

Holistic & Mindfulness Practices

Integrating Creative Approaches into Career Advising

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Workshop outline corresponding to the PowerPoint which you can download at:

<http://www.sabrina-woods.com/powerpoints.html>

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

- For past 10 years - Silent Meditation Retreats twice / year at Pumpkin Hollow Retreat Center (in Craryville, NY, near the Berkshires) <http://pumpkinhollow.org/>

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

Mindfulness definition, American Psychological Association (APA), www.apa.org

Mindfulness Research / Why practice Mindfulness

Dan Harris Video - <https://www.youtube.com/watch?v=ywp4vaFJASE>

We can be more productive

What are our clients facing? - Emotions & Situations

Overview – Power of Positive Thinking

Video - Positive Attitude is Everything (babies)

<http://www.youtube.com/watch?v=pTgOLLmTQI0>

Gratitude: Rick Hanson, PhD - <https://www.rickhanson.net/>
& Gratitude Journal

Hardwiring Happiness – book by Rick Hanson, PhD

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

Sabrina's MMs – Meaningful Moments

Get a Boost from Your Past

Setting Intentions

Developing Affirmations – Paula's story

Visualization, Resume Summary, Affirmations

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: http://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>

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/>