

Holistic & Mindfulness Practices

Integrating Creative Approaches into Career Advising

Sabrina Woods * www.sabrina-woods.com * sabrinamwoods@gmail.com

Workshop Outline & Links

PowerPoint can be downloaded at: <http://www.sabrina-woods.com/powerpoints.html>

Intro, Sabrina's work background, Masters in Holistic Counseling

"The Mindfulness Revolution" – front page of *Time* magazine in 2014

The Bookshelf Exercise

Mindfulness definition, American Psychological Association (APA)

ABC World News Video: www.youtube.com/watch?v=S3PikBDuwf8

Mindfulness Research / Why practice Mindfulness

10% Happier (book), Dan Harris

Mindfulness Pioneer – Jon Kabat-Zinn

What are your stressors? What are our students facing?

How does stress affect us?

Tips to reduce your stress

Rick Hanson Video: <https://www.youtube.com/watch?v=jpuDyGgleh0>

Sabrina's MMs – Meaningful Moments

Overview – Power of Positive Thinking

Rick Hanson, Hardwiring Happiness, <https://www.rickhanson.net/>

Get a Boost from Your Past

Setting Intentions

Developing Affirmations – Paula's story

Face Your Fear, Free Your Energy (in the Job Search)

- Explore your worst case scenario and face those fears, as a means to getting unstuck & freeing up energy that is wasted on worry.
- Blog - <https://www.linkedin.com/pulse/face-your-fear-free-energy-sabrina-woods/>

Face Your Fear, Free Your Energy - additional client examples

- Carla – client, mid-career professional, in her 50's
worst fear: lose the house
- Justin – in his 30's, dead end job, but hard to change
worst fear: I don't want to let my wife down

Visualization Exercises

- Pro athletes use visualization to imagine their performance in a game or event, video:
- https://www.nytimes.com/2014/02/23/sports/olympics/olympians-use-imagery-as-mental-training.html?_r=1
- Interview candidates can tap this valuable technique too

Power Poses - Amy Cuddy – Social Psychologist

- Video: <https://www.youtube.com/watch?v=C4ACeogEjeA>
- TED talk: https://www.youtube.com/watch?v=Ks-_Mh1QhMc

Bulls Eye Exercise

- An insightful and comprehensive tool for career and job decision making, especially helpful for when you are torn between two options.

Client Wellness Strategies – Why well being matters

Videos

- TED Talk: The Power of Mindfulness: Home Nguyen <https://www.youtube.com/watch?v=99CRW-bD37Y>
- How Can Mindfulness Change your Life, Jon Kabat Zin - <https://www.youtube.com/watch?v=EJjyrzqkXrE>
- Body Scan Guided Meditation, Jon Kabat Zin - <https://www.youtube.com/watch?v=daU-xneLA0g>
- Oprah Winfrey talks with Thich Nhat Hanh Excerpt - <https://www.youtube.com/watch?v=NJ9UtuWfs3U>
- “Just Breathe” – by Julie Bayer Salzman & Josh Salzman - <https://www.youtube.com/watch?v=RVA2N6tX2cg>
- Dan Harris Video - <https://www.youtube.com/watch?v=ywp4vaFJASE>

Articles & Blogs

- 5 Ways to Manage Job Search Stress, <https://www.linkedin.com/pulse/5-ways-manage-job-search-stress-sabrina-woods/>
- Mindfulness in the Workplace - <https://www.sciencedaily.com/releases/2016/03/160310141455.htm>
- How Meditation Benefits CEOs - <https://hbr.org/2015/12/how-meditation-benefits-ceos>
- If You are Too Busy to Meditate, Read This – Harvard Business Review, <https://hbr.org/2012/10/if-youre-too-busy-to-meditate.html>
- Simply Smiling Can Actually Reduce Stress, <http://www.smithsonianmag.com/science-nature/simply-smiling-can-actually-reduce-stress-10461286/>
- Mindkind Institute, including iPhone meditation app -<http://www.mindkindinstitute.com/resources/>