

When Life Doesn't Turn Out as Planned



How to deal with job loss with
dignity and resilience
with
Bonnie Artman Fox



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SEVENTEEN DANCERS. EIGHT SPOTS. ONE DREAM.

A CHORUS LINE

THE CLASSIC BROADWAY MUSICAL FOR A NEW GENERATION



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A Chorus Line



What would you do if you
couldn't dance anymore?

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Perhaps you feel...Betrayed



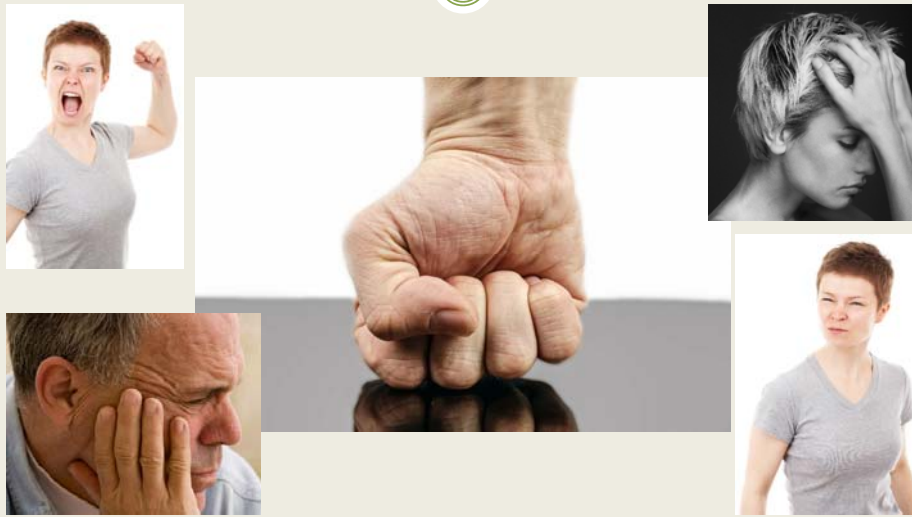
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Perhaps you feel...Inadequate



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Perhaps you feel...Angry, Misunderstood



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Grief affects focus, mindset, and resiliency

- Myriad of emotions
- Range from sadness, depression, anger, acceptance
- Waves of grief are normal
- Setbacks happen and are expected

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Job Loss also affects family relationships



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An Antidote....



Getting the heart and brain to work together

**Slow down
Fight/flight
Response**

**Increase
Relaxation
Response**

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Victor Frankl Quote

“In between stimulus and response there is a space, in that space lies our power to choose our response, in our response lies our freedom and our growth”

- Victor Frankl

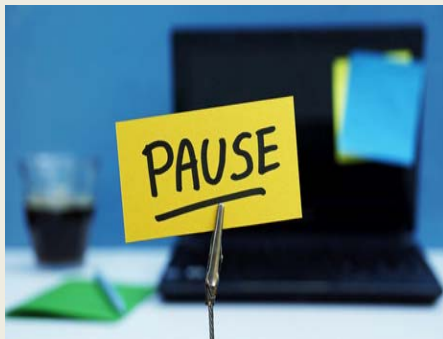
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Choice point of dealing with stress...



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Starts with Awareness: Conscious Pauses



- **Simply stopping**
- **Focused on your breathe**
- **Checking in with your body**

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Daily practices to calm your inner critic and manage negative thoughts



Mindfulness Benefits:

- Mental strengthening
- Increase Focus
- React less, Respond more
- Show up to interviews with more confidence

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Noticing Negative Thoughts



1. Permanent
“always/never”
2. Pervasive
“everything/nothing”
3. Personal
“all my fault”

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Replace with Reality based perspective...



1. Permanent

Instead of “always/never”...
“for now...”

2. Pervasive

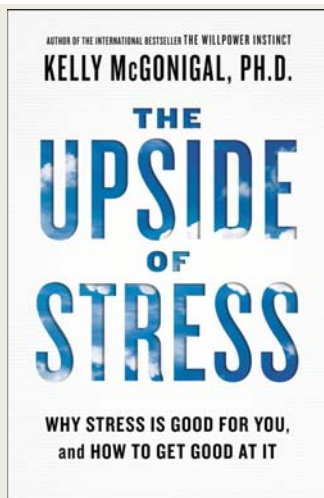
Instead of “everything/nothing”
“this one thing”

3. Personal

Instead of “it’s all my fault”
“I did the best that I could...”

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“The Upside of Stress” by Kelly McGonigal



Mindset Interventions –
*Shifts in how you
view stressful events*

- Challenge Response
- Meaning + Values
- Connection

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The Challenge Response



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Meaning + Values



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Connection with others...



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Acknowledge what is happening + Gratitude



Even though _____
has happened,
I am grateful that

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Create a new story...

“An Optimist sees an opportunity in every calamity; a pessimist sees a calamity in every opportunity”

- Winston Churchill,
British Prime Minister

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Create Daily Rituals



Daily write out:

1. **Ten goals** you want to achieve in next year.
2. **Three goals** for that day that will most likely increase your earning potential.

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Brendon Burchard Ideas

HOW TO START TO UNPLUG:

- Don't check email the first hour of your day.
- Don't look at tv or the web 90 minutes before bedtime.
- Walk outside 30-45 minutes per day without your phone.
- Take several "digital diet" days per month, where you don't look at anything digital whatsoever.
- Don't look at your phone during meals or when interacting with - gasp - a human.

- Brendon Burchard



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Two important elements for staying on track

- **Connect with people who value you and you trust**
- **Share with these people what's *really* going on**

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Connection with people who value you



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Follow-up Resources

- **MP3 Focused Meditation – calming your inner critic**
- **Mental Strengthening Coaching**
- **Email: Bonnie@AConscious.com**
 - ✦ **Subject: 8.5.15 Webinar Resources**

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The Perseverance of the Bamboo Tree



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