

[let's talk about Rest Reflect & Reset]

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



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







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 YOU

• 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:	Spiritual:
(Friends, Relationships, Community, Play)	(Connection, Impact and Growth)
Mental:	Physical:
(Work, \$\$, Self-Expression, Travel, Thoughts)	(Body, Nutrition, Home/Physical Space)
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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

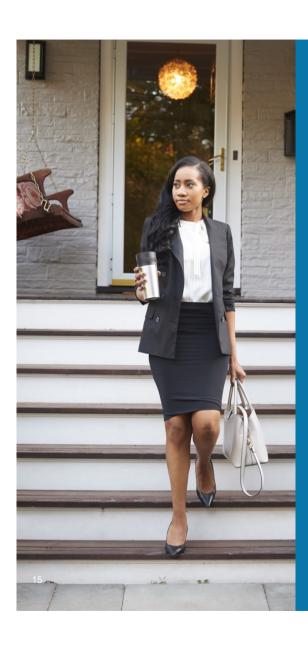
Focus on what's STRONG not what's WRONG



What's the Gender Code?

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

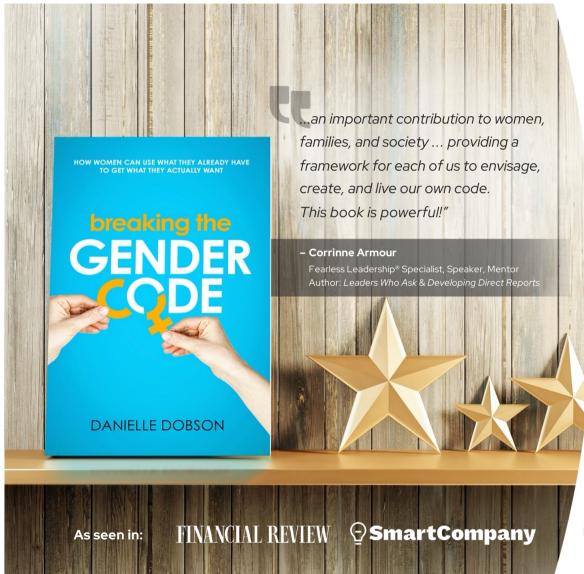




Bonuses for LIF+T women

- 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 23rd 2022





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.



#honey

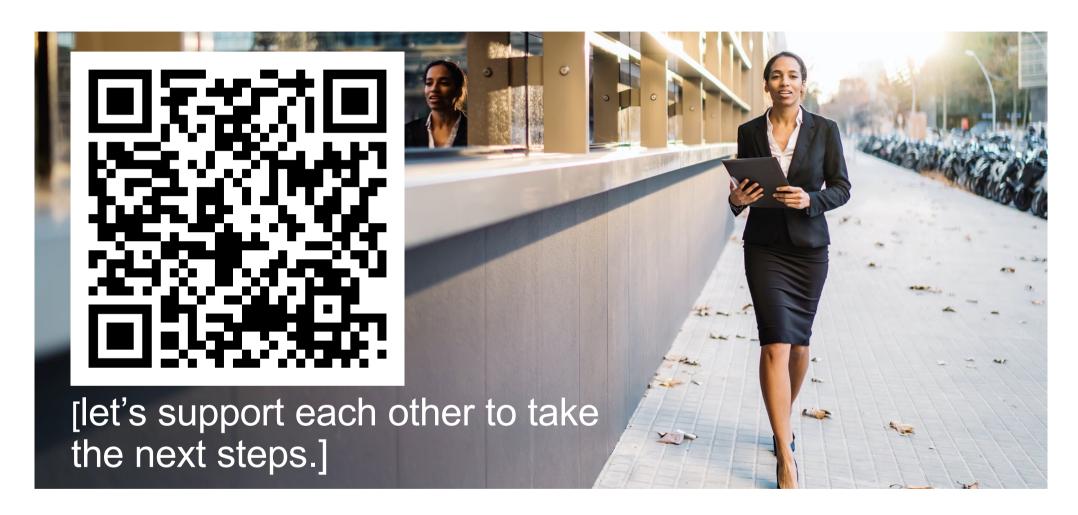




Bonuses for LIF+T women...cont.

- 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 23rd 2022









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



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



