

Happy Healthy Leadership

**COMPASSIONATE
LEADERSHIP**

with Cathi Williams





Cathi's Background

- Started personal training in 2003 and stopped personal training full time in 2012 as acting department head.
- Worked at Optum Wellness for 2 years as a wellness coach. Working with companies such as Wells Fargo and Best Buy.
- Life Coach since 2014 working with individuals and companies focusing on stress reduction, weight loss and mental health.



What would you do?

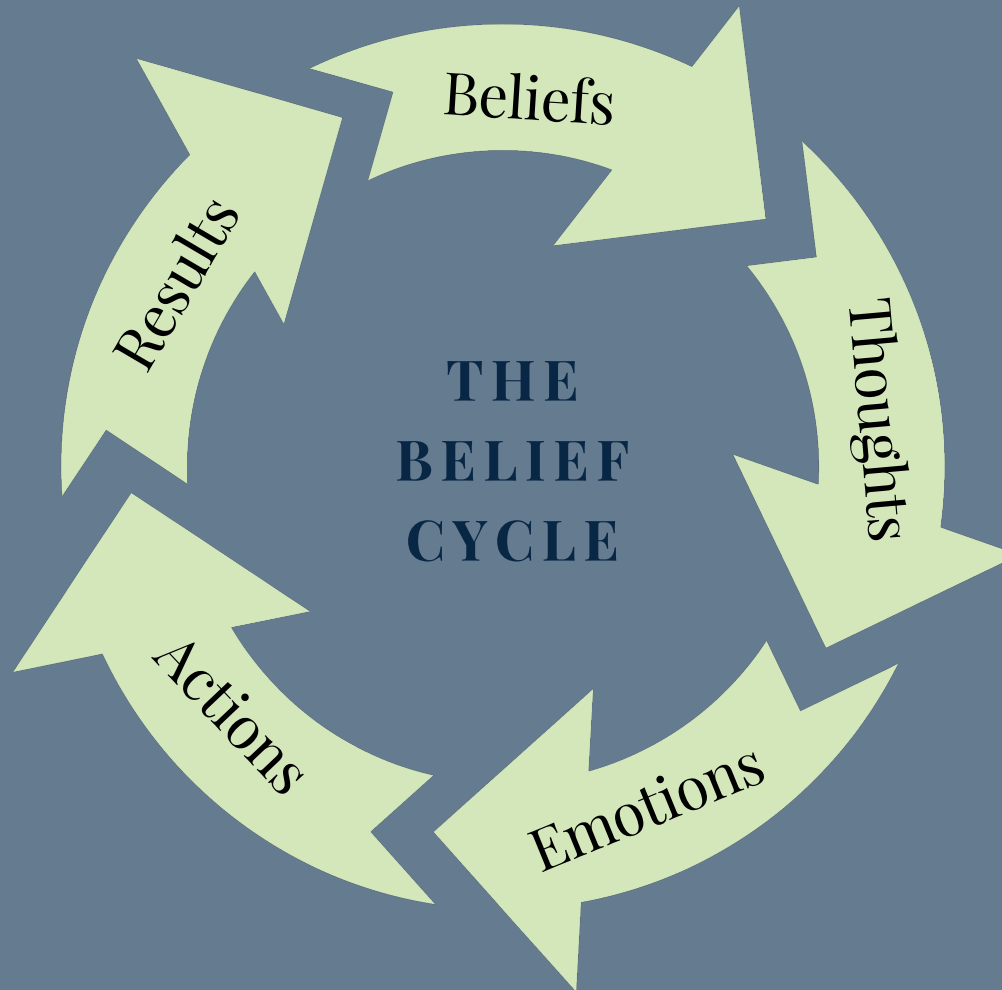
- A. Stop talking, ashamed that you got talked to**
- B. Advocate the right to talk w/ your husband**
- C. Oblige, but complain about how bad Delta airlines are**
- D. Apologize and continue to talk quieter and forget about it**

The problem is

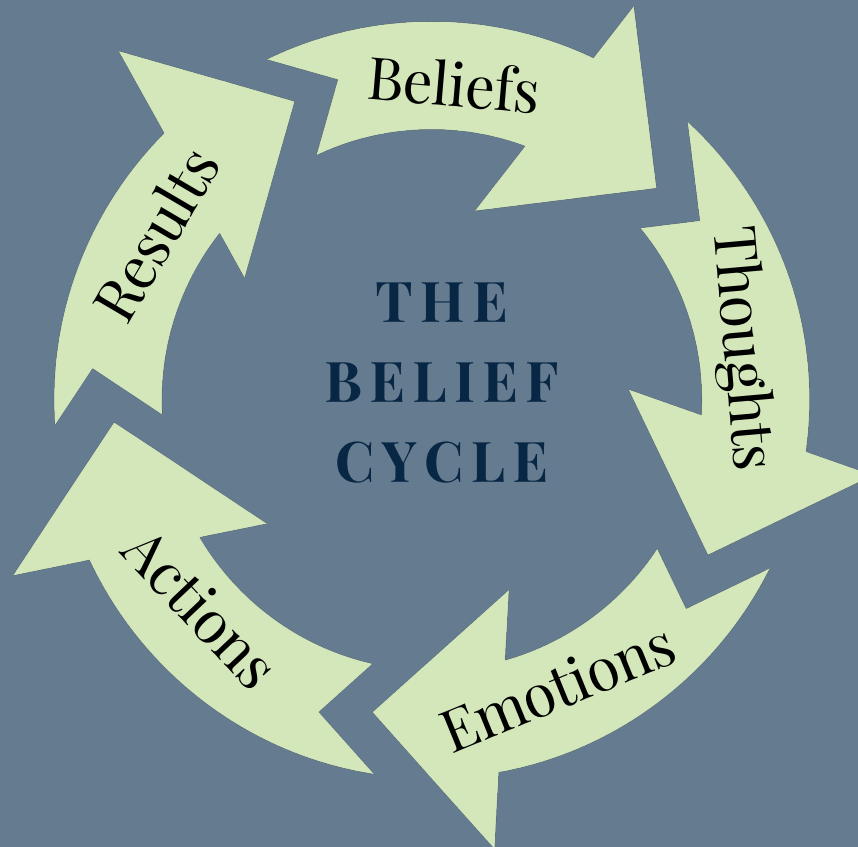


We are all living as the main character of our own story and cannot see another point of view.





CIRCUMSTANCES



Self Reflection



Create an awareness in yourself of how you are acting, feeling and thinking (5-10 min/day)



Pause before you react



Practice being curious (stop judgements)



It's not personal-



Create Curiosity vs Judgement



We all have goals, fears, worries, hidden secrets, trauma, past experiences



We all see things differently



We all want to feel valued and like we belong

- Speak only to the facts of what you saw/heard.
- My interpretation of your behavior. (What I made up about it).
- How I made myself feel about it (only use emotion words)
- Make a request, asking for what you want and/or need.



- Agree to the facts that were presented
- Acknowledge what the speaker's feeling and what you heard they believe.
- Address the speaker's request. "I am willing to do..." or talk about other options.



Practice makes perfect



Ask for clarification during misunderstandings



Understand how your experience is a part of being an imperfect human in an imperfect world.



We are all trying to win at the game of life



Give Cathi Feedback

- Download presentation
- Download worksheet

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<https://talk.ac/cathiwilliams>

Code when prompted: **LEADER**



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