



THE IMPORTANCE OF SELF-CARE



- 25 years' experience as nonprofit practitioner, consultant and leader
- Nonprofit Executive Director for almost 15 years
- Certified Executive Coach
- Part-time University Instructor
- Specializes in helping leaders to be inspiring through coaching and training
- Ran a nonprofit leadership centre, helping people to lead with purpose and passion
- Had own Voice America radio show called 'Story Powered'
- Once received an invitation to a tea party with the Queen (UK) to recognize work contribution. British grandmother was very proud!

WHO AM I?



MY STORY

Care for Oneself

Merriam-Webster Dictionary

WHAT DOES SELF-CARE MEAN?



WHY IS IT IMPORTANT?



SELF-CARE MINDSET

- Know who you are and what you need
- Stay focused on the big picture
- Check your martyr status
- Have as much compassion for yourself as you do for others
- Find your joy

SELF-CARE MINDSET



CIRCLE OF SELF

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SELF-AWARENESS



SELF-REFLECTION



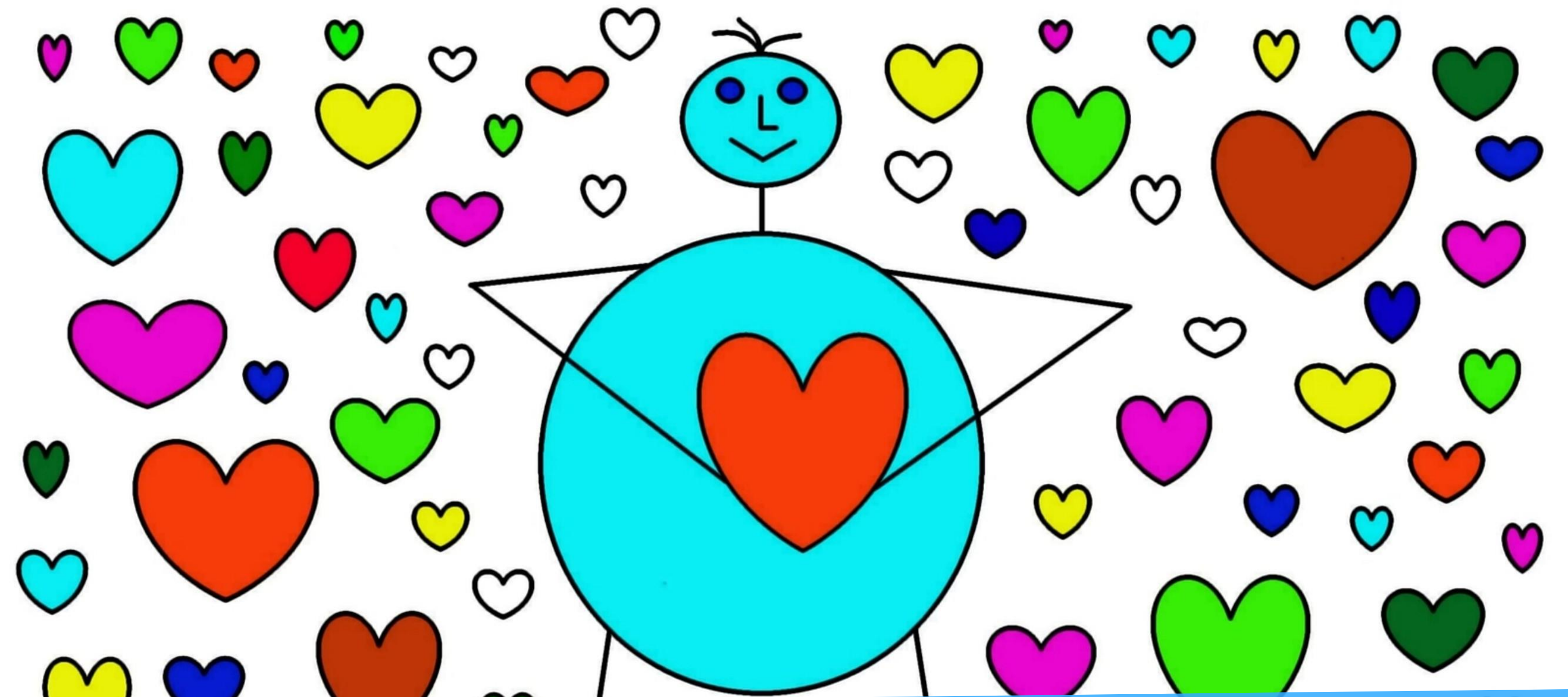
SELF-REFLECTION



FOCUS ON YOUR BIG PICTURE



CHECK MARTYR STATUS



COMPASSION FOR SELF



FIND YOUR JOY



SELF-CARE STRATEGIES



TAKE TIME OUTS



SELF CHECK-INS



REST



ASK FOR HELP



DO THINGS YOU ENJOY



BE GRATEFUL

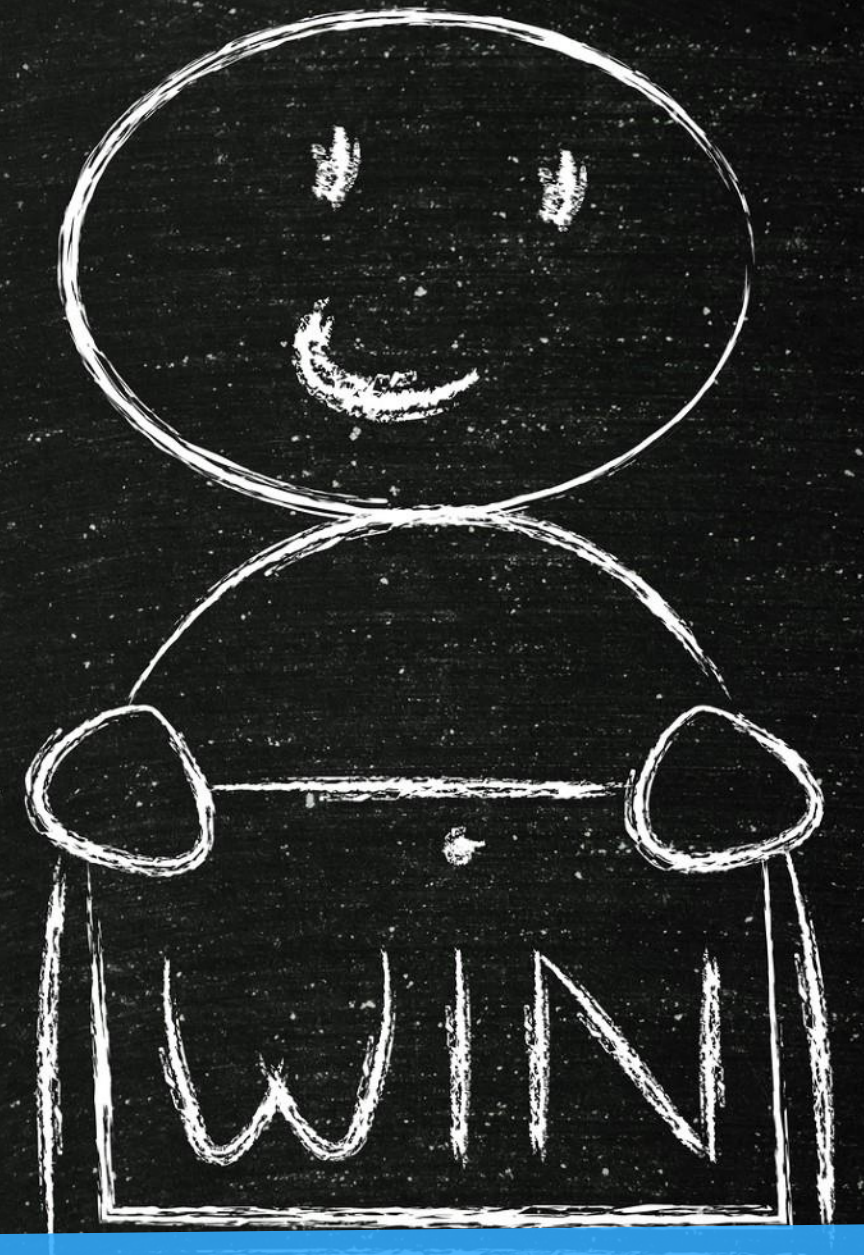
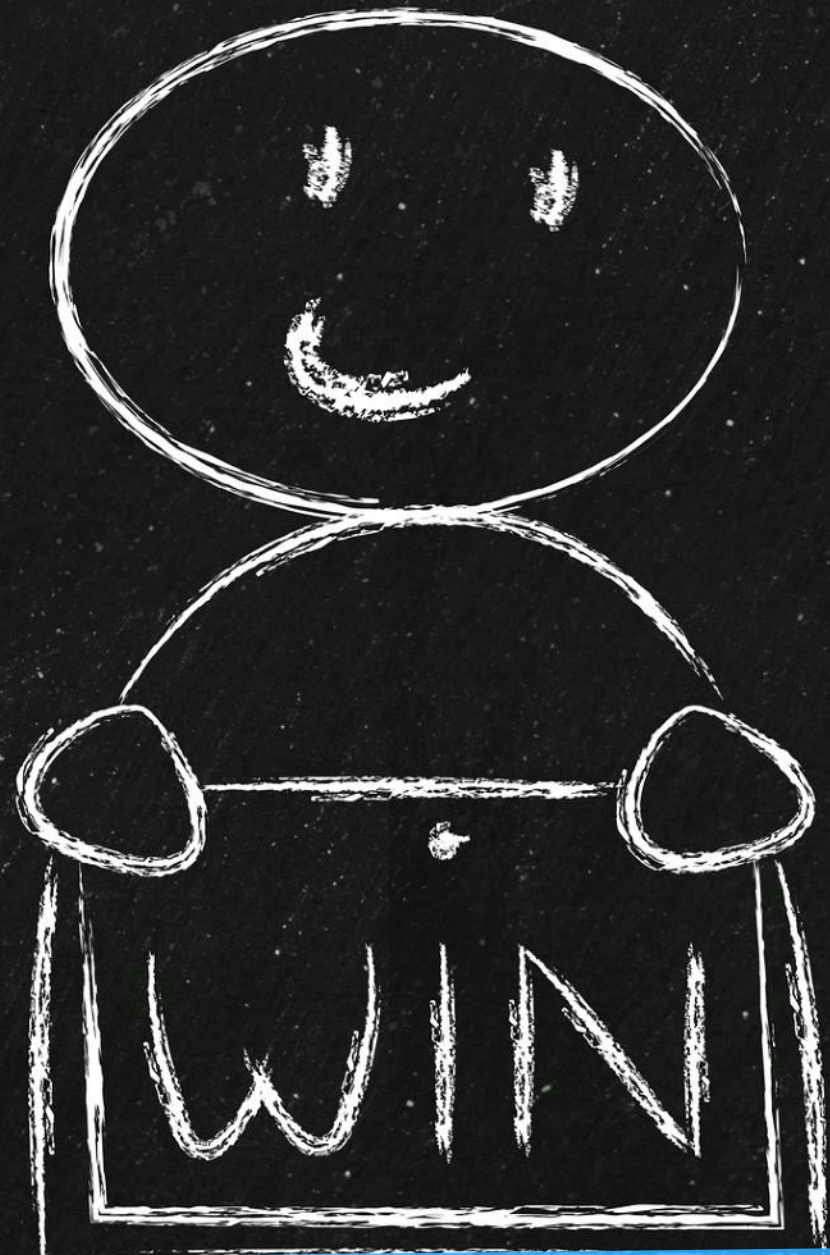


CIRCLE OF SELF

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- Focus on the big picture
- Create better conditions - more holidays, flex-time, etc
- Make time for reflection
- Lead by example

ORGANIZATIONS



ORGANIZATIONS



HOMESCHOOL TIME!



SELF-CARE STRATEGIC PLAN

This is a plan for looking after yourself in your work AND life.

Situation	Strategies
When I do something well I will:	1. 2.
When I feel overwhelmed I will:	1. 2.
When I feel stressed I will:	1. 2.
When I need/want some help I will:	1. 2.
Things I enjoy doing outside of work and commit to doing every week:	1. 2. 3.



QUESTIONS?



Connect with me at lianne@bluemorpho.co

Find out more about my coaching, training & speaking services at www.bluemorpho.co



Find out more about my online leadership course for new & aspiring leaders at www.theleadershipleap.net

THANK YOU!