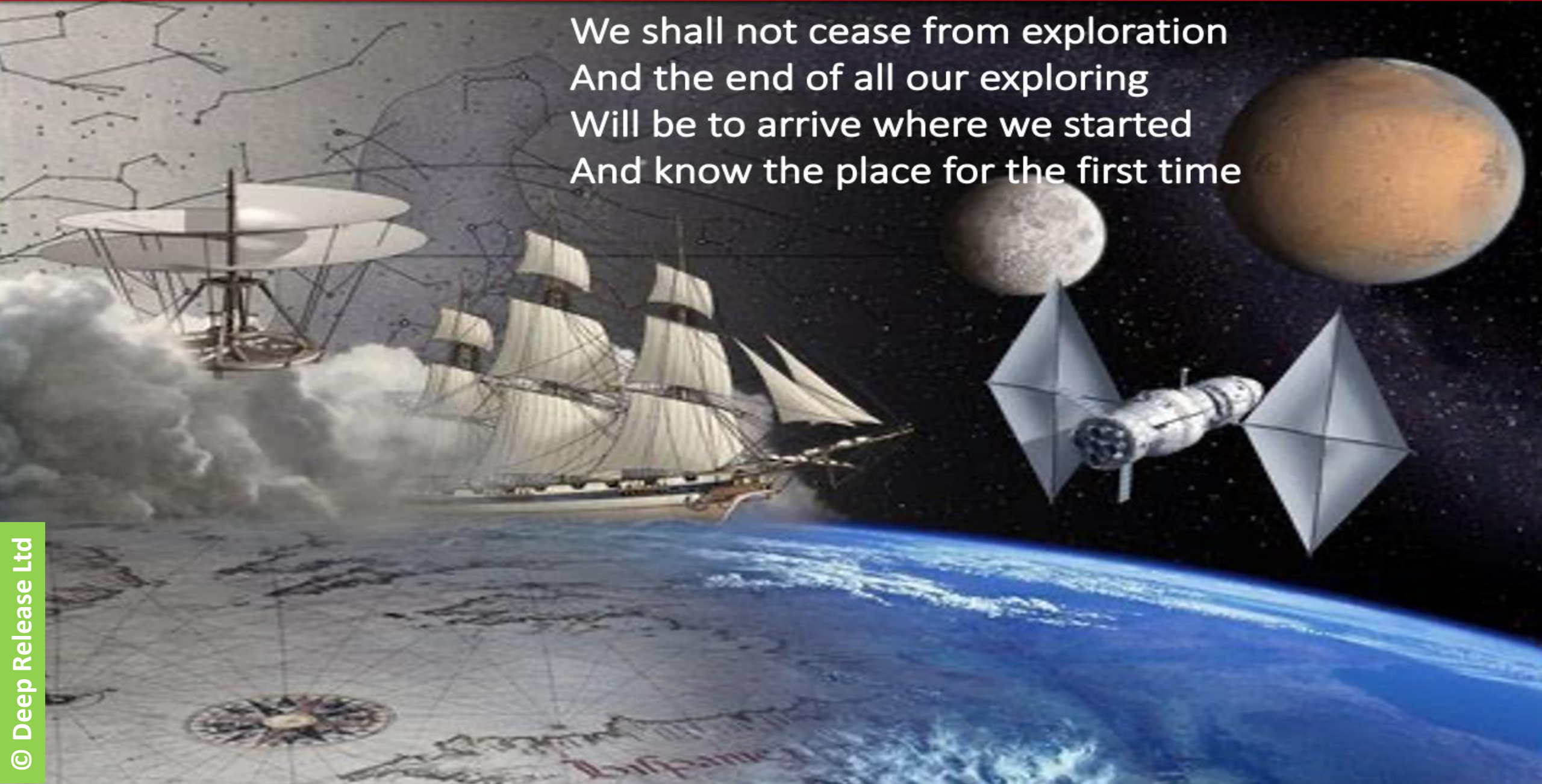


SMALL STEPS



Quote from *Little Giddings* (T S Eliot)

We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time



Buddy Groups

- Time to say goodbye and exchange details if required

5 minutes





Resources



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Wheel of Life



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Figures Online Pack



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Online Pack

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Working with Gestalt in the Counselling Room – Training Video

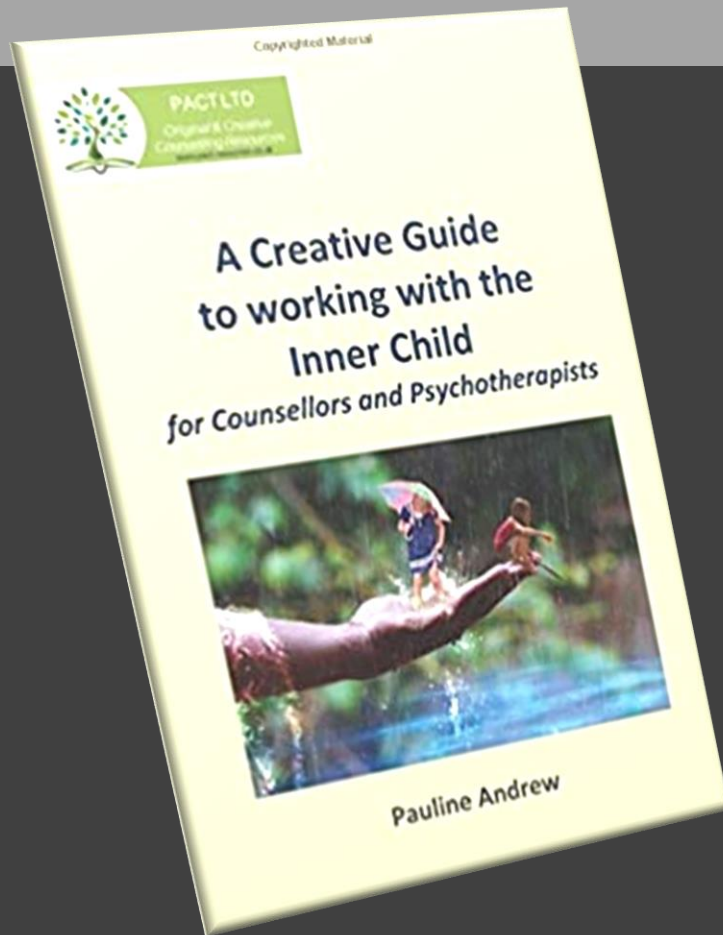
£30.00



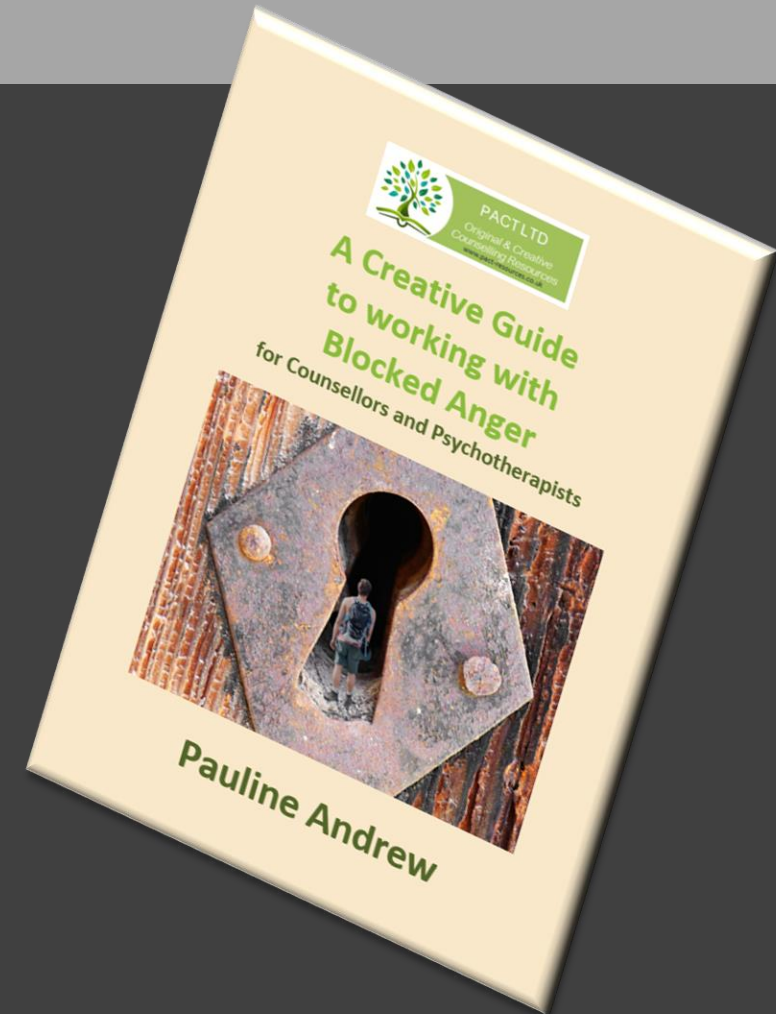
Attachment Behaviour in the Counselling Room – Training Video

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****Coming Soon!****



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- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



Deep Release Ltd - Counselling & Training

Private group 1.4K members



+ Invite

CONNECT WITH US!

YOUTUBE CHANNEL

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- Lots of videos on working creatively
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Or visit:

YouTube.com/c/PaulineAndrewCreativeCounselling



YOUTUBE CHANNEL

Search: Brain Body and Beyond

- Videos on Life, the Brain and Relationships
- Please subscribe!





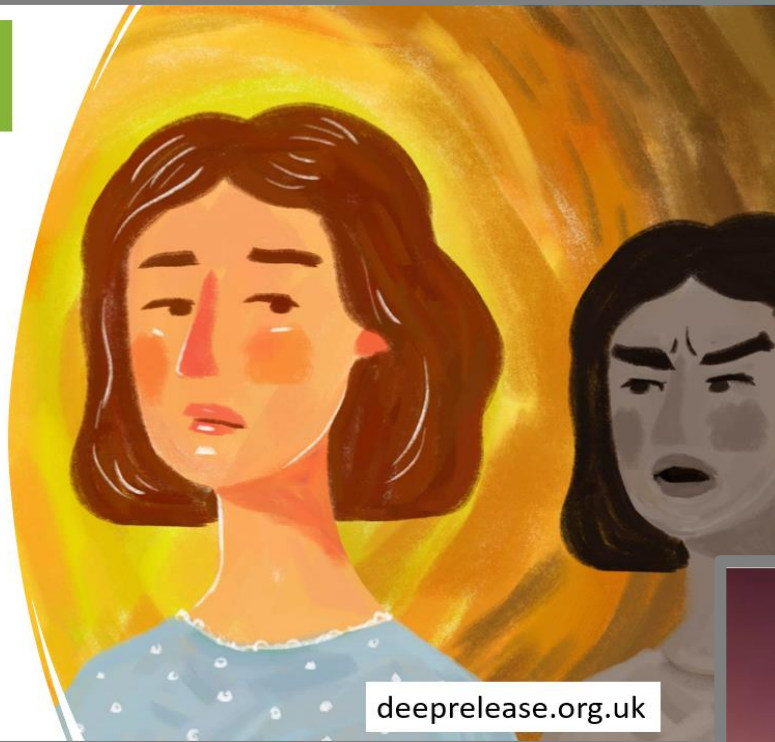
Deep Release Online
Professional Training for Counsellors

Coming up...

Taming the Inner Critic

Sat Mar 26 or
Tues Mar 29

10.30am – 3.15pm



deeprelease.org.uk

Coming next!

deeprelease.org.uk



Releasing Blocked Emotions

Thurs Apr 28 or
Sat May 7

10.30am – 3.30pm

A person is seen from behind, holding a large, glowing paper lantern. The lantern is made of crinkled paper and has a small fire burning inside. The person is standing in front of a sunset sky with a few birds flying in the distance. The overall mood is peaceful and contemplative.

Releasing Blocked Emotions

Thurs Apr 28 or
Sat May 7

10.30am – 3.30pm

Please send us
your feedback!



info@deeprelease.org.uk



<https://www.info@deeprelease.org.uk>

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Thank you