

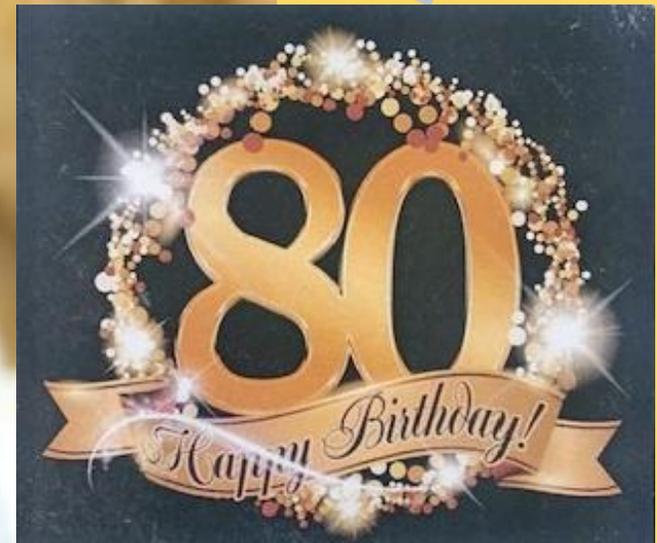
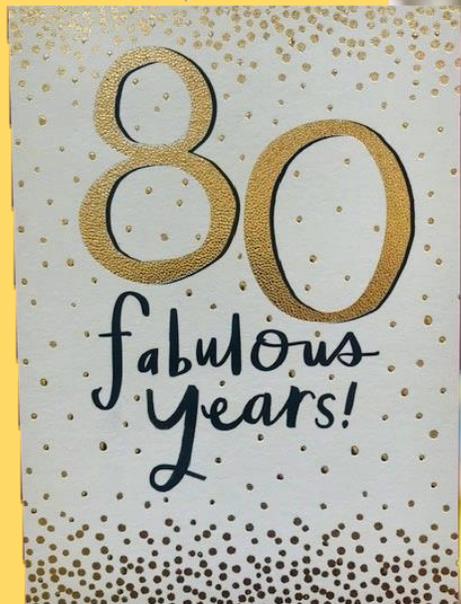


**Deep Release Online**  
*Professional Training for Counsellors*

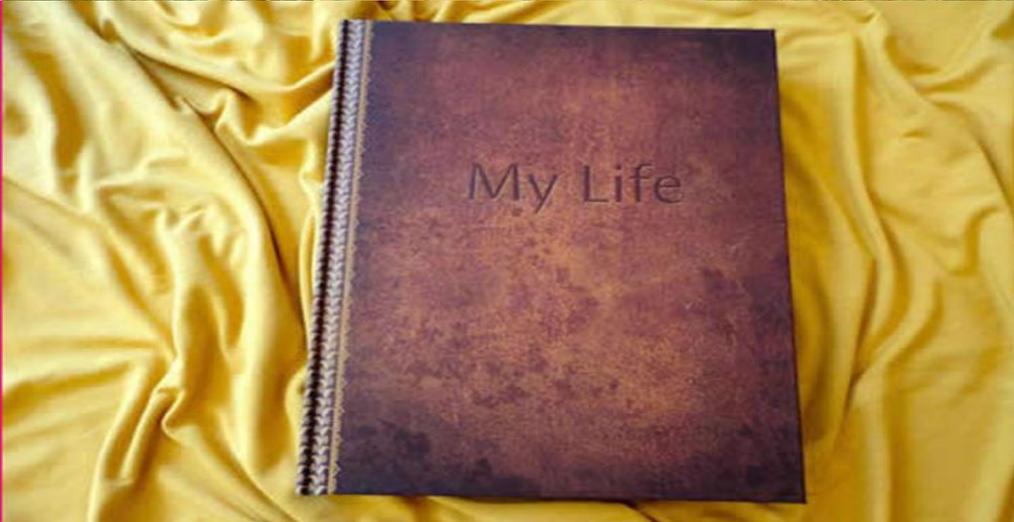
# **COACHING 2 : MANAGING YOUR LIFE – MANAGING YOURSELF** **with Dr Chris**



# FOUR SCORE YEARS AND THEN...



# LEAVING A LEGACY



# RELATIONSHIP – ISSUE - RELATIONSHIP

RIR



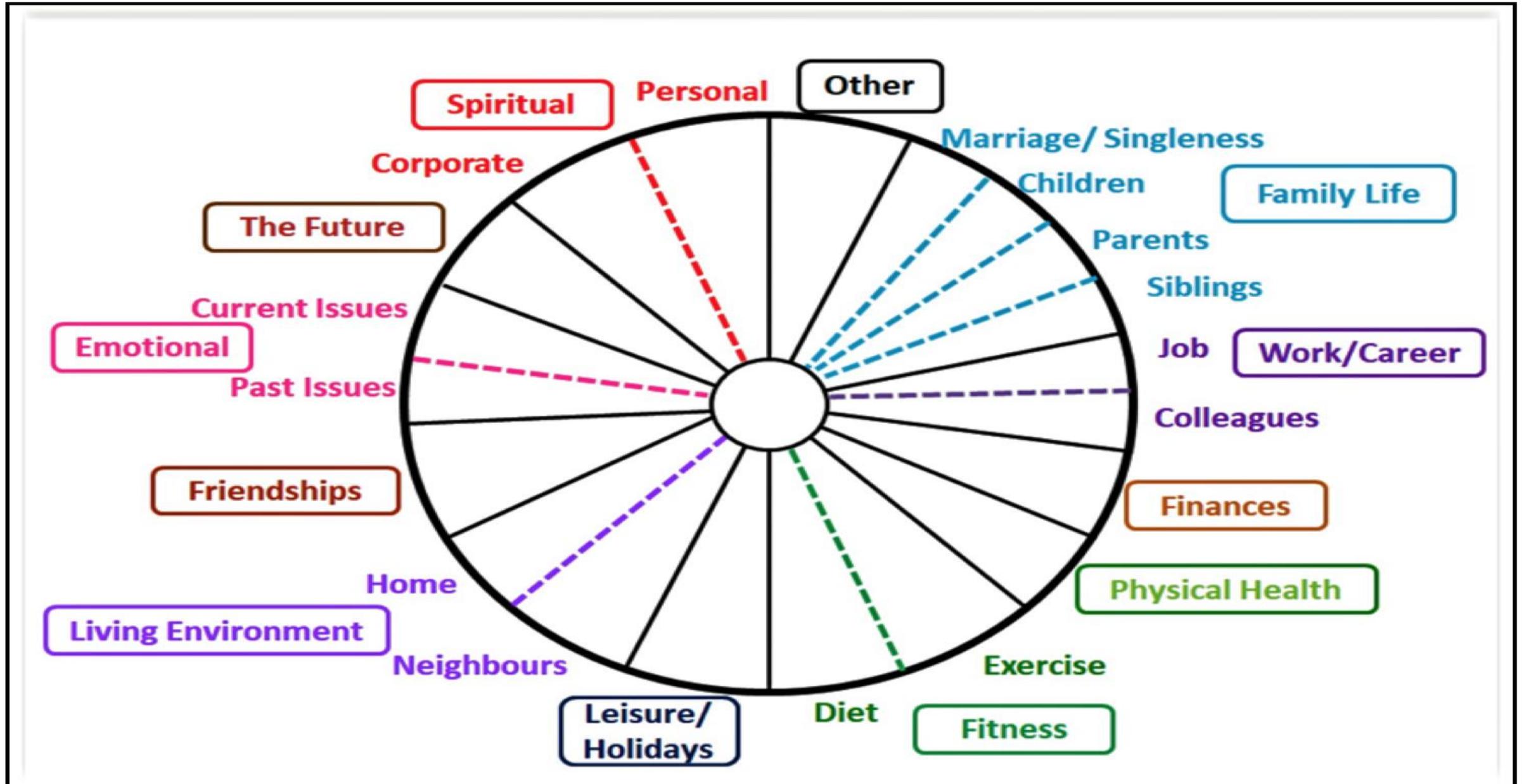
# HOW JULIA MANAGES LIFE

# 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

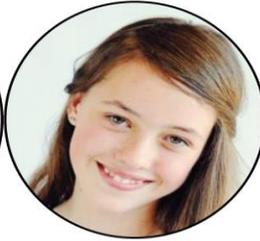
12-18 years  
EARLY  
ADOLESCENCE

19-24 years  
ADOLESCENCE

25-45 years  
ADULT-  
HOOD

45-65 years  
MIDDLE  
AGE

65+ years  
SENIOR  
AGE



Trust

Autonomy

Initiative

Competence

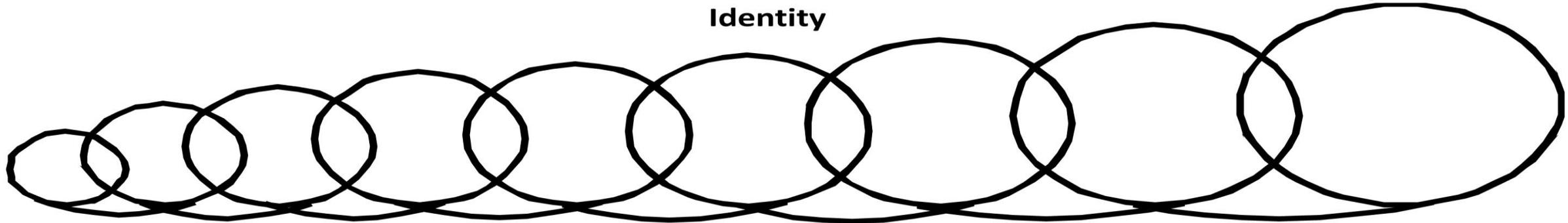
Group  
Identity

Identity

Intimacy

Productivity

Integrity



Doubt

Shame

Guilt

Inferiority

Alienation

Role

Confusion

Isolation

Stagnation

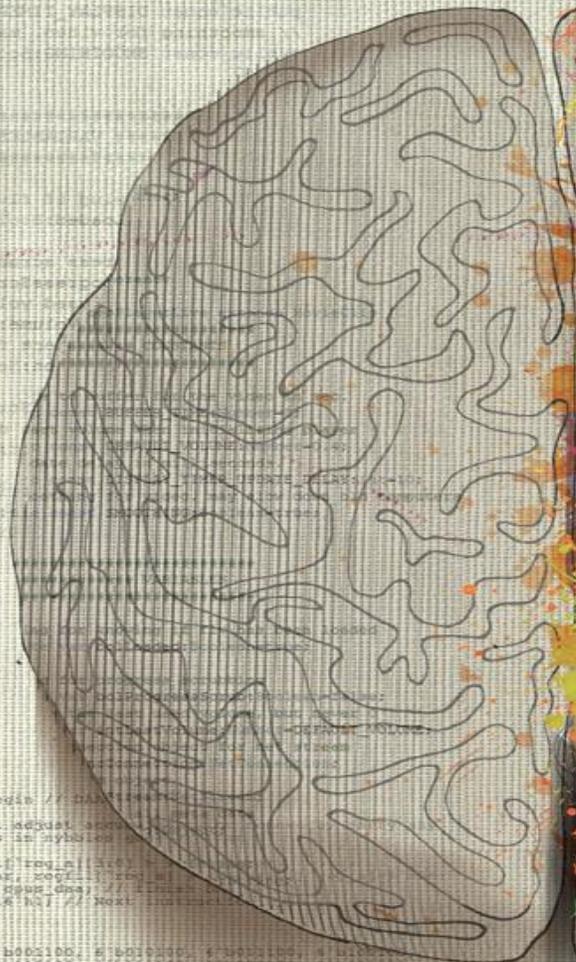
Despair



# 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.



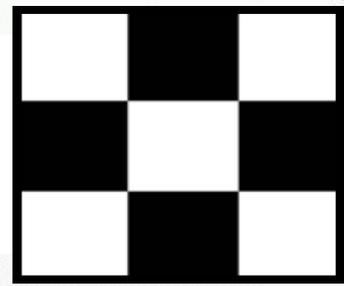
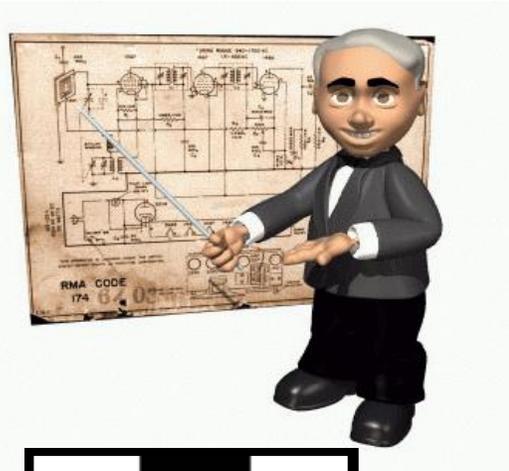
## Right brain

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!"

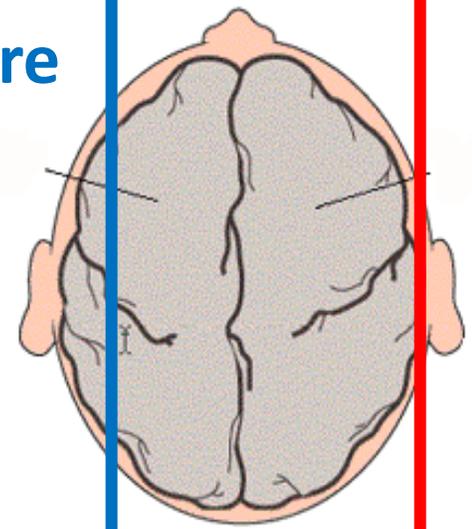
## The Left Hemisphere

LOGICAL

LEGAL

LINEAR

LINGUISTIC



## The Right Hemisphere

RELATIONAL

ARTISTIC

RELEASING

RESPONSIVE

REACH FOR THE STARS

RISK-TAKING

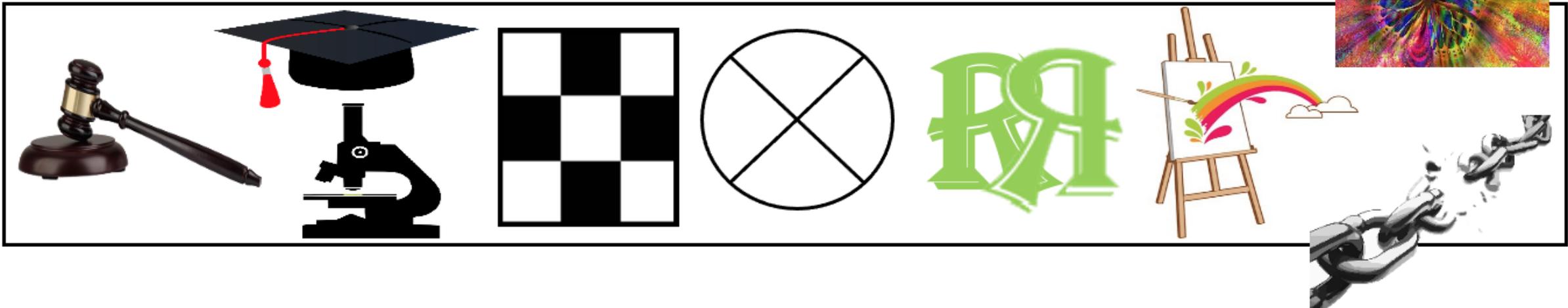
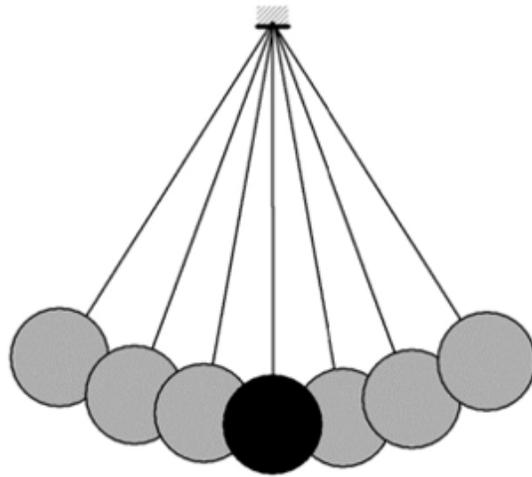


<

"Why Not?"

# THE LEFT-RIGHT AXIS

|                 |            |                |                |
|-----------------|------------|----------------|----------------|
| <b>Legalism</b> | <b>Law</b> | <b>Liberty</b> | <b>Licence</b> |
|-----------------|------------|----------------|----------------|



# THE TOP-DOWN BRAIN

**Cortex**



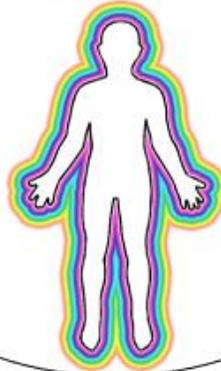
**Thinking**

**Limbic System**



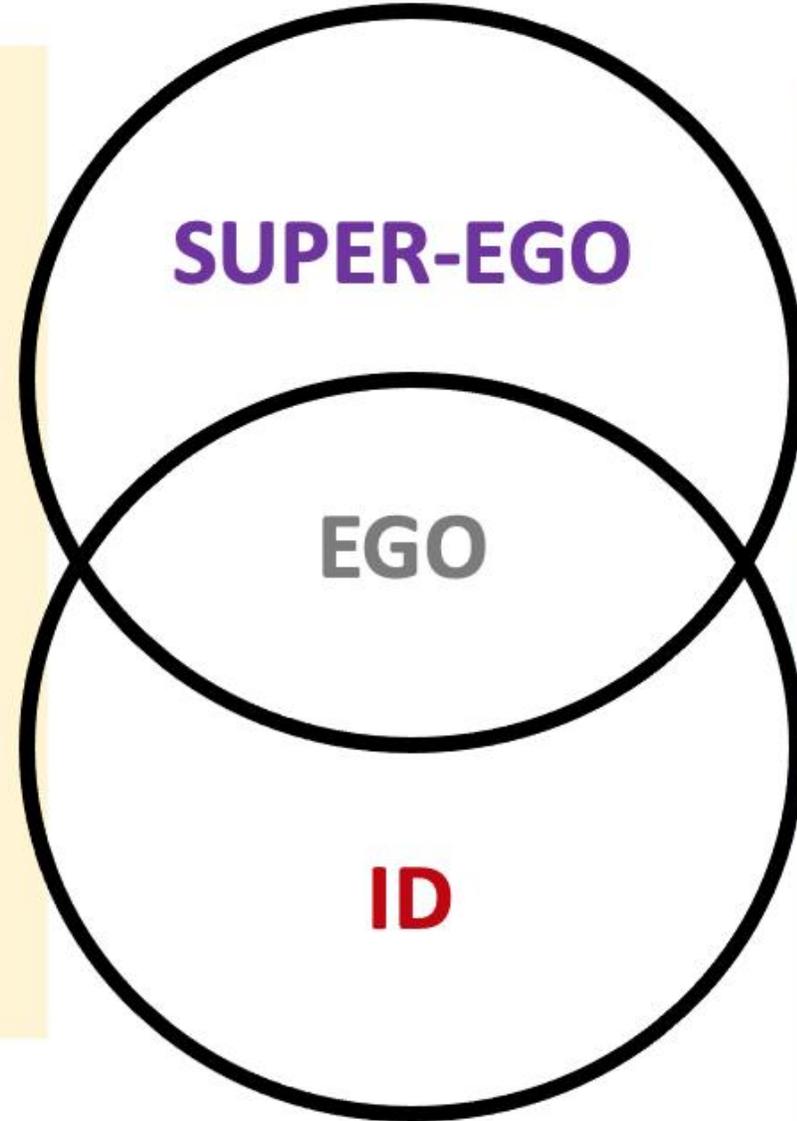
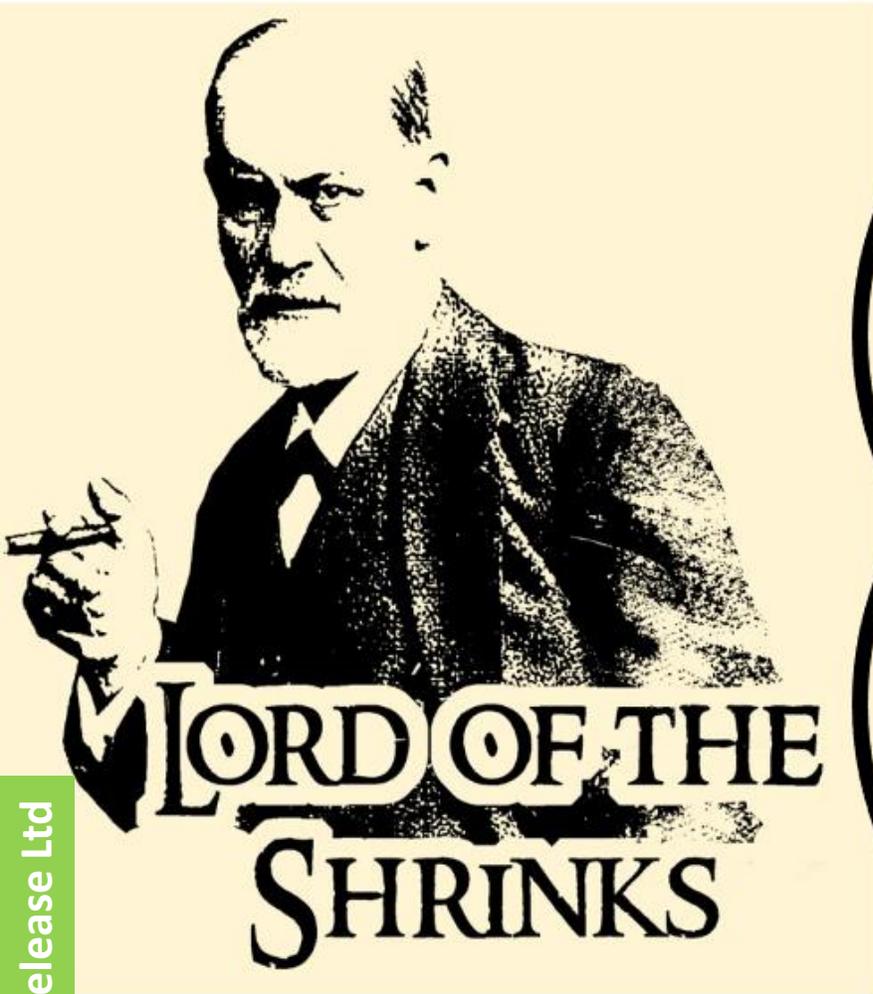
**Feeling**

**Hindbrain**



**Being/Doing**

# FREUD'S THEORIES





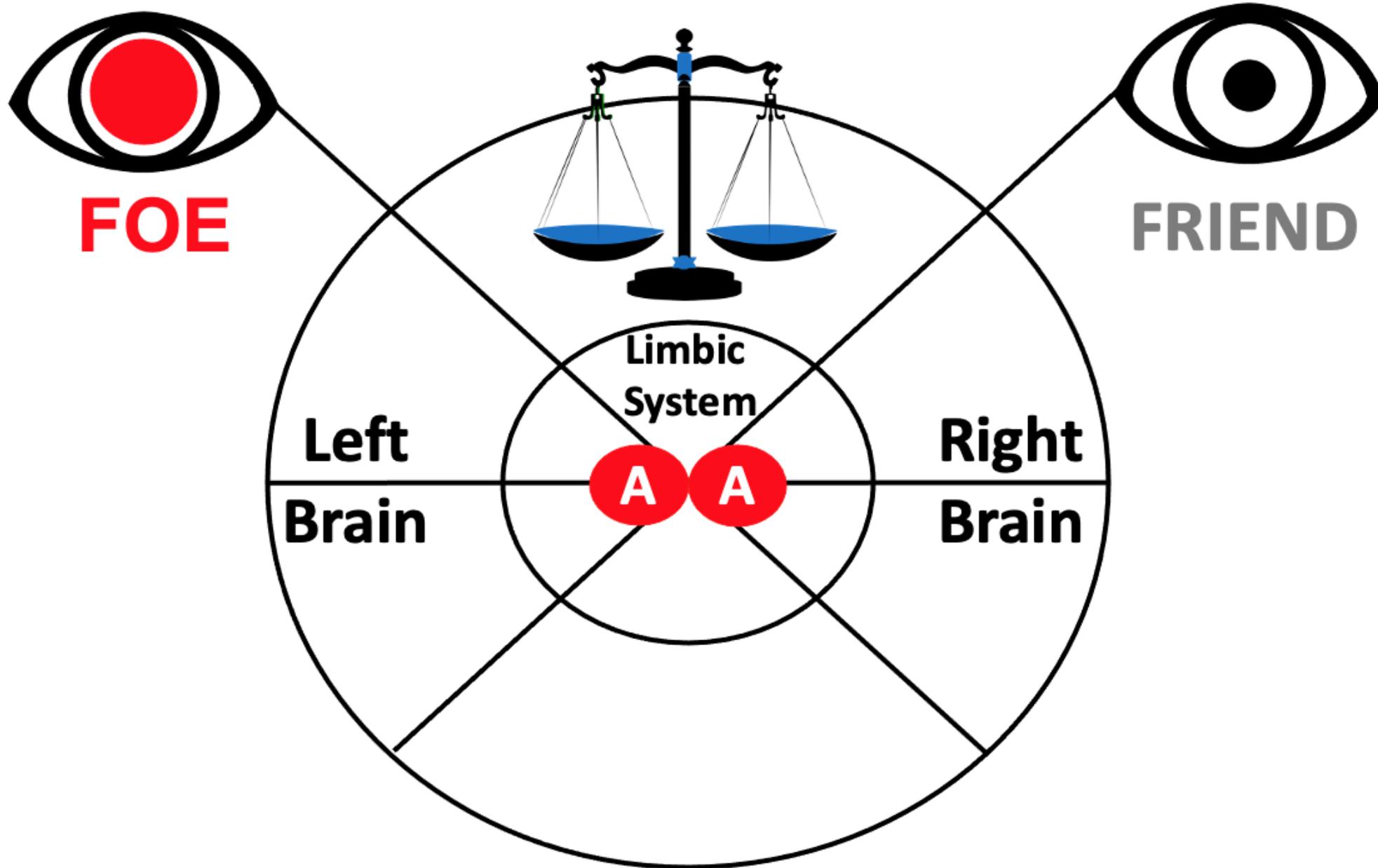
**THINKING**

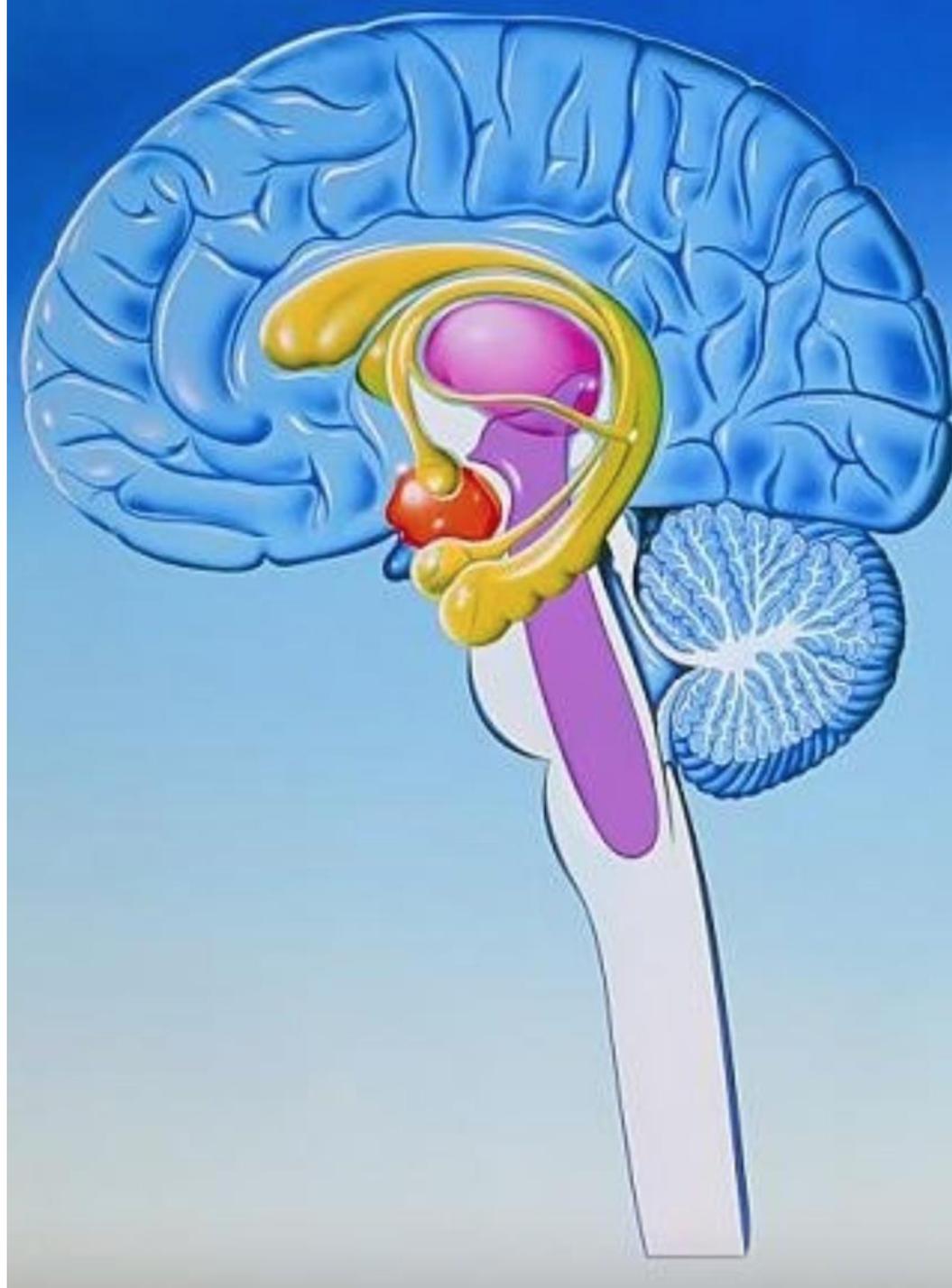


**DOING**



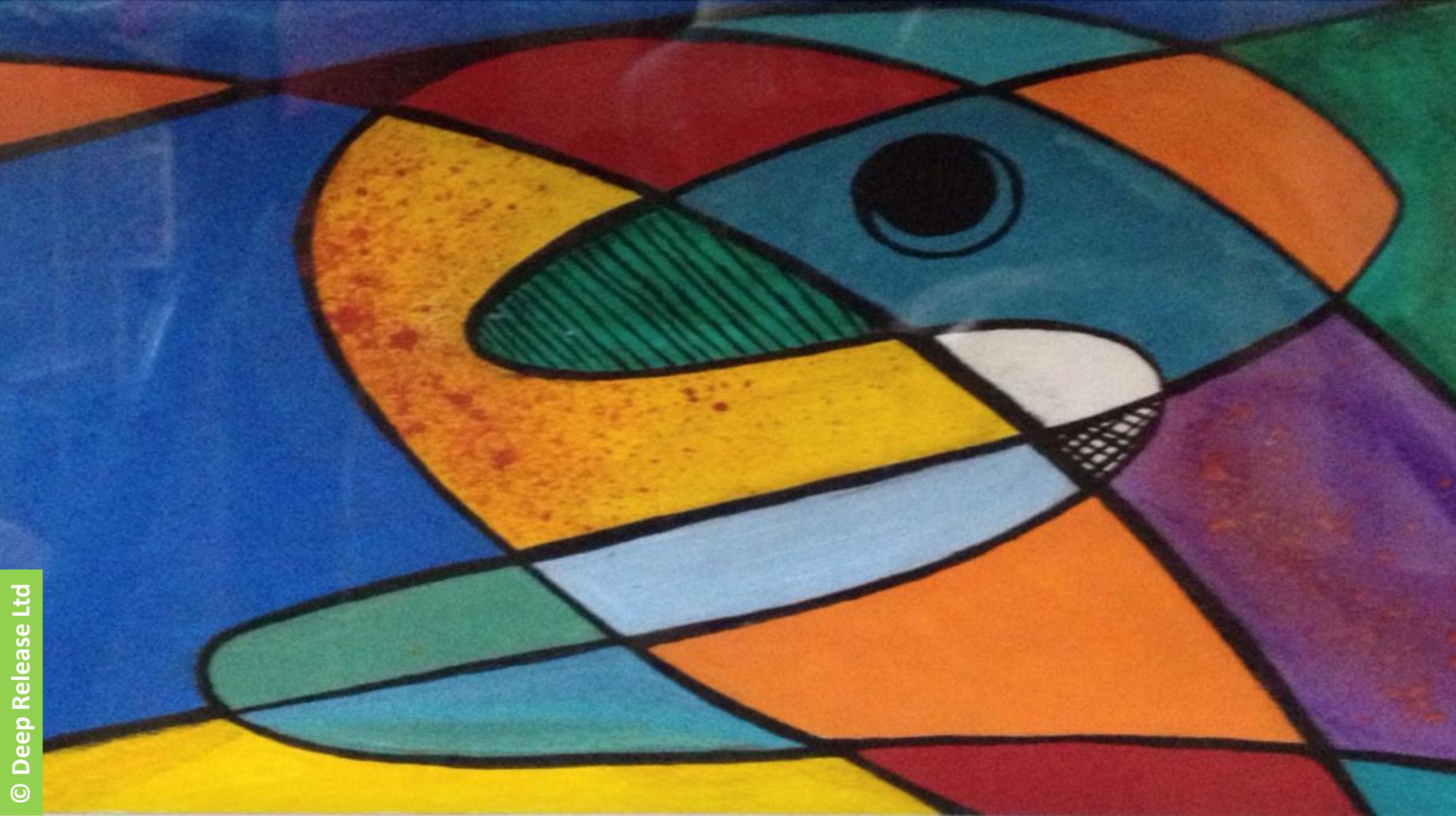
# FRIEND OR FOE?





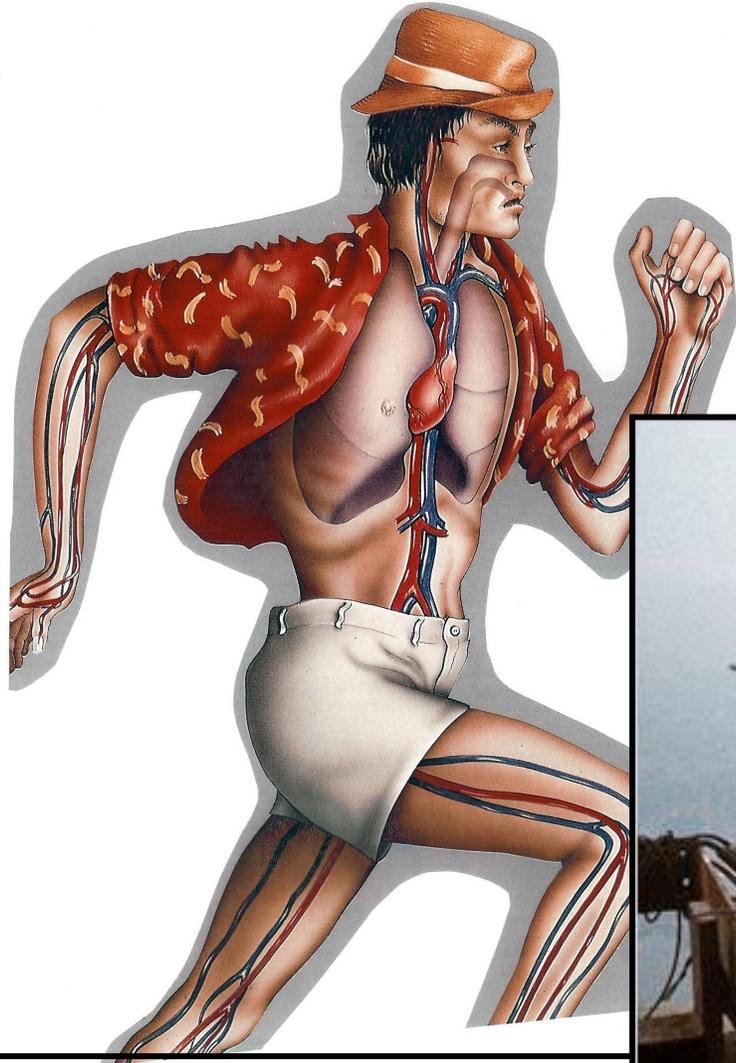


**AMYGDALA**



# 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

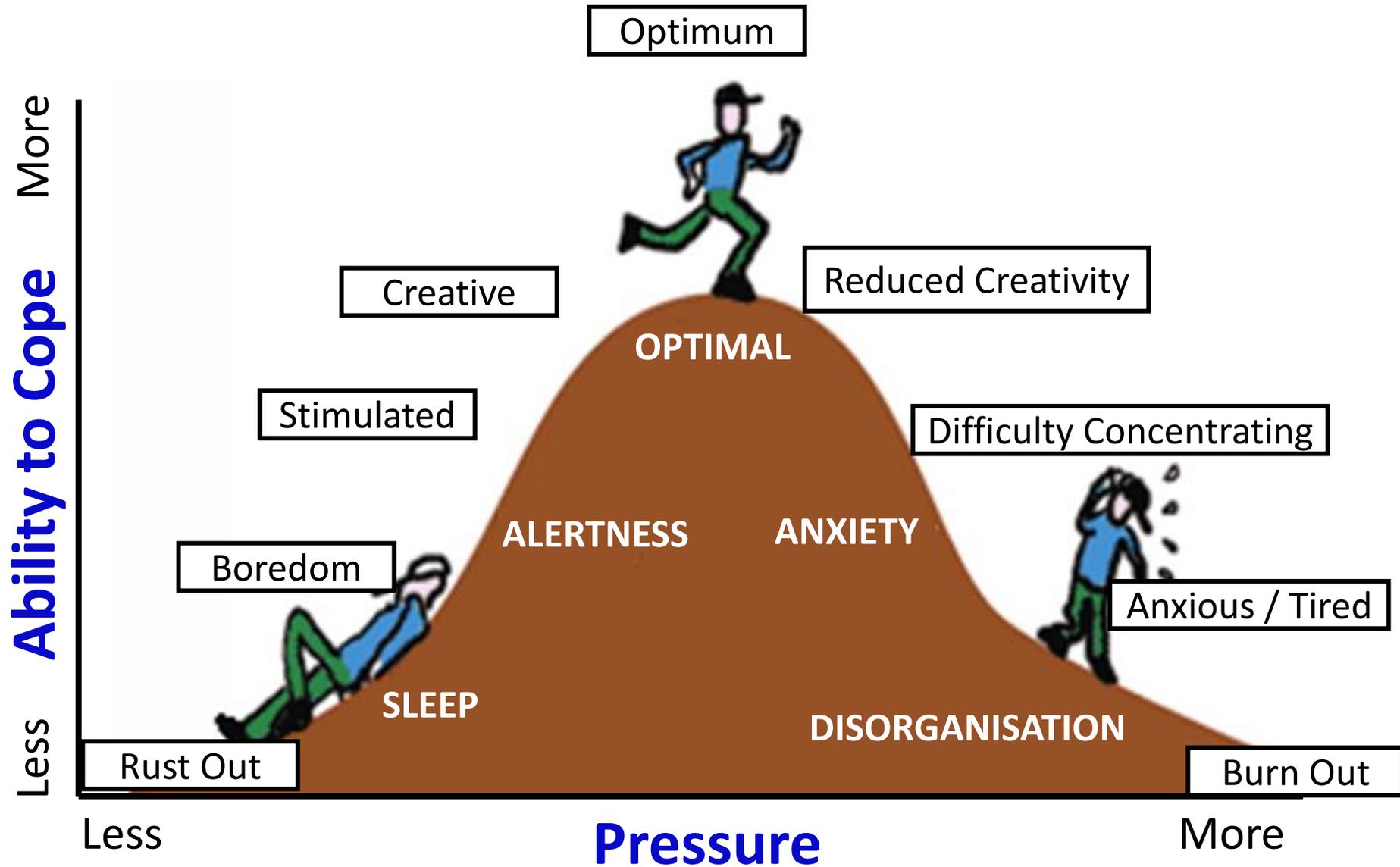


STEPHEN

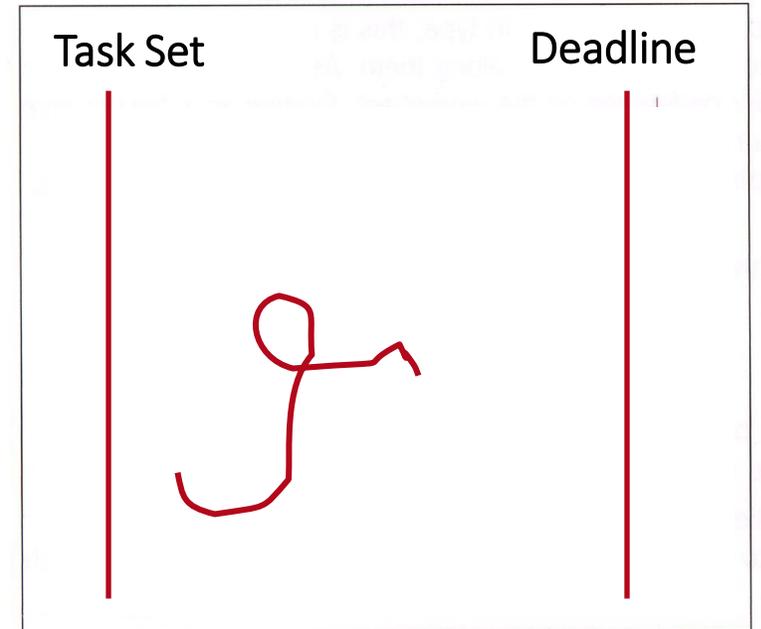
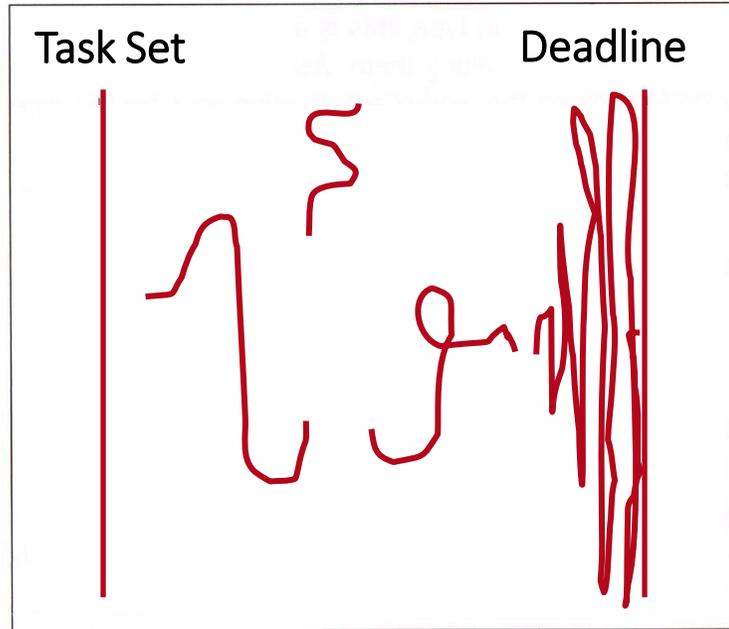
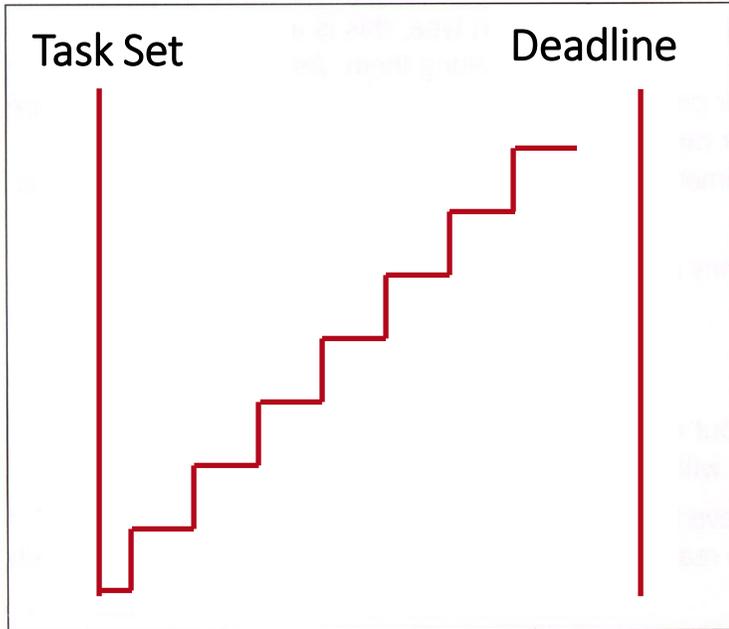
# STRESS

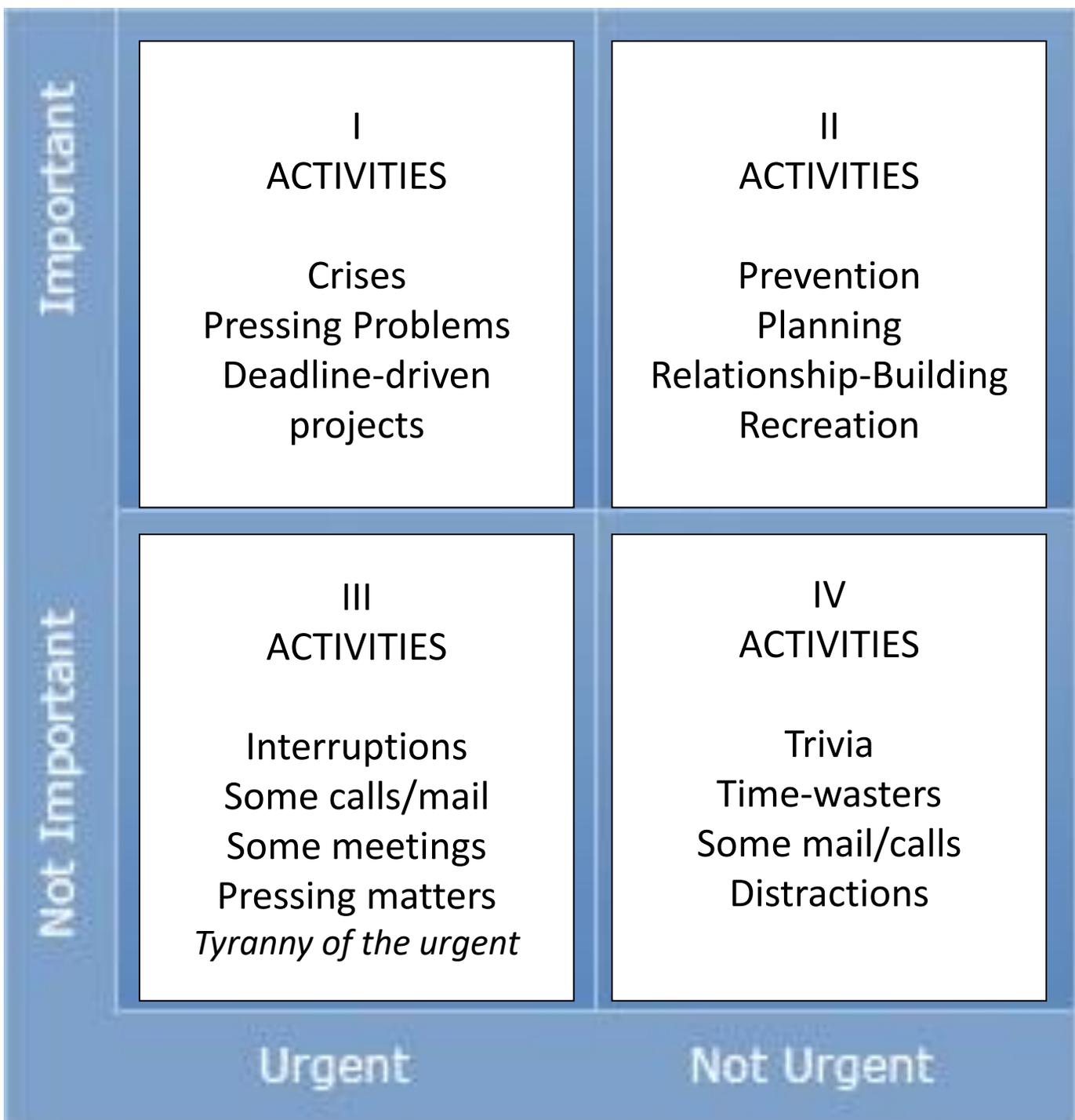
*emotional* strain or *tears*  
adverse or demanding circumstances  
He's obviously under a lot of stress  
the stresses and  
**Stress** is de  
people had as  
placed  
sure when  
screaming  
employees, for e  
and also have a  
etety or depre  
their physi

# THE STRESS CURVE



# DEADLINES





# DOING THE RIGHT THING

Doing the right thing  
can be so hard...



Doing the wrong  
thing, all too easy!



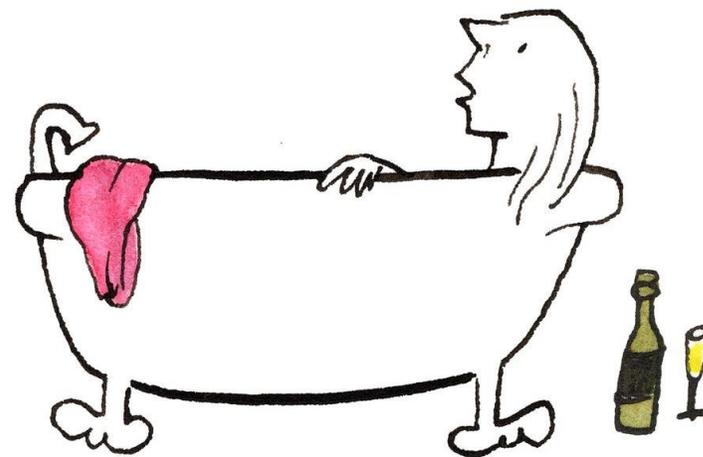
# DISTRACTIONS



# PROCRASTINATION



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

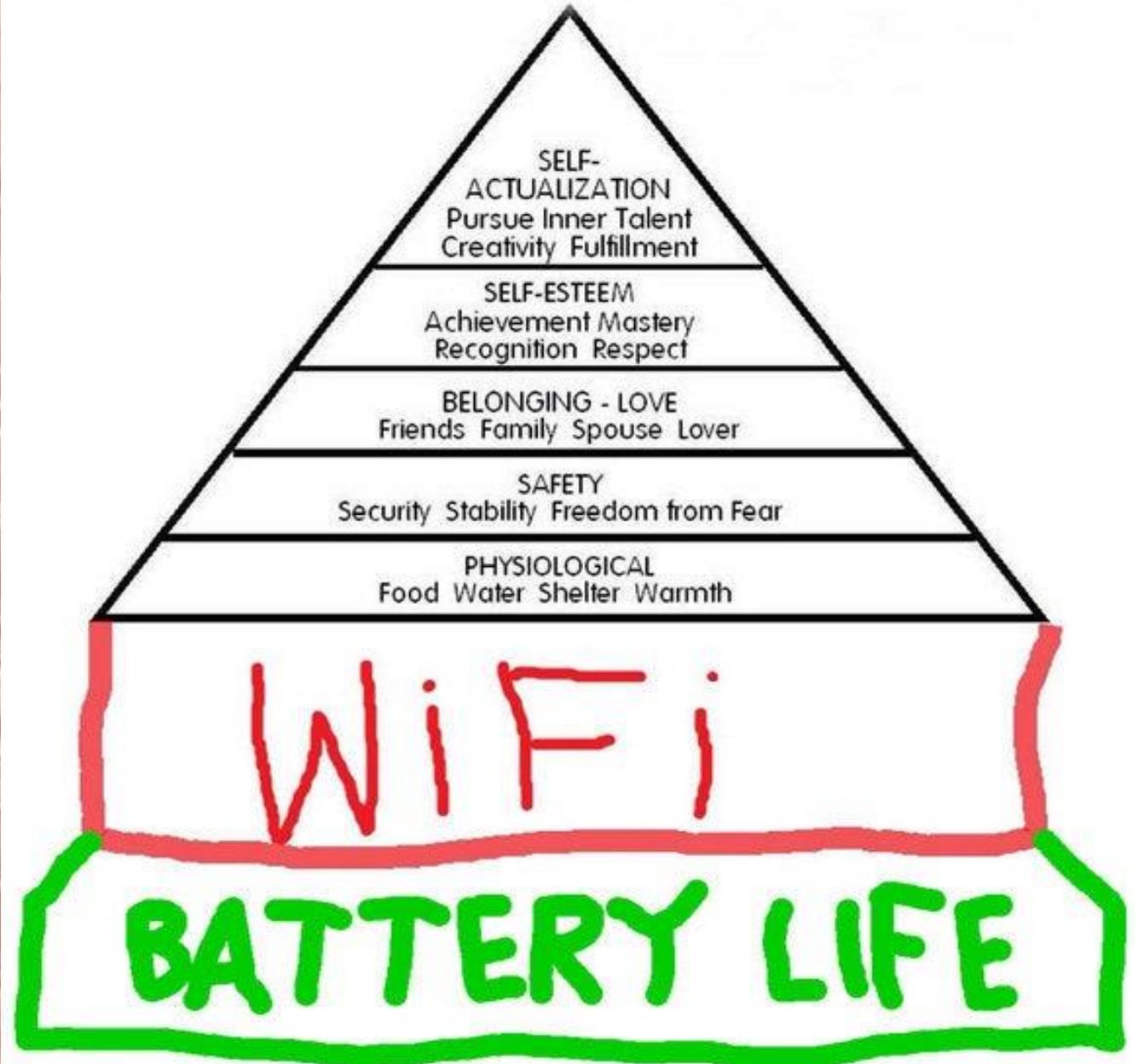


The Loophole

# SOCIAL MEDIA OVERWHELM



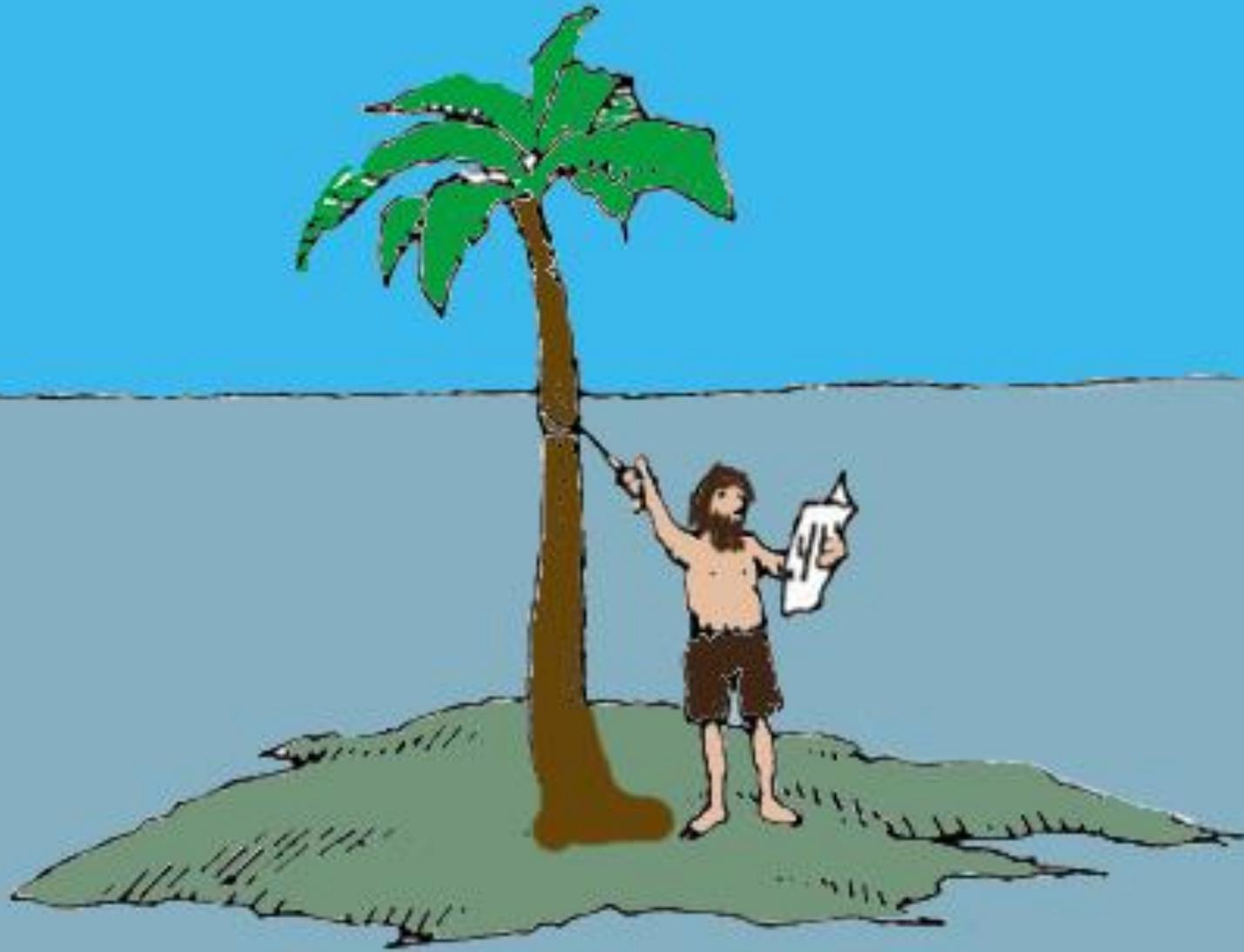
# ANGST



# 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!**



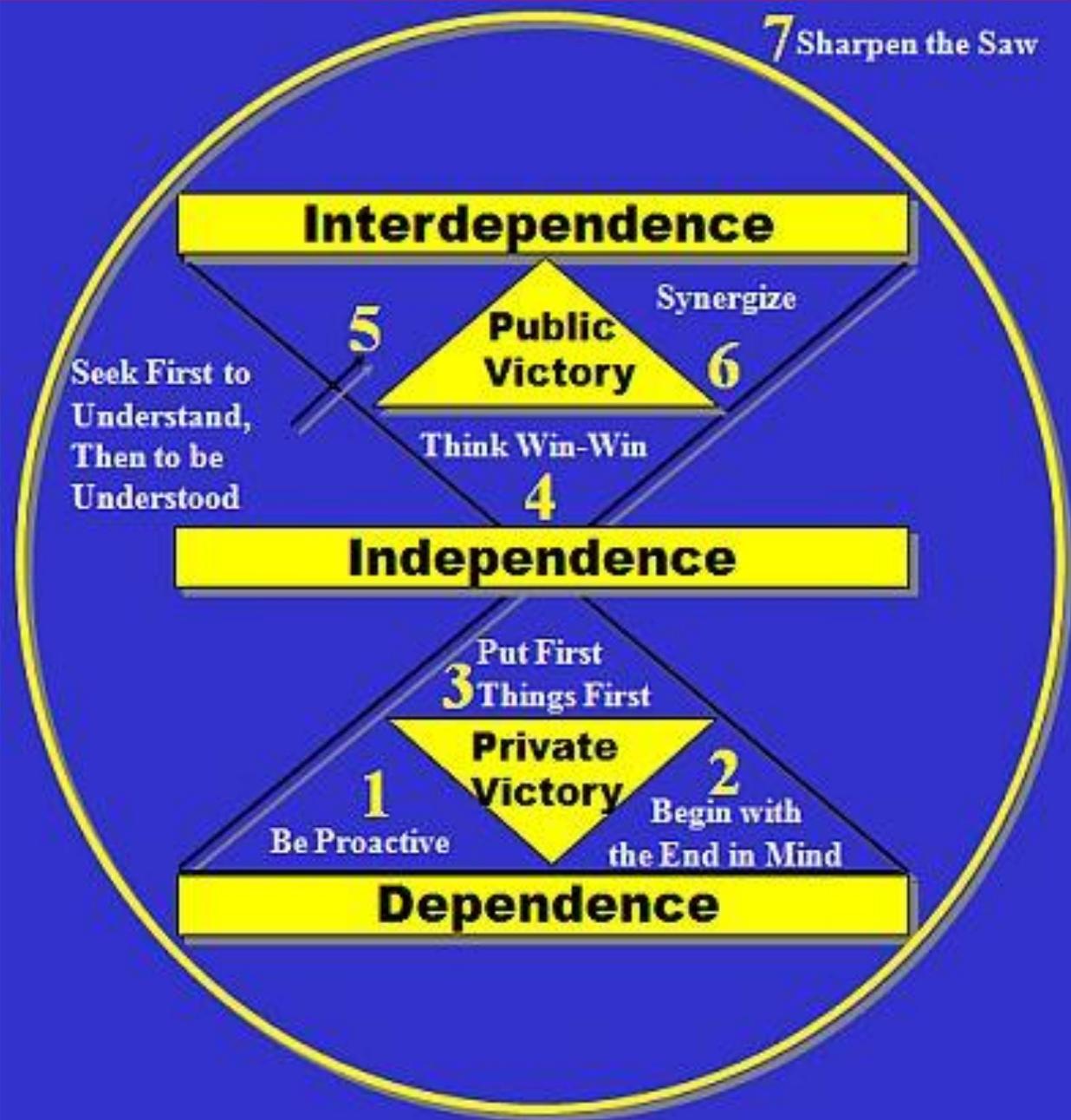
# MAXIMISING YOUR BEST TIME OF DAY



**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....



**P**ersist **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!

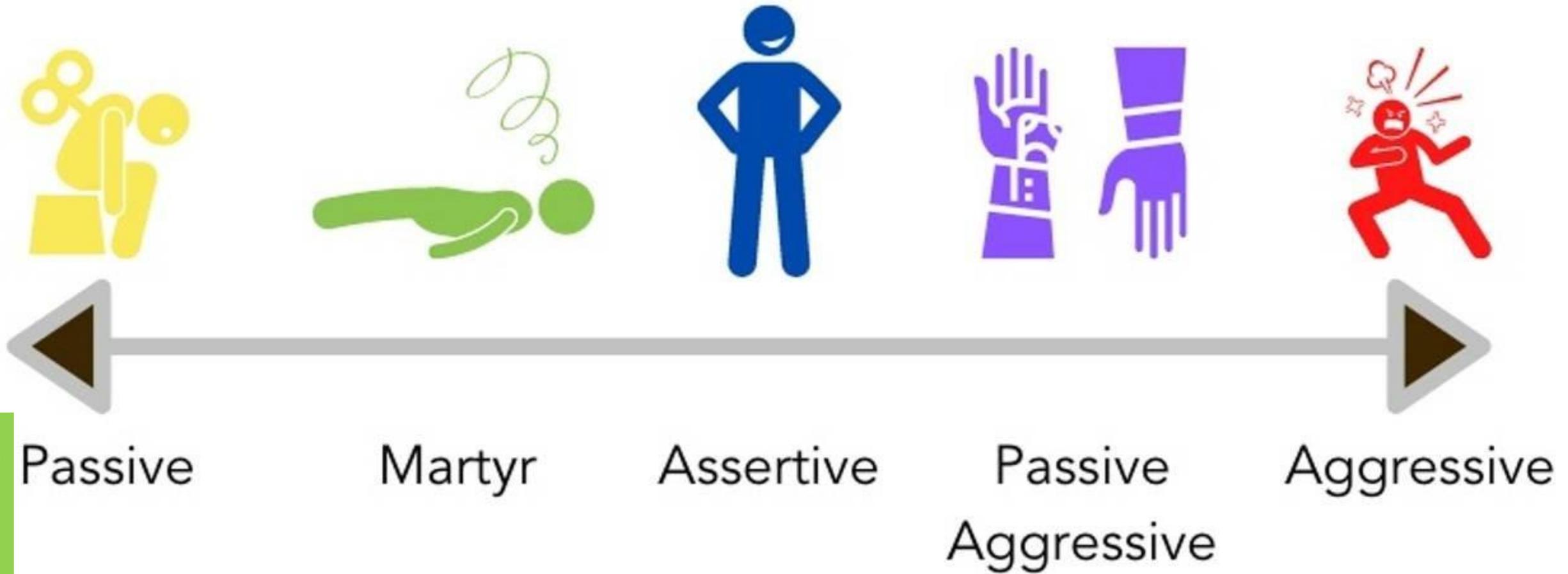


# COURSE CORRECTION

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*

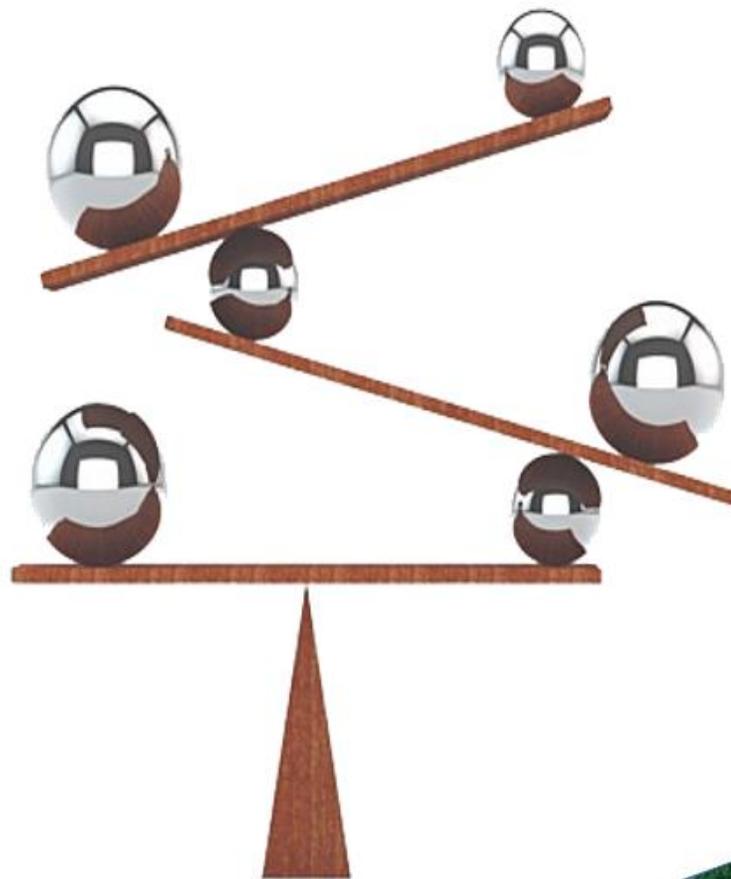


***Say what you  
mean without  
being mean  
Keep it Simple***

# BUILDING THE ROAD AS WE TRAVEL



# DECISION MAT WORK





# SMART GOALS

**S**pecific



**M**easurable



**A**ttainable



**R**elevant



**T**ime-based





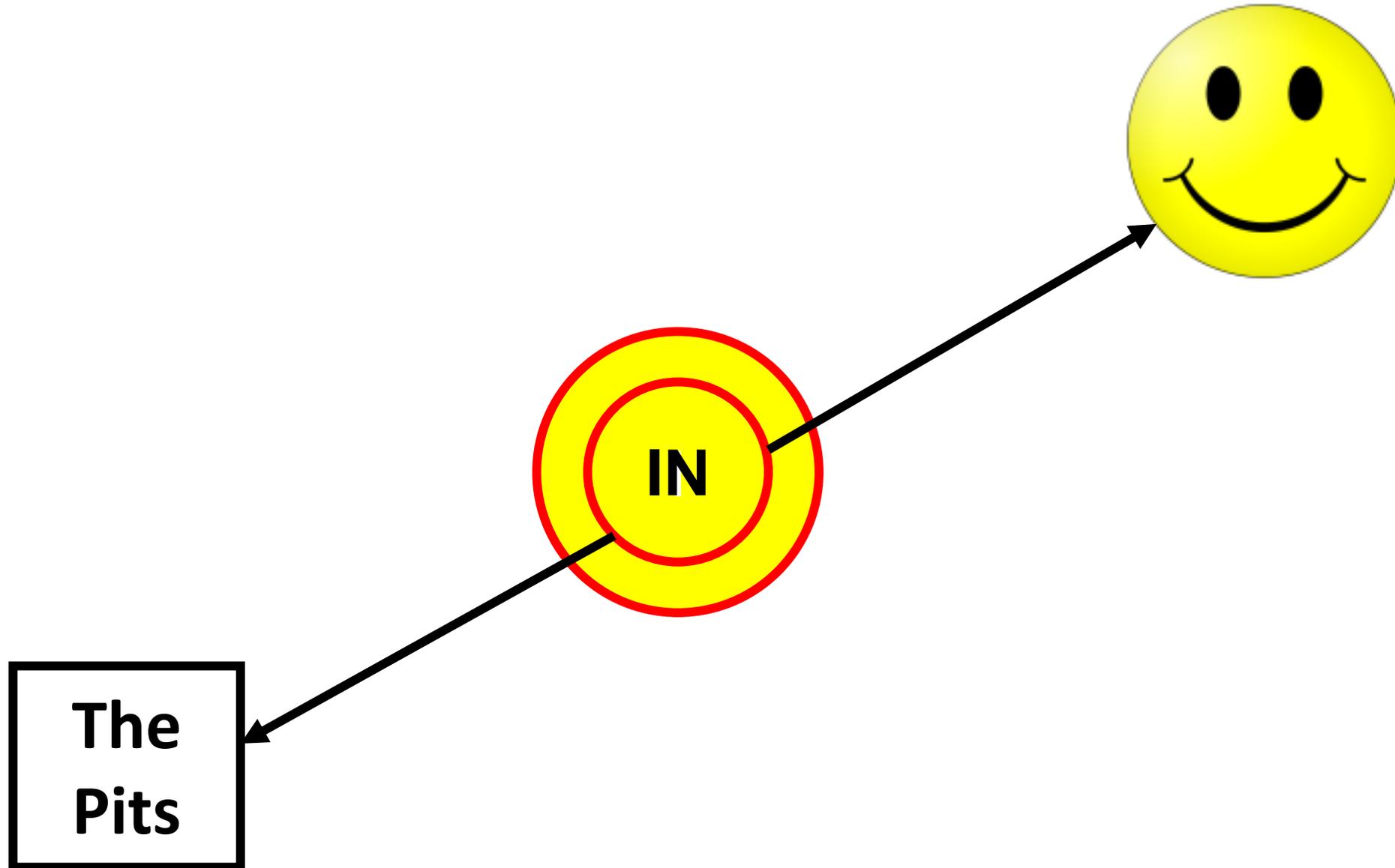
# Share in Buddy Groups

- 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?

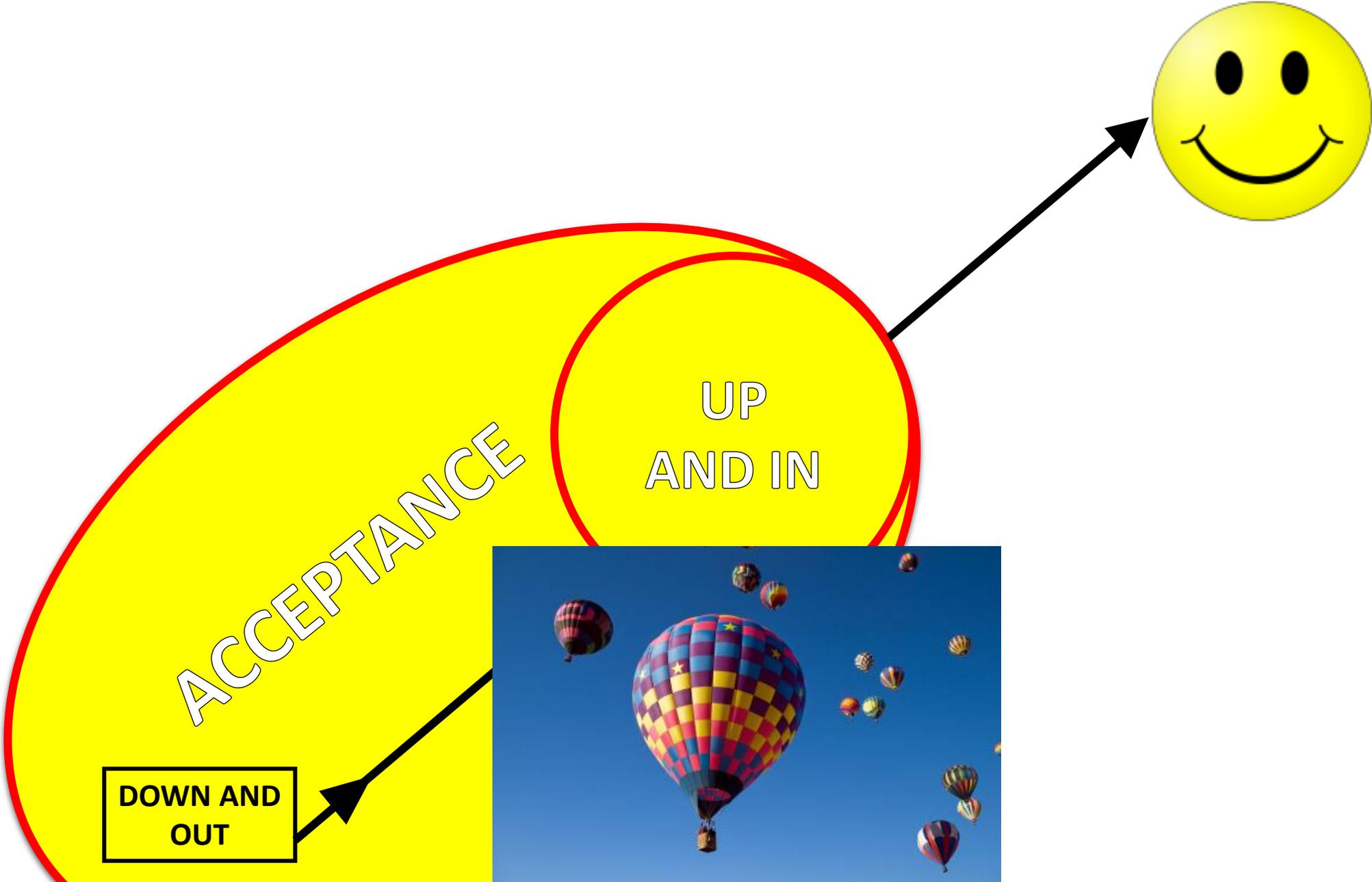
**15 minutes**



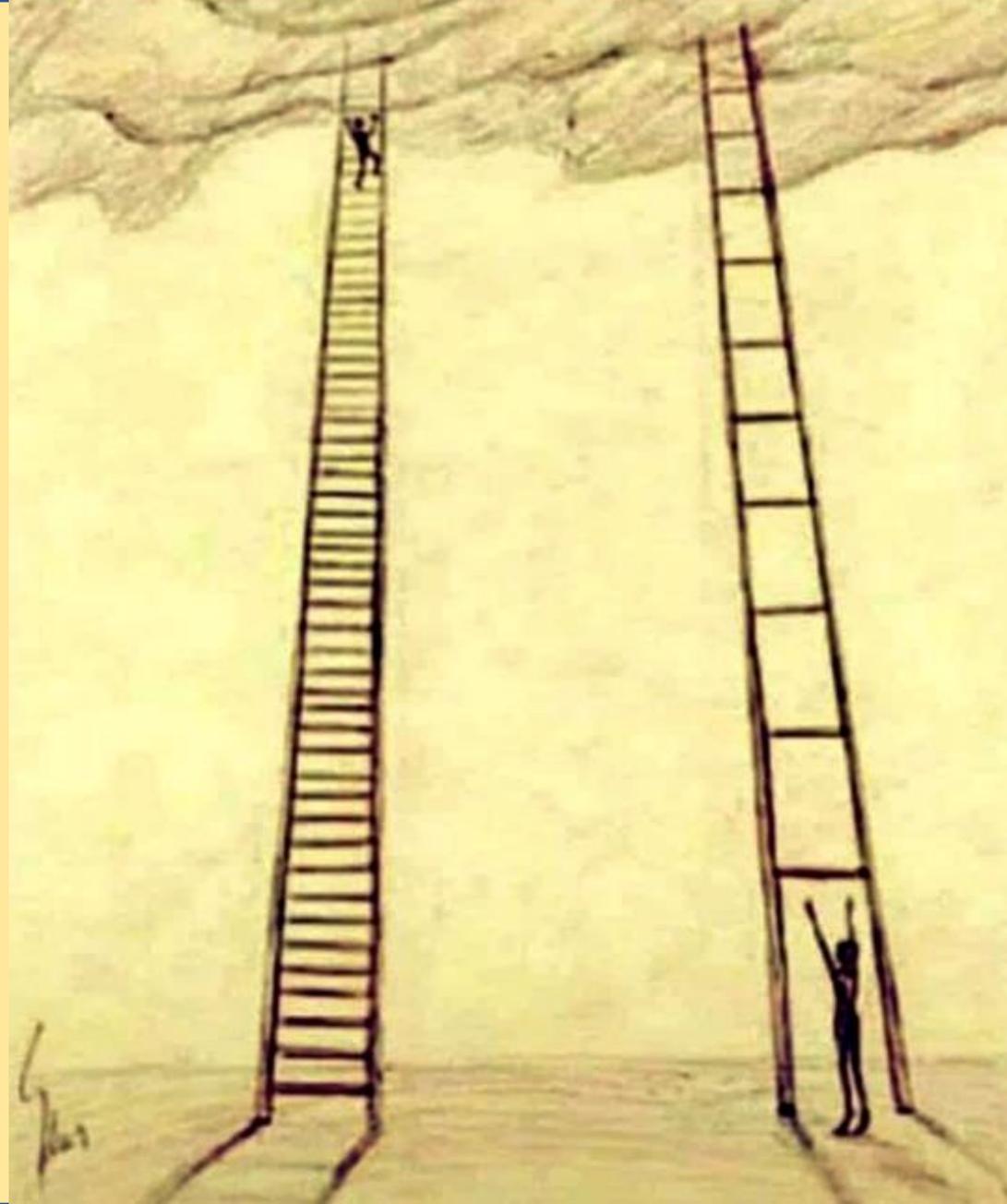
# THE POWER LINE



# ENERGY LIFELINE

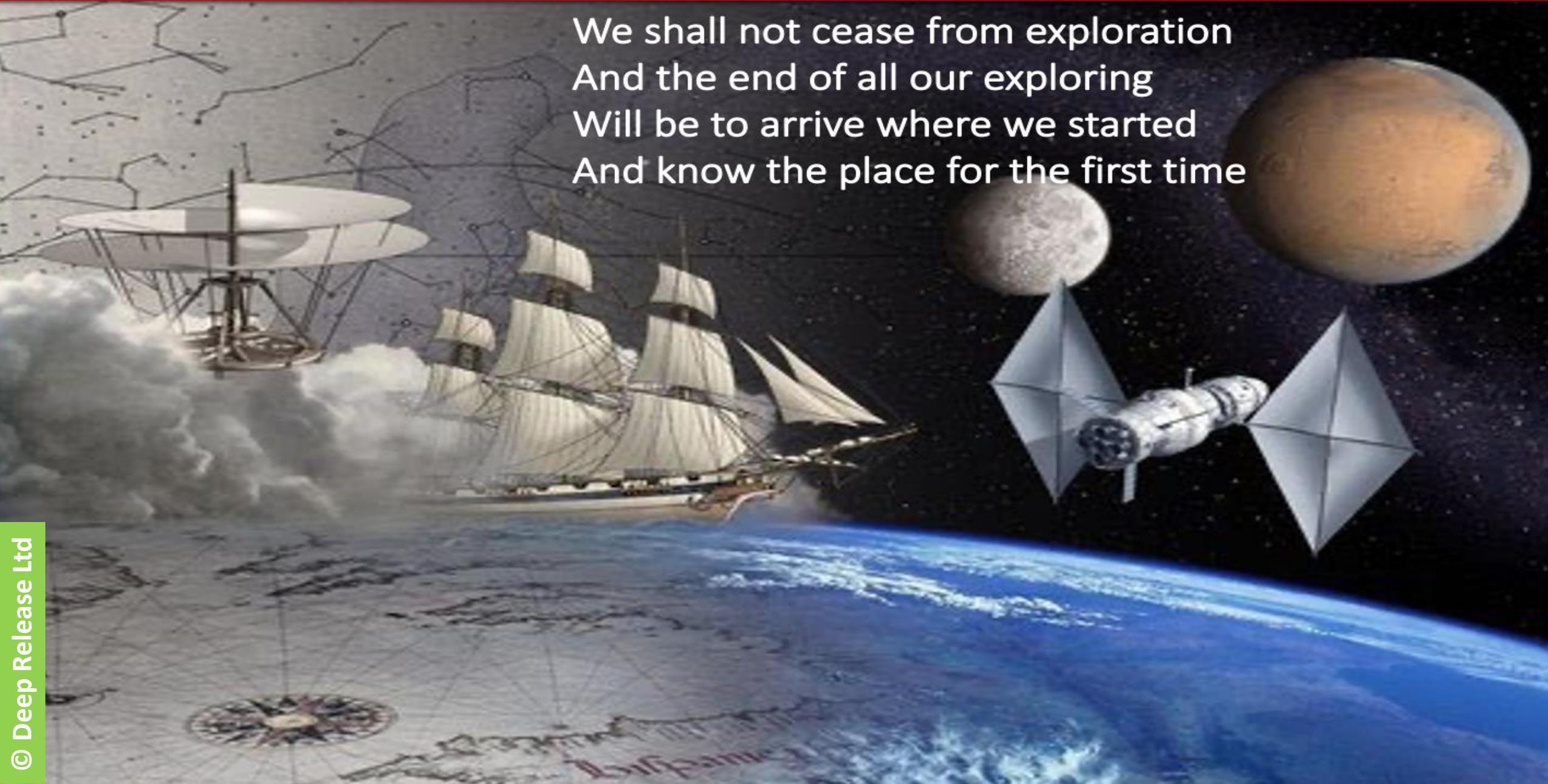


# SMALL STEPS



## 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



**PACT LTD**  
 Original & Creative  
 Counselling Resources

[www.pact-resources.co.uk](http://www.pact-resources.co.uk)




online &  
face to face  
therapy tool

**Instant download**

Erikson's Life Stages



online &  
face to face  
therapy tool

**Instant download**

Wheel of Life



online  
therapy tool

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online  
therapy tool

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Therapeutic Sandscapes™  
 Online Pack

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£30.00



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Mending Broken Relationships – Training Video

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Using TA Creatively in Counselling – Training Video

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Working Creatively with the Inner Child in Counselling Training Video

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Working Creatively with Nesting Dolls in Counselling – Training Video

£30.00



Working with Gestalt in the Counselling Room – Training Video

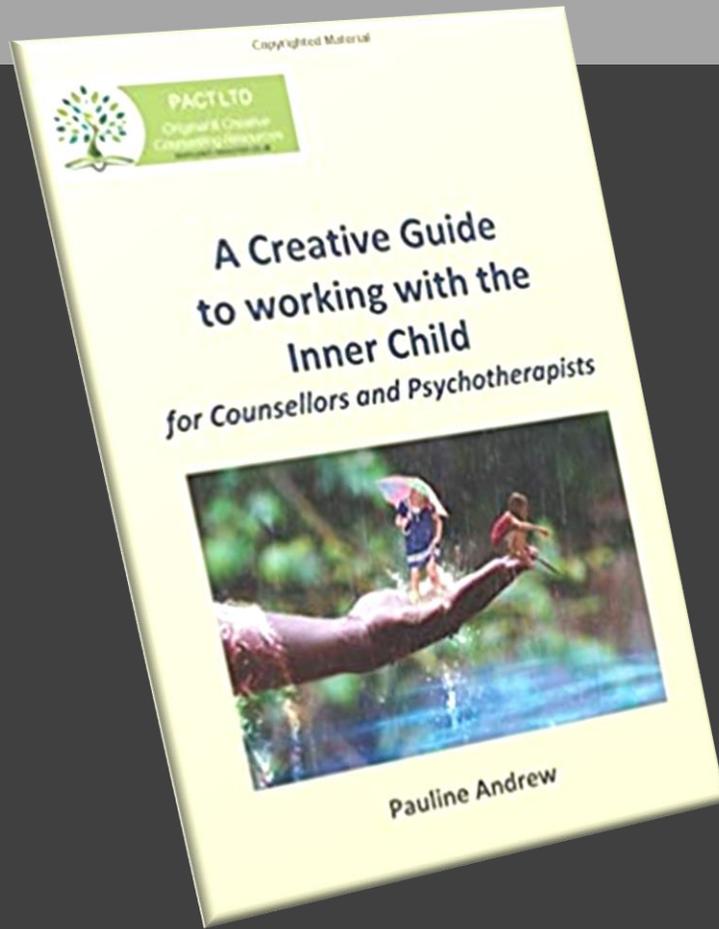
£30.00



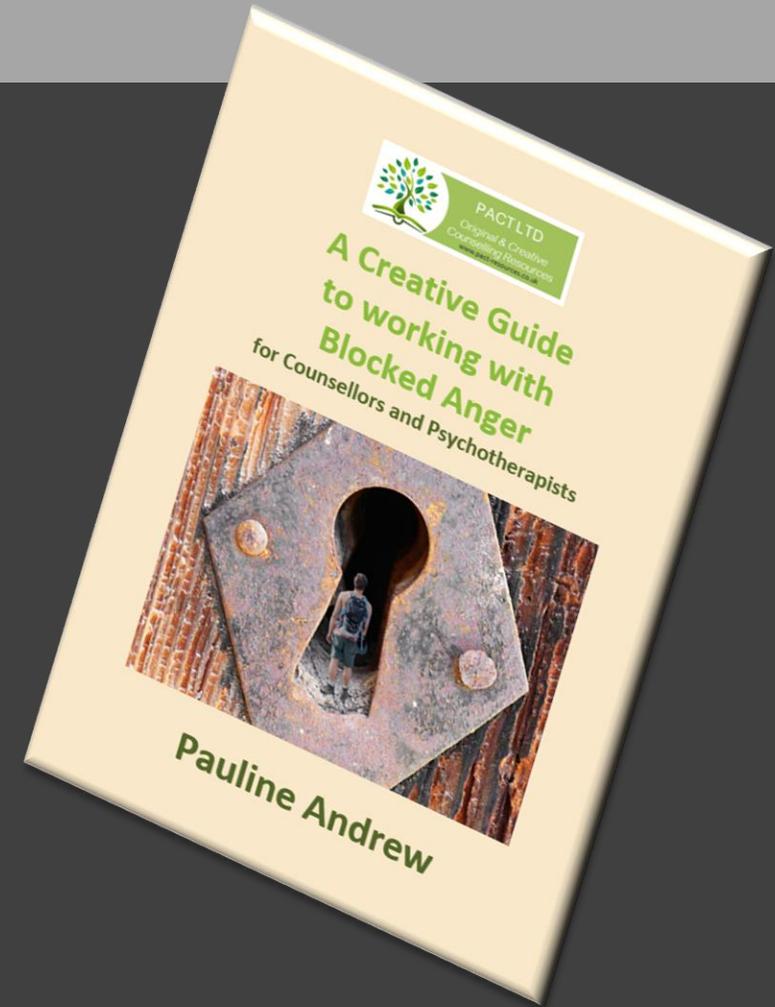
Attachment Behaviour in the Counselling Room – Training Video

£30.00





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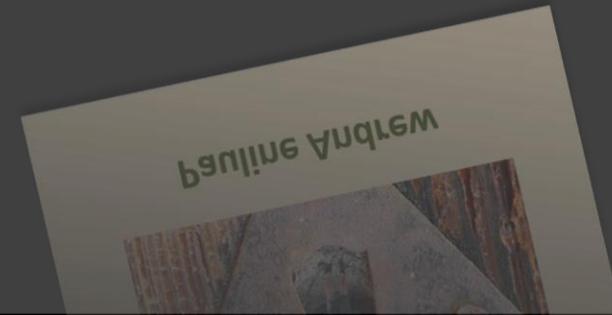


**A Creative Guide to  
Working with Nesting Dolls**  
for counsellors and  
psychotherapists



Pauline Andrew

**\*\*Coming Soon!\*\***



# CONNECT WITH US!

## FACEBOOK GROUP

Search: Deep Release Ltd – Counselling & Training



- 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!

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Search: Pauline Andrew Creative Counselling

- Lots of videos on working creatively
- Please subscribe!

Or visit:

[YouTube.com/c/PaulineAndrewCreativeCounselling](https://www.youtube.com/c/PaulineAndrewCreativeCounselling)



## YOUTUBE CHANNEL

Search: Brain Body and Beyond

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





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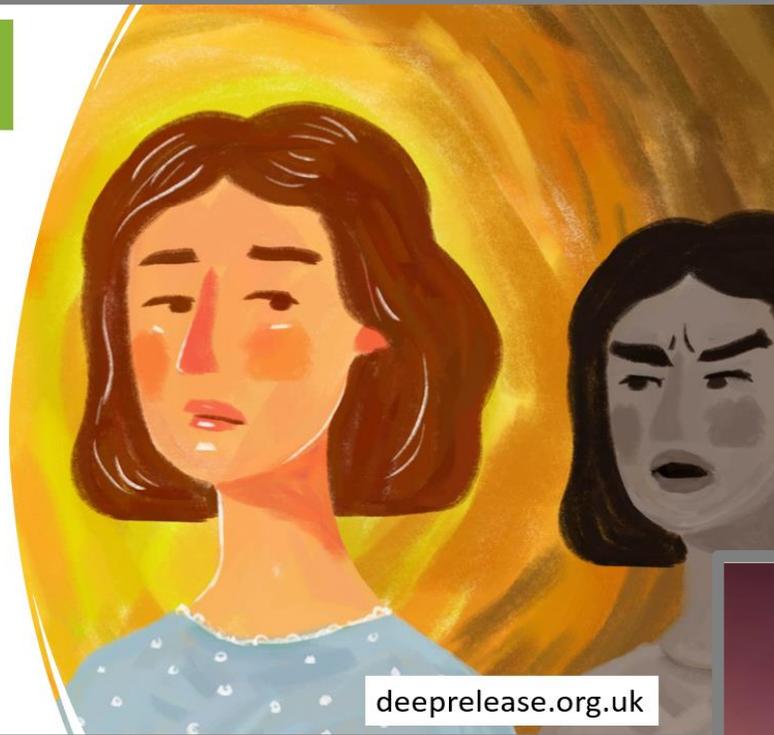
Coming up...

## Taming the Inner Critic

---

Sat Mar 26 or  
Tues Mar 29

10.30am – 3.15pm



[deeprelease.org.uk](http://deeprelease.org.uk)

**Coming next!**

[deeprelease.org.uk](http://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 lit from within, and the person is holding the base where the flame is. The background is 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>  
<https://www.pact-resources.co.uk>

*Thank you*