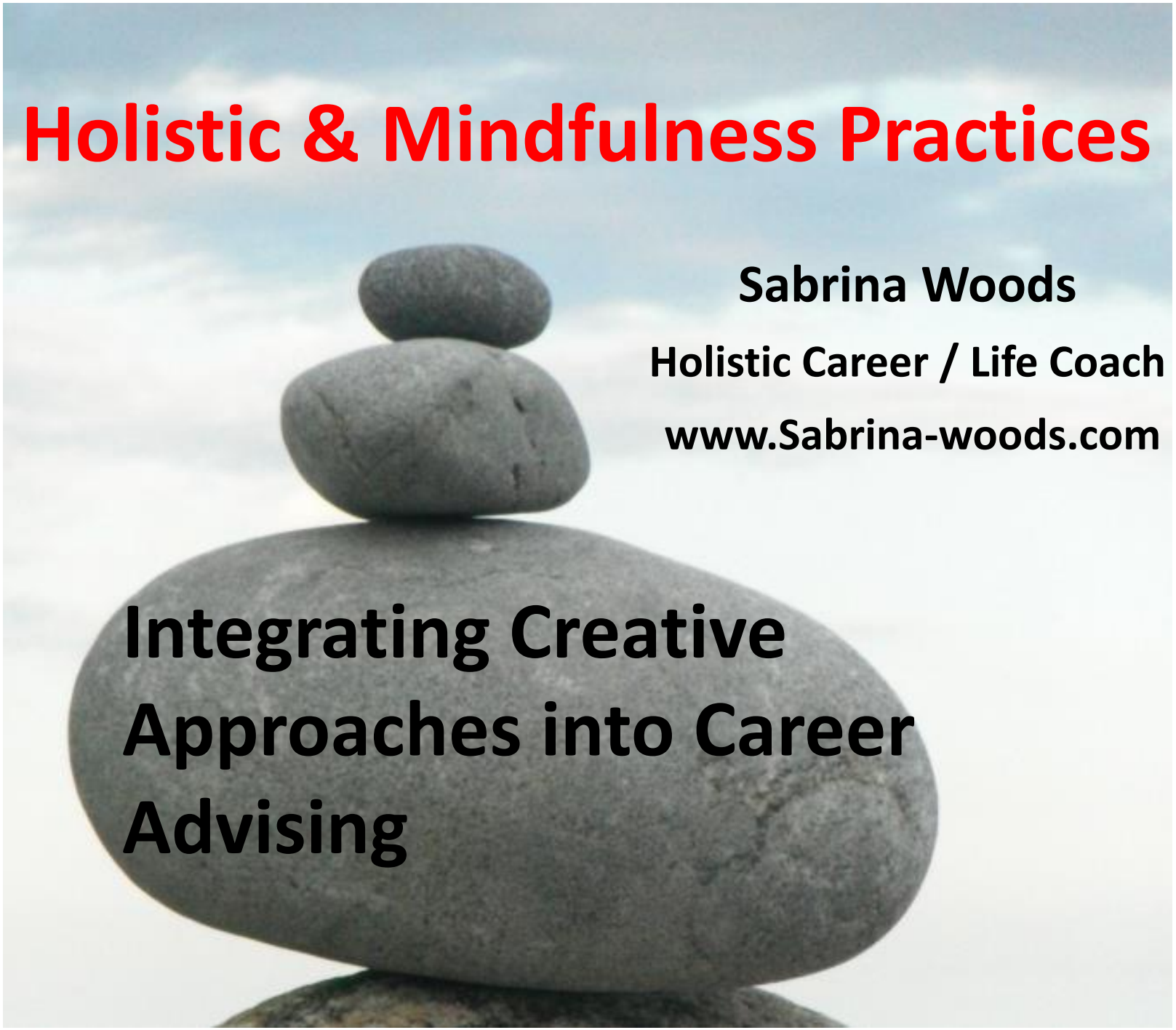
Holistic & Mindfulness Practices



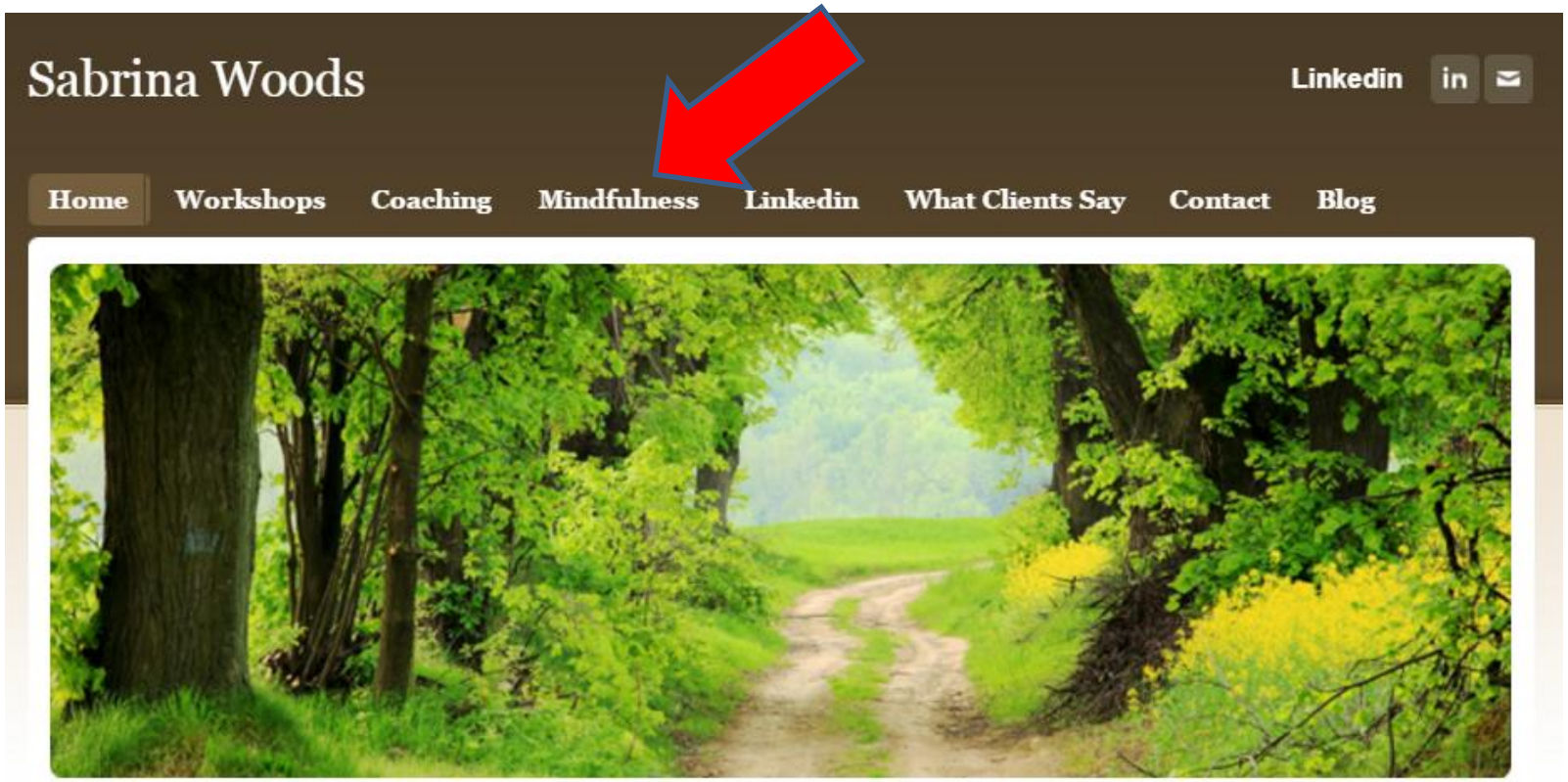
Sabrina Woods

Holistic Career / Life Coach

www.Sabrina-woods.com

Integrating Creative Approaches into Career Advising

Mindfulness Resources: **www.sabrina-woods.com**



Holistic Career / Life Coaching and Consulting

Finding Meaning. Making Change.

Helping you to align your career and your life with your own passions.

What made you interested in this session?

Holistic & Mindfulness Practices

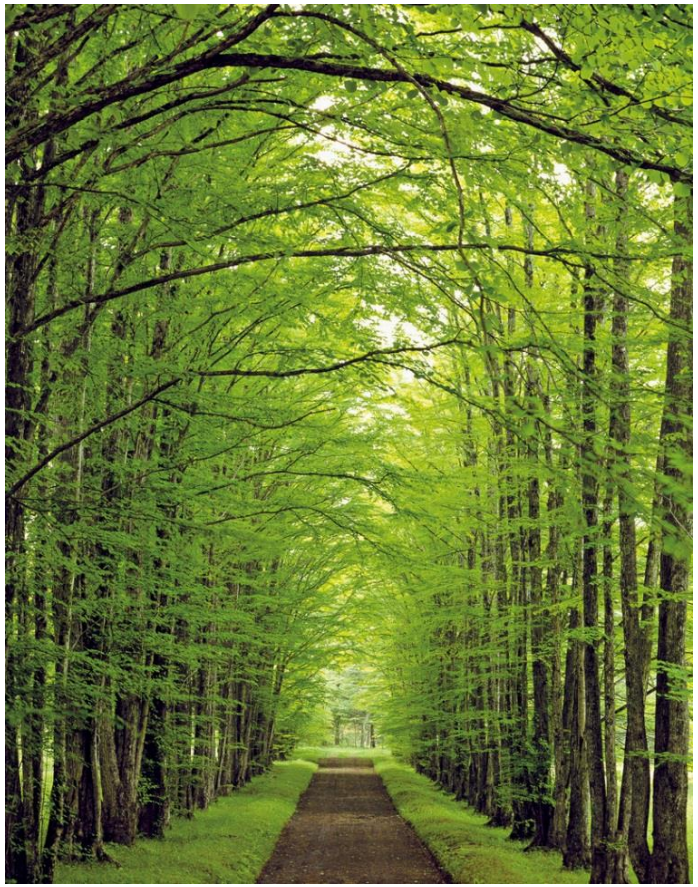
What is Mindfulness?

The Power of Positive Thinking
– gratitude, taking in the good, setting intentions, affirmations

Face Your Fear, Free Your Energy
– looking at your blocks

Visualizations & Power Poses
– for interview prep

Bulls Eye Exercise
– for decision making



Client Wellness Strategies

Overview for students

Using Mindfulness to Better Handle Job Search Stress

- Approach the job search feeling more calm and confident
- Manage job search stress
- Tackle tough career decisions
- Use visualization to enhance interview success

From *Time* magazine to the blogosphere, everywhere you turn, someone is talking about mindfulness

What is Mindfulness?

What comes to mind when you hear this word?

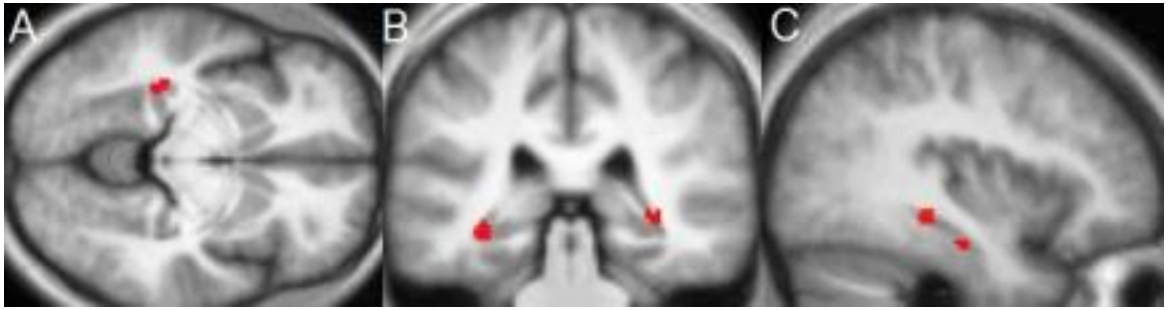
Mindfulness is maintaining a moment-to-moment awareness of one's experience without judgment.

Definition from the APA: http://www.apa.org/monitor/2012/07-08/ce-corner.aspx

Why Practice Mindfulness?

Studies have shown that mindfulness helps to:

- Strengthen immune function
- Increase positive emotions while decreasing negative emotions and stress
- Strengthen brain regions linked to learning, memory, attention, emotion regulation and empathy



Brain scans of the hippocampus, showing the regions the researchers determined were affected by meditation.
Image adapted from B. Hölzel, et al., Psychiatry Research: Neuroimaging Vol. 191 (1), January 30, 2011, pp. 36-43.

http://www.apa.org/monitor/2012/07-08/ce-corner.aspx

Video: Big Think https://www.youtube.com/watch?v=FAcTIrA2Qhk

And, beyond feeling better….

We can also be more productive

ScienceDaily®

Your source for the latest research news

Research concludes Mindfulness in the workplace improves:

Source: Research from Case Western Reserve University Published in: *Journal of Management*

What are our student & alumni clients facing?

What are our clients facing?

What's it like to be in the job search, for example?

Please Pick Me!

Every time you send out a resume you are that 6th grader in gym class saying to yourself:

"Please pick me"
for the team!

When you don't hear back you can feel deflated.

When you do this for several months, it's really hard for it not to have an effect on your attitude.

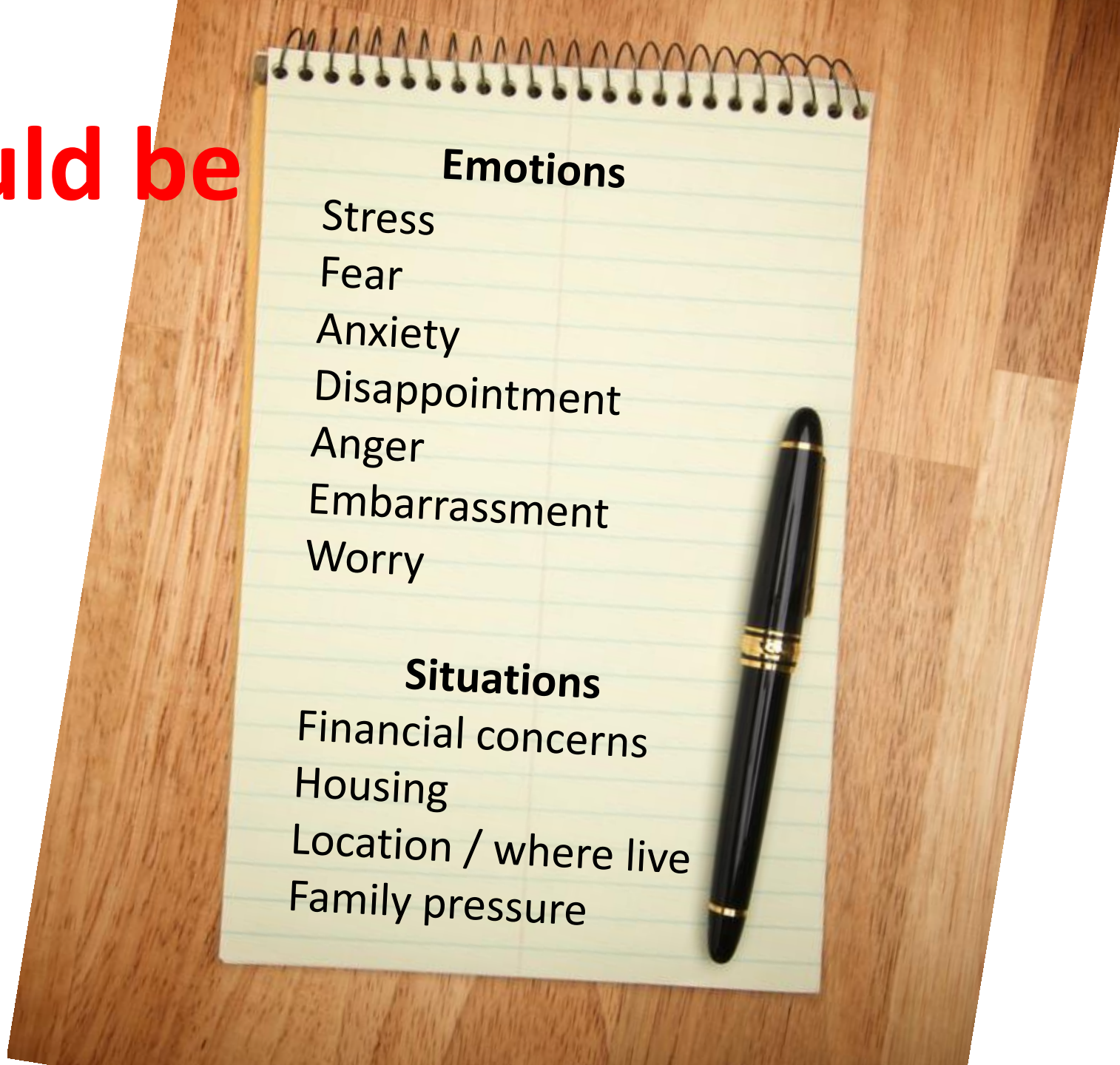
Image: https://up2usblog.wordpress.com/tag/youth-sports/

Emotions?

Situations?

What are our clients facing?

It could be


Emotions
Stress
Fear
Anxiety
Disappointment
Anger
Embarrassment
Worry
Situations
Financial concerns
Housing
Location / where live
Family pressure

The Power of Positive Thinking

Tip #1:

Lift Your Attitude with Gratitude

Tip #2:

Get a Boost from Your Past

Tip #3:

Set Intentions

Tip #4:

Develop Affirmations

The Power of Positive Thinking

https://www.youtube.com/watch?v=pTgOLLmTQI0

Tip #1: Lift Your Attitude with Gratitude

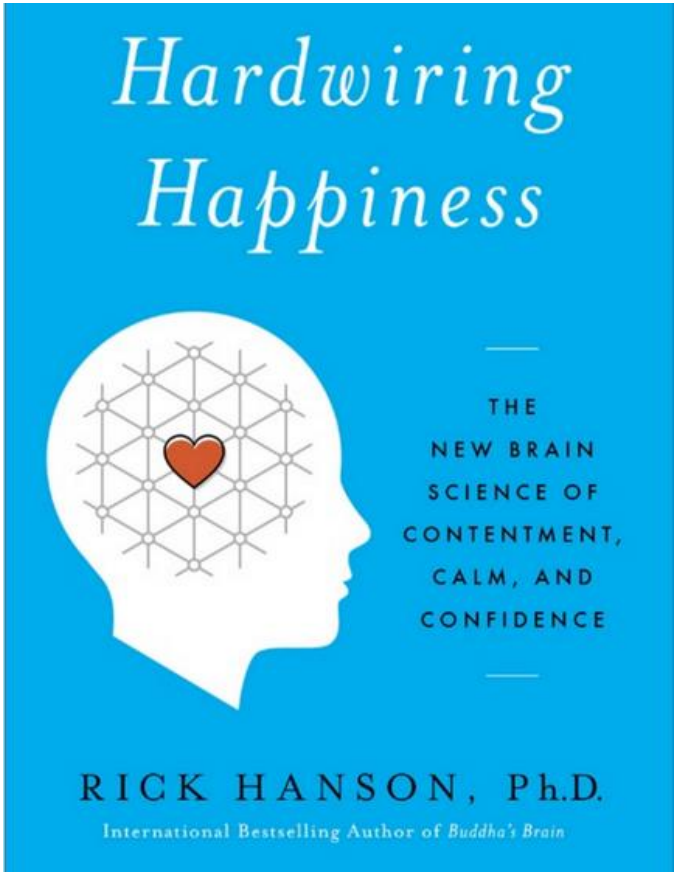
"Gratitude, gladness, and related feelings like appreciation may seem so homey and Hallmark cardish that they're easy to dismiss……."

Image: wikipedia

Tip #1: Lift Your Attitude with Gratitude

"…but studies show that cultivating [gratitude] has lasting benefits, including:

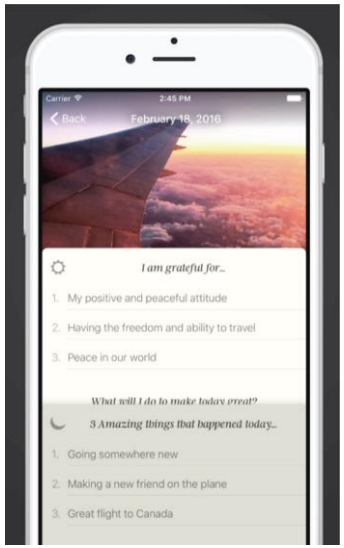
- lifting your mood
- increasing satisfaction with life
- and building resilience."



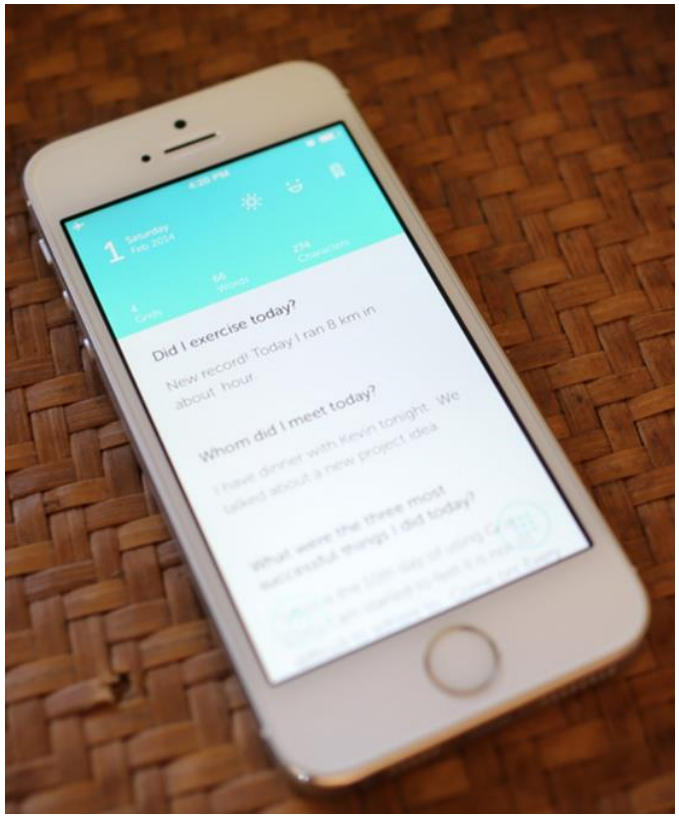
- Rick Hanson, Ph.D. author of ***Hardwiring Happiness***

Tip #1: Lift Your Attitude with Gratitude

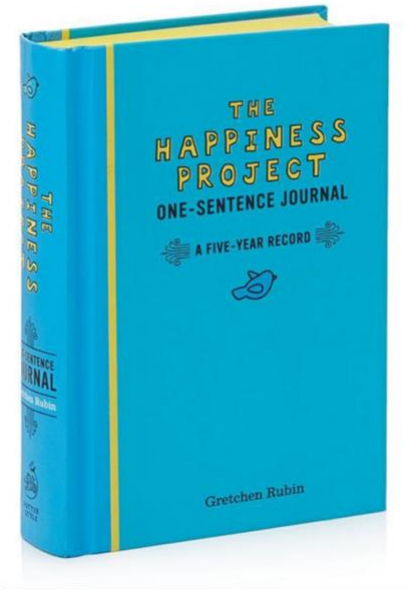
Gratitude Made Simple



5 Minute Journal

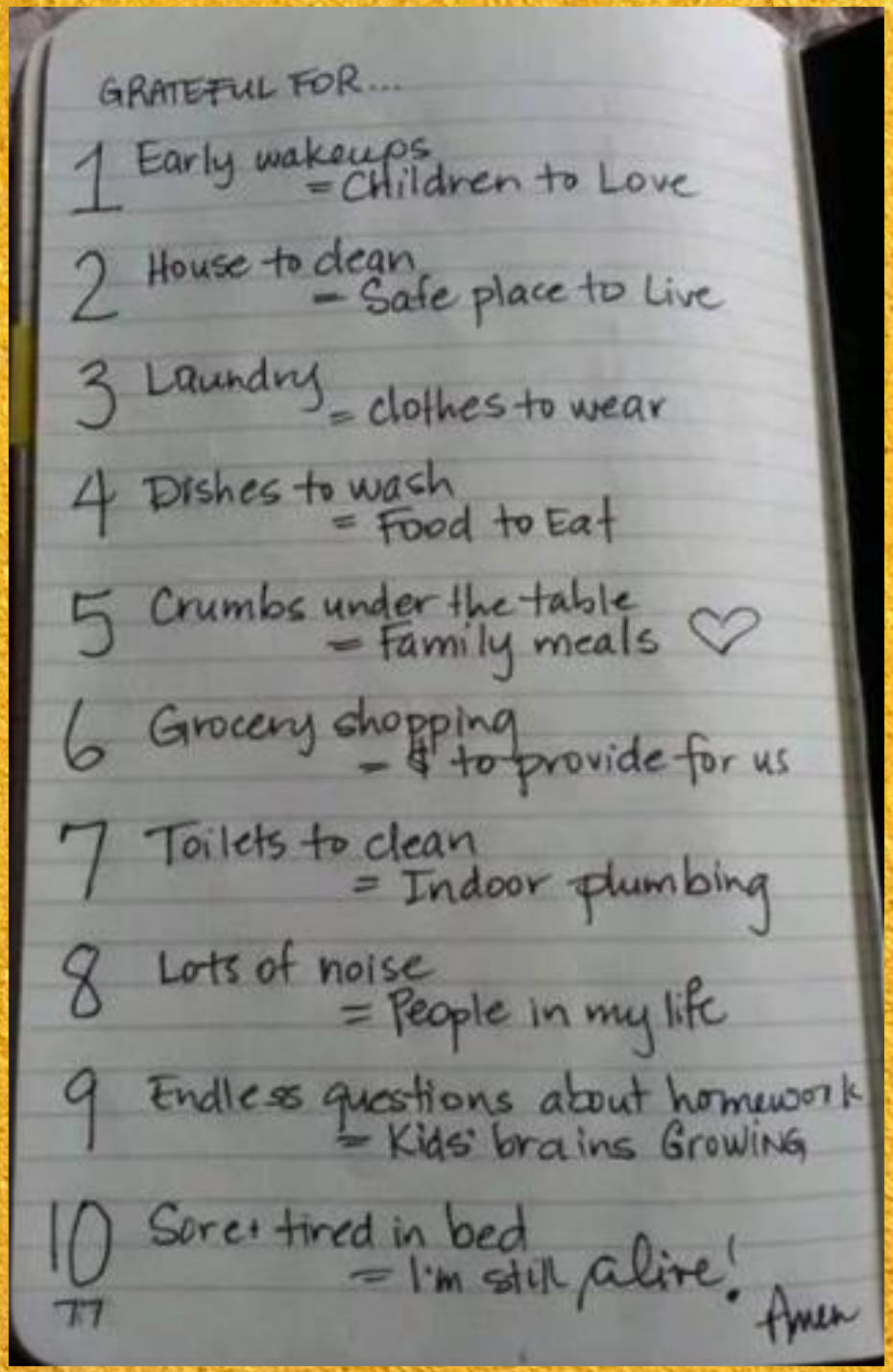


Grid Diary App



One Sentence Journal, Gretchen Rubin

We have the power to choose how to view things.
Gratitude can help us reframe this view.


GRATEFUL FOR...
1 Early wakeups = Children to Love
2 House to clean = Safe place to Live
3 Laundry = clothes to wear
4 Dishes to wash = Food to Eat
5 Crumbs under the table = Family meals
6 Grocery shopping = $ to provide for us
7 Toilets to clean = Indoor plumbing
8 Lots of noise = People in my life
9 Endless questions about homework = Kids' brains Growing
10 Sore + tired in bed = I'm still alive!
Amen
11

Tip #2: Get a Boost From Your Past

Scott's Story

Tip #2: Get a Boost From Your Past

Sandy (Scott's previous boss)

- **<u>Diligent hard worker</u>-** Scott would come into work at 7:30 am so he could put in a full shift and return for a 3pm class on campus.

Tip #2: Get a Boost From Your Past

Temika (Scott's colleague)

- **<u>Relationship/Developer</u>-** I met Scott when he was a freshman in college. He is great at developing and maintaining relationships.

Tip #2: Get a Boost From Your Past

Prof Davies (Scott's professor)

- **Visionary & problem-solver**- Many times I told Scott that one day he will be a CEO. I saw a lot of drive in him, he sees the big picture.

Tip #2: Get a Boost From Your Past

Let's give it a test run!

What would one of your "champions" (current / former coworkers, boss or friend) say about you?

- Jot down a phrase or sentence from the mindset of this other person.
- Pretend they are talking to a future employer, giving you a reference.

Tip #3: Set Intentions

Intentions can include:

- your mental state

Or - concrete things that can be seen as goals.

Tip #3: Set Intentions

Concrete goal:

Set intention to talk to 3 people at a networking event.

Or, set the attitude to:

Maintain a calm, positive demeanor, despite the fact that I might be struggling at the moment.

Set Intentions

"I'm going to set an intention to have a really productive day today."

"I'm going to imagine the creative juices are flowing, and I have a sense of satisfaction at the end of the day."

Tip #4: Develop Affirmations

Paula is a nurse and part-time therapist. Now she's ready to move into a full time therapist role.

Our process included:

- Visualization
- Resume Summary
- Affirmations

Tip #4: Develop Affirmations

Visualization Exercise

"Paula, close your eyes and imagine you are in your dream job as a full-time therapist"

Tip #4: Develop Affirmations

Paula's New Resume Summary

- Empathetic and caring practitioner with the education and experience to make a difference.
- Comfort level working with adolescents and older children in foster care system.
- Successful working with clients from a wide range of cultural and socio economic backgrounds.
- Expertise in the areas of trauma, depression, anxiety, women's issues as well as gay and lesbian population.

Tip #4: Develop Affirmations

Paula's Affirmations

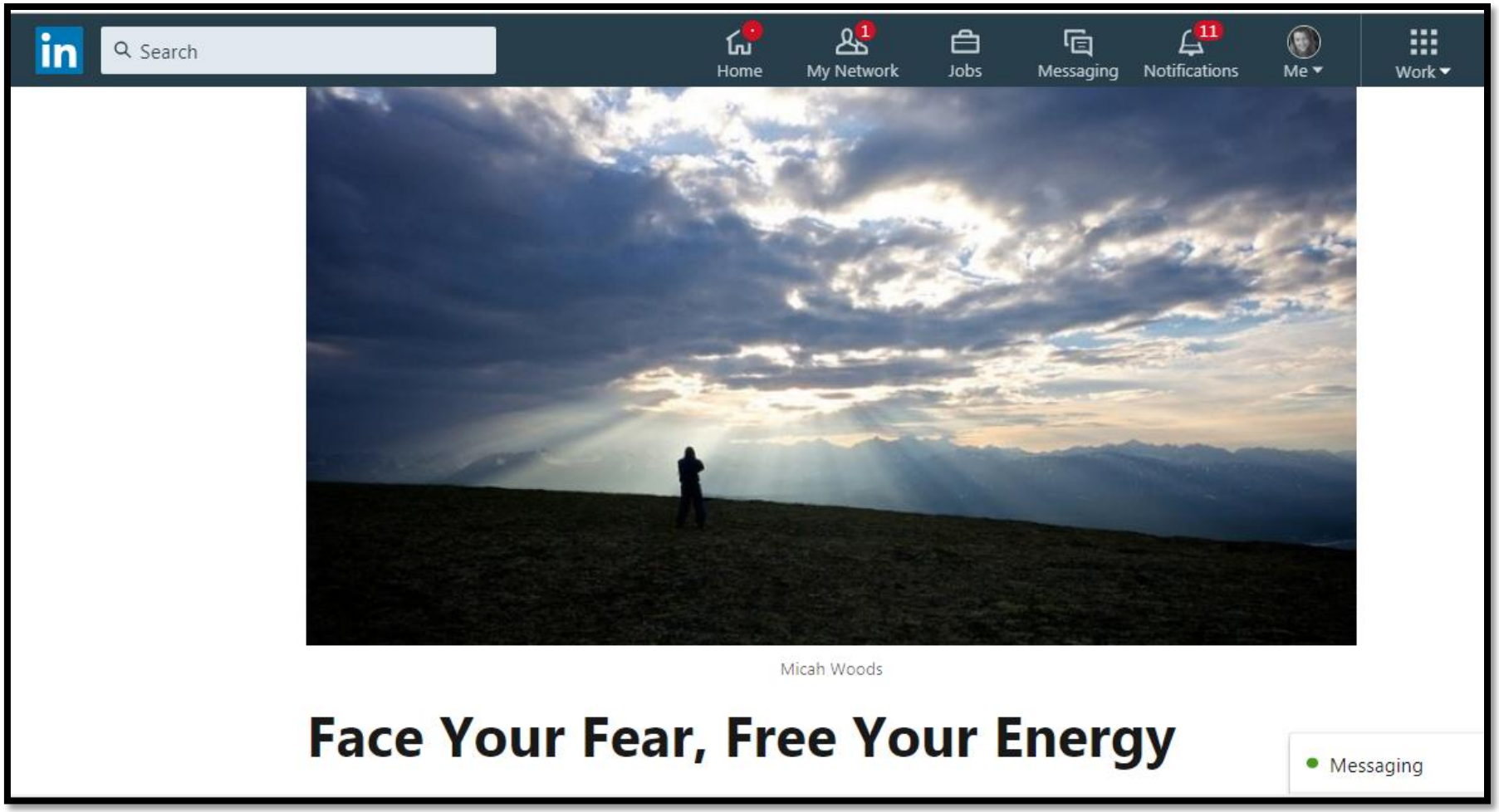
- I contribute to the health and well being of young people.
- I am acknowledged and recognized for my work.
- I work with a great team.
- I love my job.

Tip #4: Develop Affirmations

Amy was making a major career change.

- I work in a supportive & collaborative environment.
- I feel a sense of freedom in my work.
- I have a flexible work schedule.
- My job is engaging, intellectually challenging, and tops my creative problem solving.

Face Your Fear, Free Your Energy



Blog post on Linkedin

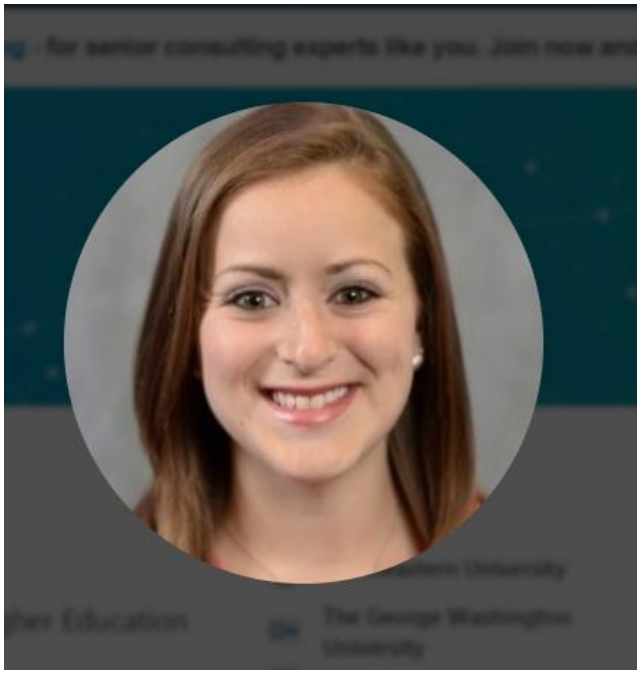
https://www.linkedin.com/pulse/face-your-fear-free-energy-sabrina-woods/

Face Your Fear, Free Your Energy

Role Play Volunteer: Michelle Dubow

(soon to be Michelle Goldberg)

* Michelle is a senior.
* Graduating in 3 months.
* She's so anxious about job search that she has postponed getting started.



Face Your Fear, Free Your Energy

Question 1

"I want you to imagine and describe for me your worst case scenario. Tell me what you most fear."

"My worst case scenario and fear is that I do all this work, send in all these applications, push through all this networking and still end up without a job at graduation, as well as have no leads, and no hope."

Face Your Fear, Free Your Energy

* Carla – mid-career professional, laid off, wants to change careers, 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 if I fail

Visualization Exercises

Olympians Use Imagery as Mental Training

By CHRISTOPHER CLAREY FEB. 22, 2014

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TWITTER
SAVE
MORE

CALVARY
AUGUST 1
WATCH TRAILER

KRASNAYA POLYANA, Russia — The Canadian bobsledder Lyndon Rush had not yet arrived in Sochi. But he was already on the Olympic sliding track as he sat in a chair in the Munich airport several days before the Winter Olympics, his eyes wide open but his mind's eye far away as he traced a sinuous path through the air with his left hand.

"I just went from 7 to 14," Rush said, referring to the section of the track between Curve 7 and Curve 14.

Visualization has long been a part of elite sports. Al Oerter, a four-time Olympic discus champion, and the tennis star Billie Jean King were among

Emily Cook, of the United States freestyle ski team, visualizes each aerial jump as part of her training for the Olympics.

- Pro athletes use this techniques to imagine their performance in a game or event, before it happens.

http://www.nytimes.com/2014/02/23/sports/olympics/olympians-use-imagery-as-mental-training.html?_r=0

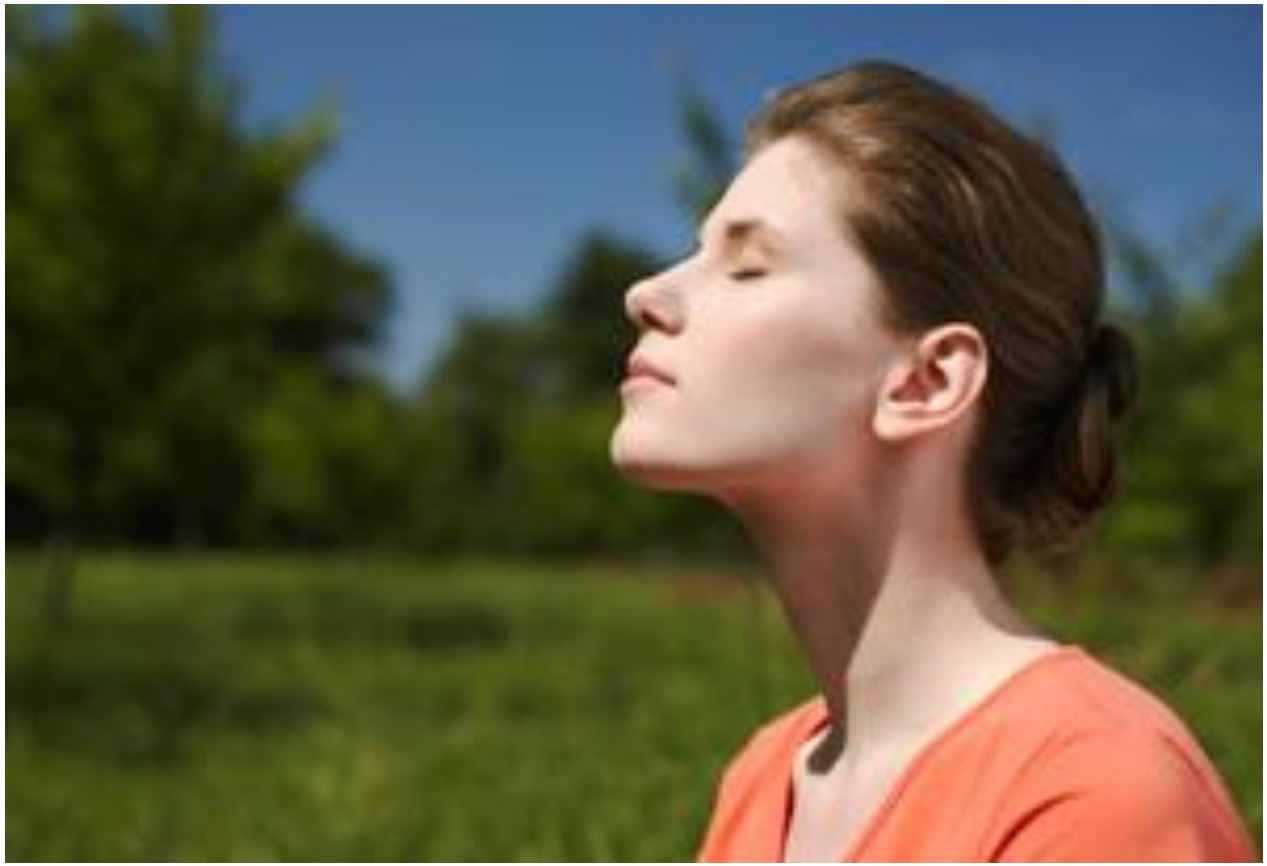
Visualization Exercises

Consider using visualization before your next interview.

Imagine every aspect you can think of.

Go through it in your mind.

Visualization Exercises



Use as many senses as possible.

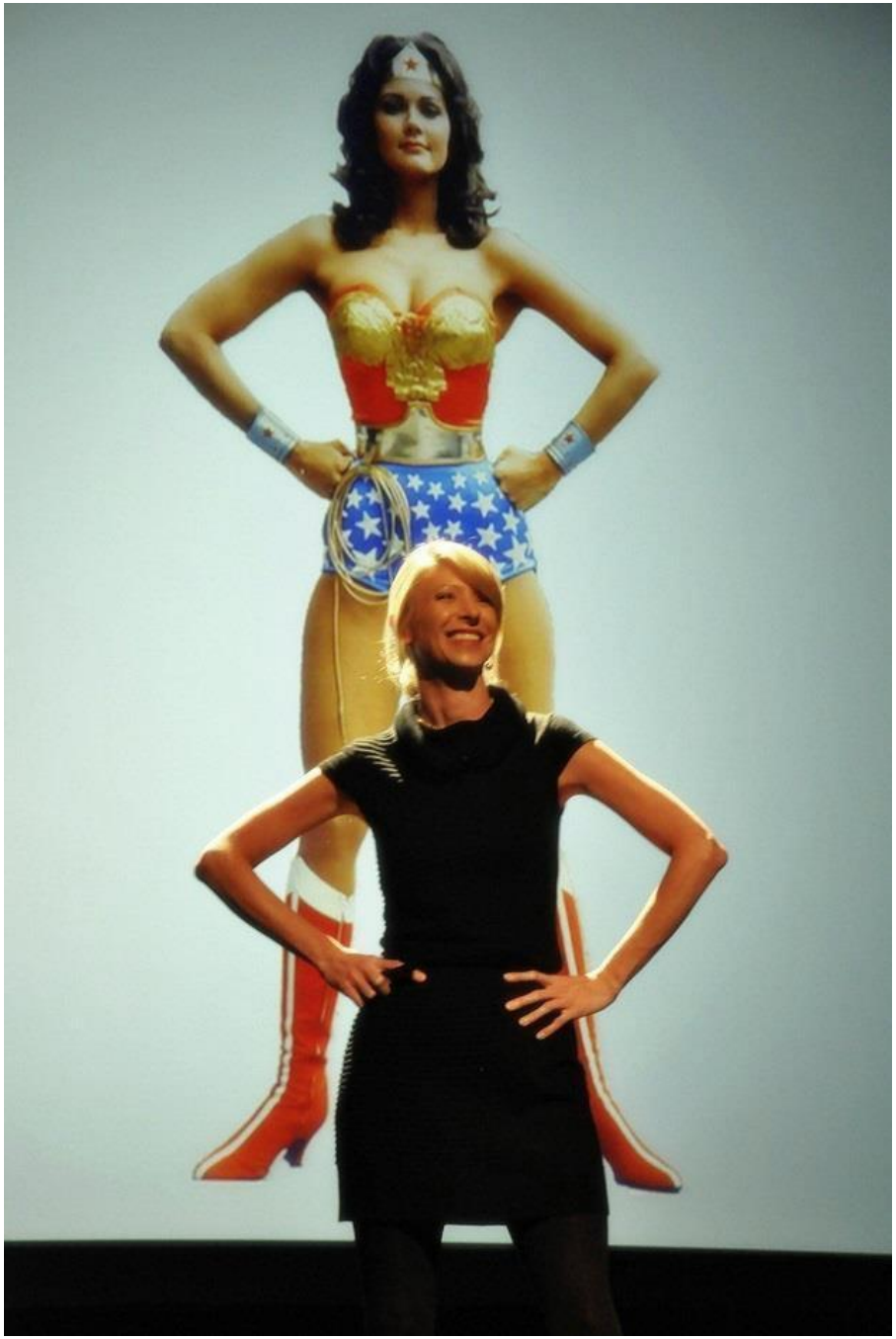
What do you hear? Smell? Feel?

Imagine as many details as you can.

Image source: www.drqatanasamanen.com/workwithme/coaching

Stand up & Slouch

http://totalimageconsultants.com/blog/category/fashion-mistakes/



Power Poses for Interviewing

by Amy Cuddy

https://www.youtube.com/watch?v=C4ACeoqEjeA

Image source: http://consciousshiftcommunity.com/the-2-minute-wonder-woman/

Bulls Eye or Target Exercise

An insightful tool for career or job decision making.

Bulls Eye or Target Exercise

You have 2 offers.

You're not sure which to choose.

You have 1 offer, do you say yes?

This exercise can often give more clarity on what is **most** important to you.

Bulls Eye or Target Exercise

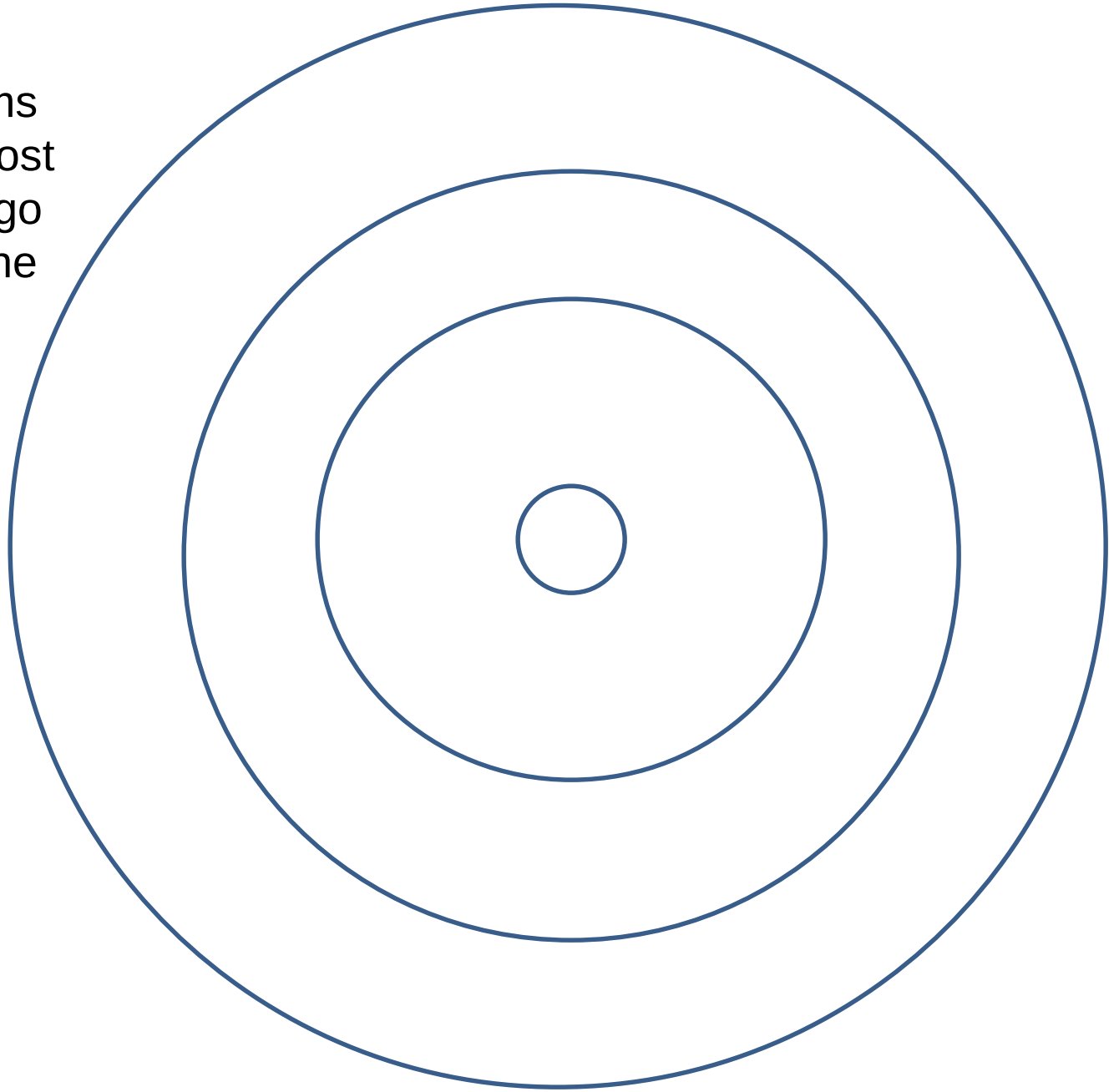
Lily got a job offer.

But she was torn.

Here's what happened…..

Positives - Teach for America job in Chicago

Those items that are most important go closer to the center



Positives - Teach for America job in Chicago

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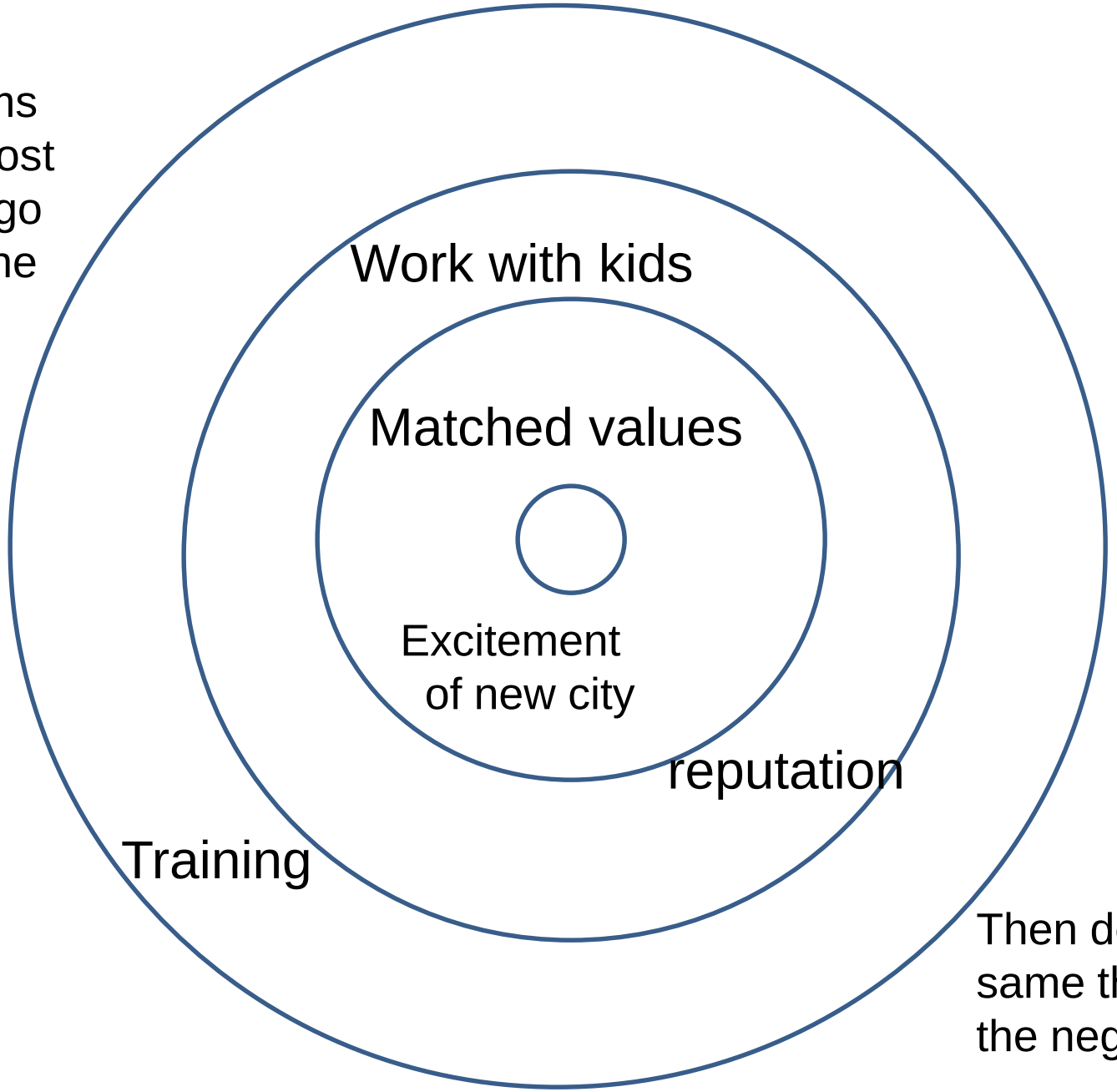


Then do the same thing for the negatives

Bulls Eye or Target Exercise

Now it's Your Turn

In groups of 2-3 people, select one person who has a decision to make.

Take them through this exercise. Use any upcoming or past decision.

Client Wellness Strategies

Why Well Being Matters

- Being in the job search can make us more susceptible to depression and anxiety
- This can cause us to:
  - Perform more poorly in networking & job interviews
  - Lose or lessen motivation

Client Wellness Strategies

Why Well Being Matters

Job searches are more likely to be successful when clients are:

- Calm
- Have a positive attitude
- Demonstrate confidence

By being proactive with one's well being, we are more likely to display / possess these characteristics.

Client Wellness Strategies

- Normalize stress & anxiety

- Ask 1) Who are your supports?
- 2) What helps you to maintain your well being?

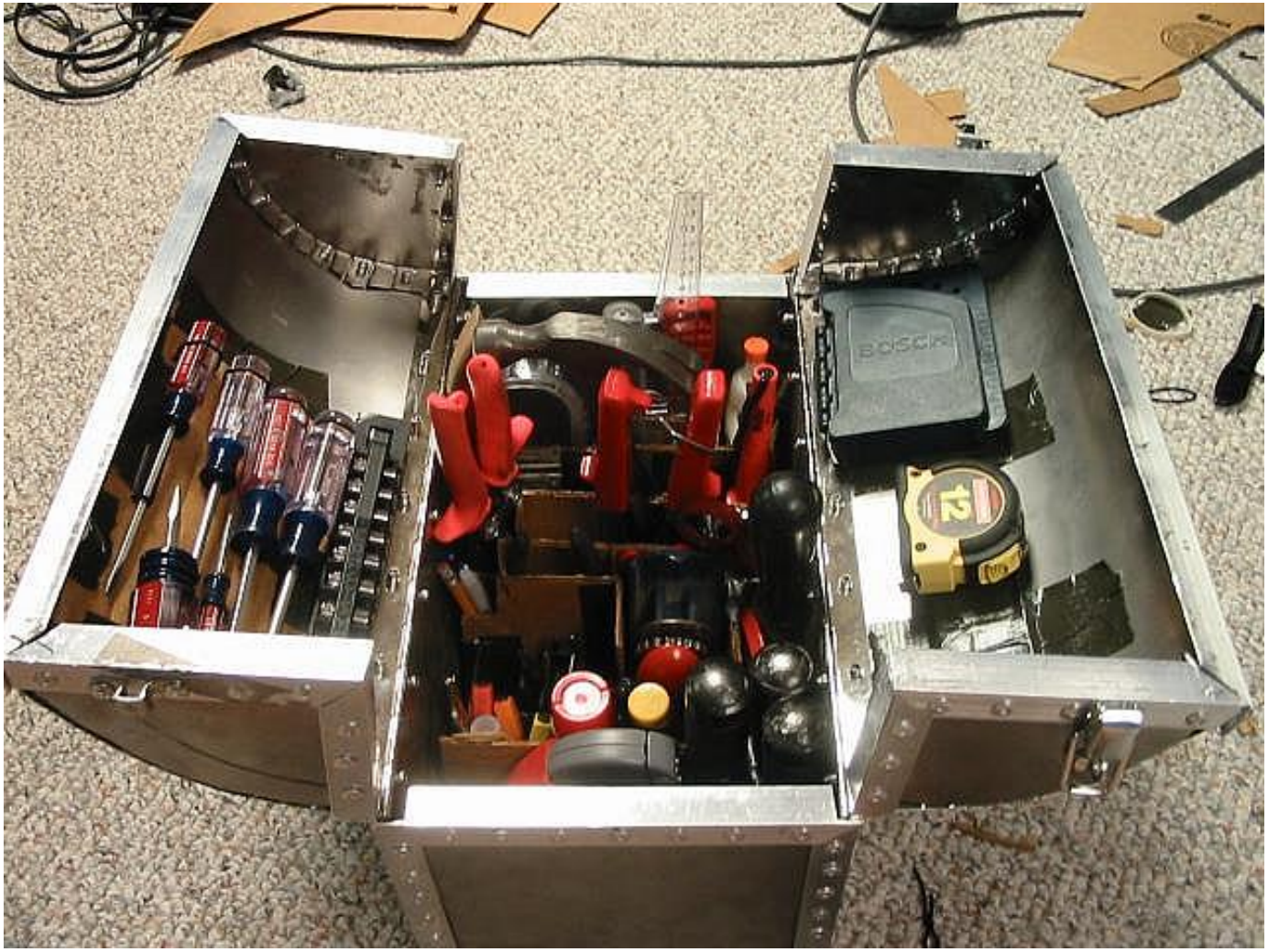
Client Wellness Strategies

Create “homework” assignments together, examples:

- ❑ 3 cardio workouts / week
- ❑ Cook healthy meals + walk daily
- ❑ Reach out to friends, attend events to meet new people
- ❑ Attend the AMC ski weekend
- ❑ Daily short meditations, yoga

What Ideas do you have about possible holistic / mindfulness /creative practices?

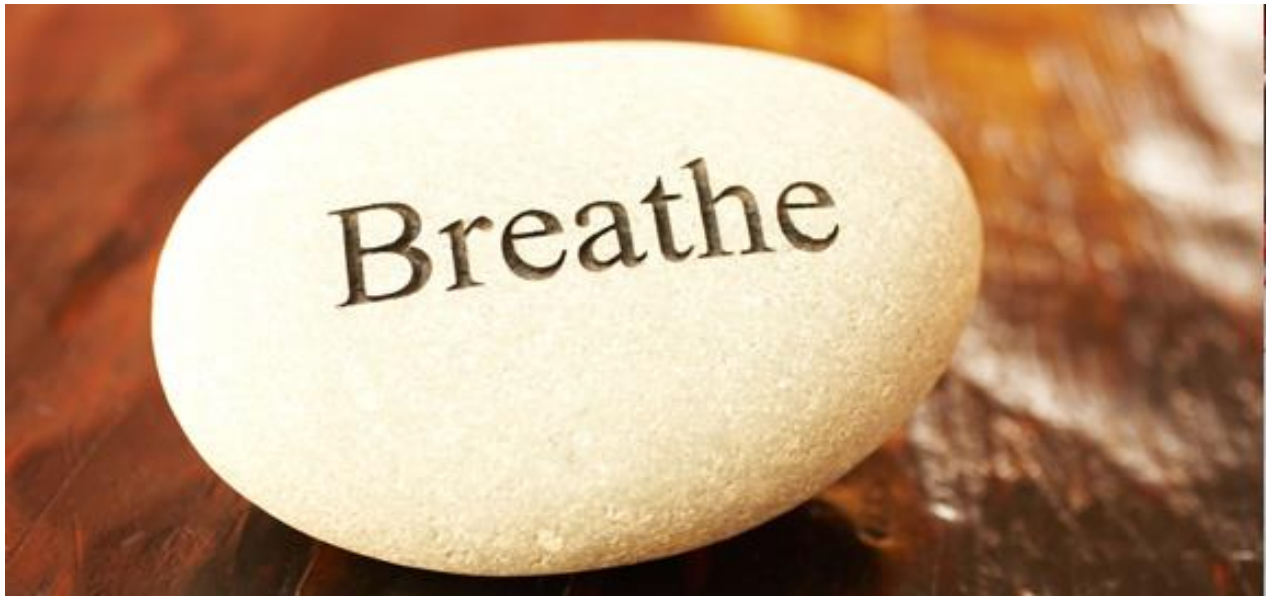
What are some other creative approaches you can add to your Tool Kit?



Recap: Mindful & Holistic Practices

- Lessen job search stress through:
  - Focusing on the positive
  - Reminding yourself of past successes
- Tackle tough career decisions using the *target exercise*

Recap: Mindful & Holistic Practices



- Consider doing a short visualization or Power Pose before your next interview
- When you only have 60 seconds – consider taking 3 deep breaths!

Source: http://www.the-wandering-yogi.com

Blog Posts

5 Ways to Manage Job Search Stress

Sabrina Woods

https://www.linkedin.com/pulse/5-ways-manage-job-search-stress-sabrina-woods/

Mindkind Institute – Mindfulness Video

Bringing presence, self-awareness, and compassion to overworked and stressed professionals.

Mindfulness

Websites

Mindful.org

Rick Hanson, PhD

Mindfulhub.com

MindBodyGreen

Blog Posts

Mindfulness for People Who Are Too Busy to Meditate, HBR

Mindfulness for Mental Wellbeing

Think about the Benefits of Unplugging, Daniel Goleman

Videos

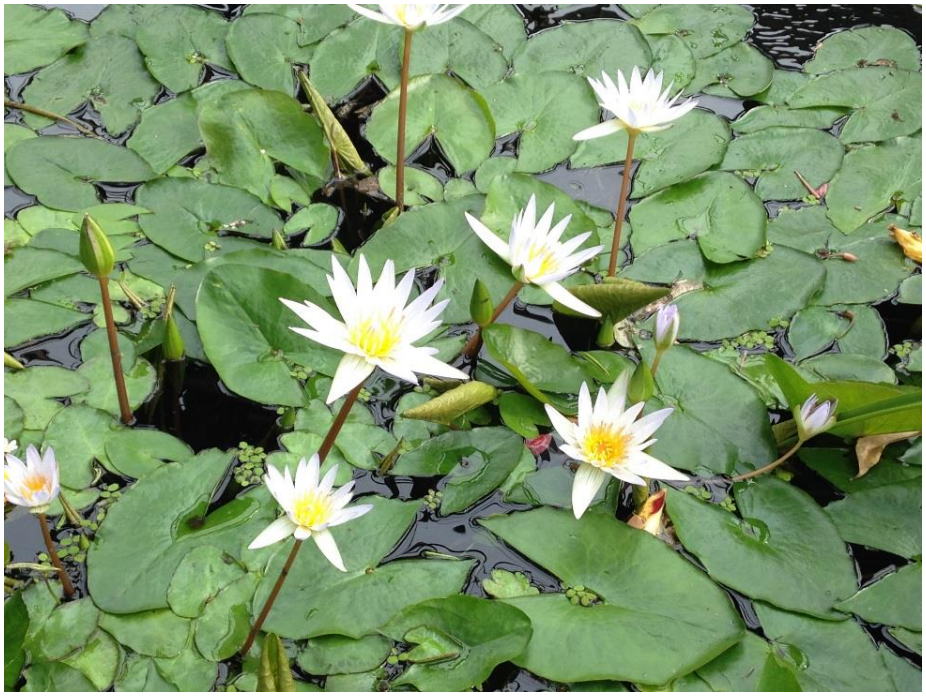
The Power of Mindfulness: TED Talk by Home Nguyen

Life is right now – Jon Kabat-Zinn on Mindfulness

"Just Breathe"

www.sabrina-woods.com

Thanks for joining us today!



Upcoming Workshop:

Sat., January 26, 2019

Going Beyond New Year's Resolutions

One day retreat in Providence, RI, $95

http://www.sabrina-woods.com/going-beyond-new-years-resolutions.html

Resources

5 Things Super Successful People Do Before 8AM
https://smallbusiness.yahoo.com/advisor/5-things-super-successful-people-8-am-190800886.html#!

Source for quote:
http://www.inspirationalquotesimg.com/967609/dont-be-pushed-by-your-problems-be-led-by-your-dreams

Source gratitude journal:
http://createdwithlove.typepad.com/lifeasweknowit/2012/01/t.html

Source for definition of mindfulness and research on reasons to practice mindfulness: http://www.apa.org/monitor/2012/07-08/ce-corner.aspx

"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life."

- John Lennon

Teach for America

- Competitive program
- Lasts for 2 years
- Didn’t have to major in Education
- Get placed in cities across the United States
- They help train / prepare you for teaching
- Strong network of alumni