



[let's talk about Rest Reflect & Reset]

A special year end event for the brilliant LIF+T community

DANIELLE DOBSON  
DECEMBER 2022

[code]  
conversations

# What we're covering today

- Rest – why it's important & how to do it
- Reflect – celebrating successes
- Reset – how to gear up for 2023
  
- The Gender Code – what is it & how to navigate through it
- LIF+T bonuses
- Q&A – ask me anything

# REST

## Why is it IMPORTANT to you?

- Do you have a 'rest-deficit'?

## ENERGY interplay

- *Physical* – sleep, nutrition, exercise, rest & recovery
- *Emotional* – positive & negative emotions
- *Mental* – focus & clarity
- *Spiritual* – purpose & connection to values & goals
- Interplay between them all

- *Ref: The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal*





## 7 Types of REST

- *Physical* – passive or active
- *Emotional* – time & space honestly express feelings
- *Mental* – short, medium or long breaks
- *Spiritual* – connect beyond physical & mental & greater than self
- *Sensory* – intentional moments sensory deprivation
- *Social* – relationships & engagements that revive (not exhaust)
- *Creative* - reawaken awe and wonder in nature & enjoying the arts

<https://bit.ly/3BICsho>

# REFLECT

## What are you celebrating?

- Share what comes to mind for 2022 and prior
- Reflect on what you have achieved – growth, targets, achievements, relationships, challenges, adapting
- Add them to the ‘self-evidence data bank’
- Draw on them when experiencing self doubt, pressure, overwhelm

## Exercise

- Record in a way that is meaningful for you



# RESET

## Decide

- What's important? What's at the core of YOUR business?
- What is your unique WHY?

## Check in & Resource Review

- Where are you now?
- Where do you want to be?
- What can you leverage
  - internal and external resources



# Let's take ACTION

## CAP Strategy



- **Curiosity**

removes judgement & breaks down barriers

- **Acceptance**

take responsibility – acceptance doesn't mean approval

- **Prioritisation**

what's important? What's at the core of YOU?

# Exercises & tools to help YOU

## Where are you now?

- Credit card and calendar & what's important
- The 4 quadrant snapshot

**Emotional:**  
(Friends, Relationships, Community, Play)

**Spiritual:**  
(Connection, Impact and Growth)

**Mental:**  
(Work, \$\$, Self-Expression, Travel, Thoughts)

**Physical:**  
(Body, Nutrition, Home/Physical Space)



# Exercises & tools to help YOU

## Where do you want to be?

- The 4 quadrants
- What needs to shift for you to hit the target number?



# ENERGY Exercises

## 3 Adaptive tools:

- Energy audit
- Deb's 3 things
- Positive rituals



# Energy Audit

Think about habits, people, places, rituals, words and language in your world

What GIVES me energy?	What DRAINS my energy?

# Deb's 3 Things

## What you can do today

- Substitute the To Do list with Deb's 3 Things
  - People
  - Professional
  - Personal

## Prioritise

- What's important? What's at the core of YOU?



## Resources Review

- Internal - YOU
- External – your VILLAGE

*Focus on what's STRONG not what's WRONG*

## What's the Gender Code?

- Genesis
- Pink & Blue boxes
- Pyramids & Spheres
- Impact
- Conversation with Leo





## Bonuses for LIF+T women

### 1. *Breaking the Gender Code* book 20% gift

- Discover the Gender Code, how it works, what impact it has AND how to create your own UNIQUE code
- Each book is signed with a personal message
- Purchase from my website:  
<https://www.codeconversations.com.au/product/breaking-the-gender-code/>
- Coupon code LIF+T2022 until December 23<sup>rd</sup> 2022



**te** ...an important contribution to women, families, and society ... providing a framework for each of us to envisage, create, and live our own code. *This book is powerful!*

– Corrinne Armour

Fearless Leadership® Specialist, Speaker, Mentor  
Author: *Leaders Who Ask & Developing Direct Reports*

## Breaking the Gender Code

Based on her extensive research, Danielle discovered what works in helping women use what they already have, to get what they actually want and she shares this in her book *Breaking the Gender Code*.

Today Danielle uses this body of work and experience to help women and men to work together to break the Gender Code for good.

Working with leaders and their teams, she helps women and men to understand the shifting nature of their roles, in career and life and equip them with the tools and strategies to navigate the rapidly evolving world of work and relationships.

Danielle helps organisations to leverage the power of the high performing women they already have, attract the right female leaders into their organisation, develop a competitive advantage over industry rivals and boost their bottom-line performance.

As seen in:

FINANCIAL REVIEW

 **SmartCompany**

 **Radio**

 **iWire.**

 **honey**

 **startup daily.**





## Bonuses for LIF+T women...cont.

### 2. WHY Discovery tool & debrief 50% gift

- Reset and gear up for 2023 not only knowing your WHY but also how to APPLY it to your biggest challenges and goals
- How it works:
  - Take the 5 minute online survey
  - Spend 60 minutes with Danielle debriefing and planning
  - FLY with your WHY
  - \$250 until December 23<sup>rd</sup> 2022



[let's support each other to take  
the next steps.]



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DECEMBER 2022

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Let's discover & apply your WHY to confidently launch into 2023



Danielle Dobson

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If you would like some support to get career clear and take the next steps, I'd love to help.