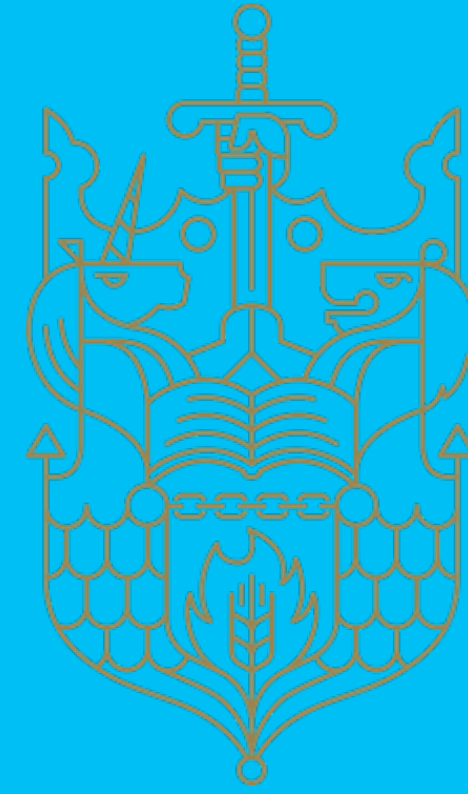




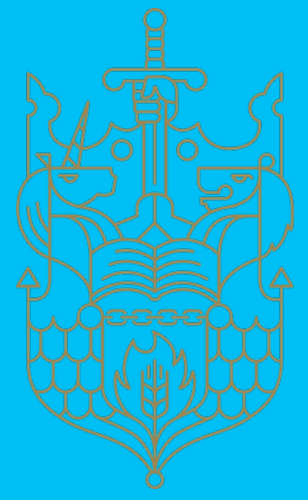
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BY MICHAEL QUIGLEY

IT'S NOT WHAT IT IS, IT'S HOW YOU SEE IT!

Mentally Prepping for a Post-Lockdown World





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WELCOME

FOUNDER OF KATAHOLOS





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HOW TODAY'S SESSION WILL WORK: THE OVERVIEW

WATCH | MAKE NOTES | USE CHAT BOX



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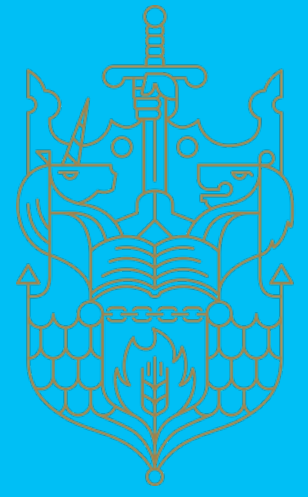
WHERE ARE YOU NOW?





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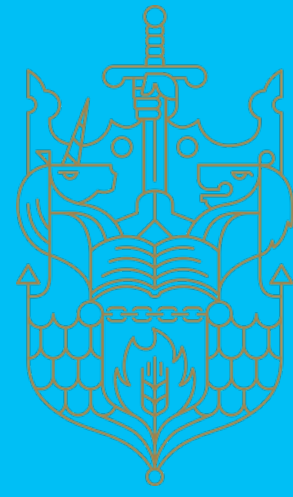
WHAT CHANGES ARE YOU MOST CONCERNED ABOUT AT THE MINUTE?



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CHANGE MANAGEMENT - CHANGE IS GOOD

PART ONE



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SYSTEMS THINKER



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VIP

VISION ISSUE POSITIVE SOLUTION

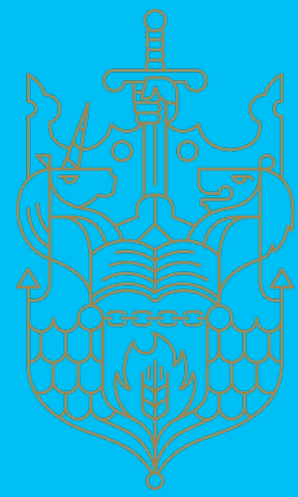


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GOLDEN

CONVERSATIONS





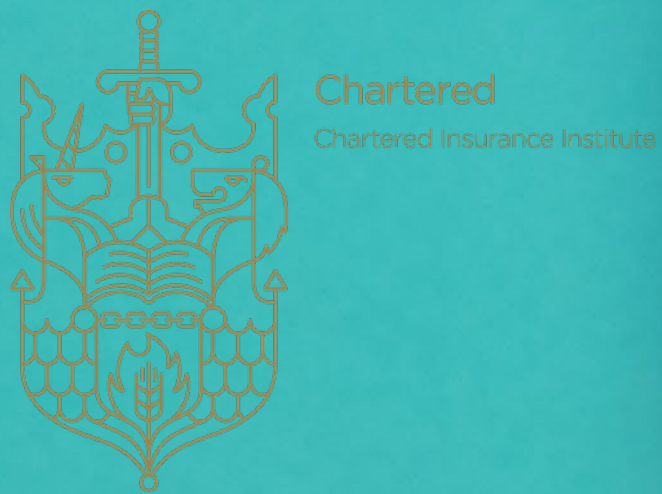
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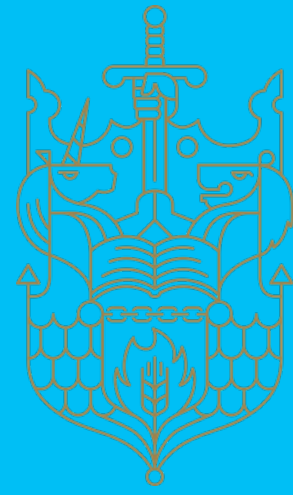
KEY POINT

IT'S ALL ABOUT HOW YOU COMMUNICATE!



STRESS





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WHAT ARE YOU FINDING MOST STRESSFUL AT THE MINUTE?



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DISTRESS & EU STRESS



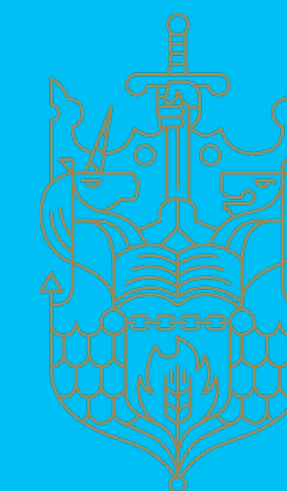
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3 SIGNS OF HIGH STRESS



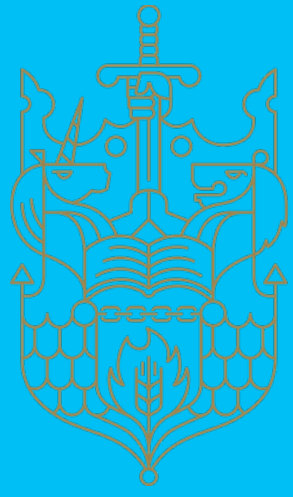


VICTOR FRANKL



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KEY POINT

BE PROACTIVE WITH YOUR STRESS



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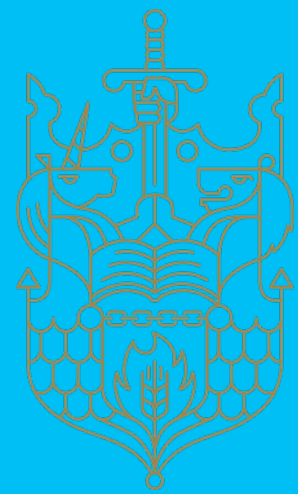
MENTAL HEALTH



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5 EASY WAYS TO LOOK AFTER YOUR MENTAL HEALTH





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FEED YOUR INSPIRATION



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MEDITATION & MINDFULNESS



REVISIT *YOUR* PAST SUCCESES

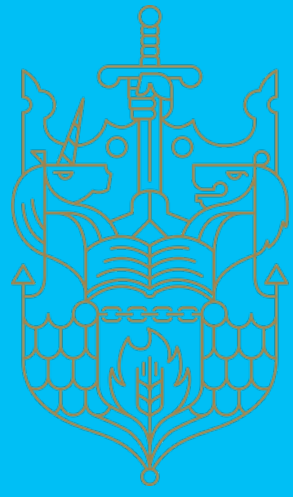


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TOP UP YOUR ENERGY LEVELS

- Water
- Sleep
- Fresh Air
- Sunlight
- Fruit
- Vegetables





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KEY POINT

IT'S ALL ABOUT *HOW YOU SEE IT!*



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YOUR RESOURCE PACK



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YOUR RESOURCE PACK

- Downloadable Slides
- Recommended Reading List
- Summary Handout



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RESOURCE PACK



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