

HOW TO LIVE HARMONIOUSLY IN 2021

Build Awareness to Keep Stress and Burnout at Bay



Presented by Aska Naito '93, PCC - Executive Leadership & Mindset Coach ASKA NAITO Coaching & Consulting



Introduction Our World Today: External vs Internal Concept of Choice & Mindset Stress & Burnout Explained 1-2-3 to Build Resilience How to Work with Me

> Spot Coaching Q&A





Aska Nai Class of '93 My Story My Careers

I use coaching to encourage deep conversations to reflect on our vulnerability. Then, we integrate and build our authentic SELF.

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Aska Naito, PCC CPC ELI-MP

Memories from Williston From Tokyo to Europe to US From Corporate to Freelance to Corporate to Business Owner



WHAT WE ARE DEALING WITH

Uncertainty Unknown | Fear Reinvent | Adapt | Reframe



QUESTIONS WE ASK OURSELVES

What is important to us? What has *NOT* been working?

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External vs Internal





CONCEPT OF CHOICE

The ability to entertain alternative possibility of our actions.

Each and every moment is an opportunity to choose a different thought or action.

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Two Mindsets



VICTIM MINDSET

"Why is this happening TO me?"

OWNER MINDSET "This is this happening FOR me"

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Two Mindsets

VICTIM MINDSET

Draining Resisting Destructive Avoidance



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OWNER MINDSET

Building Healing Constructive Expansive



Stress 8. Burnout

STRESS is challenge or demand.

SIGNS OF BURNOUT are ...

- 1. Exhaustion
- Inefficacy 3.

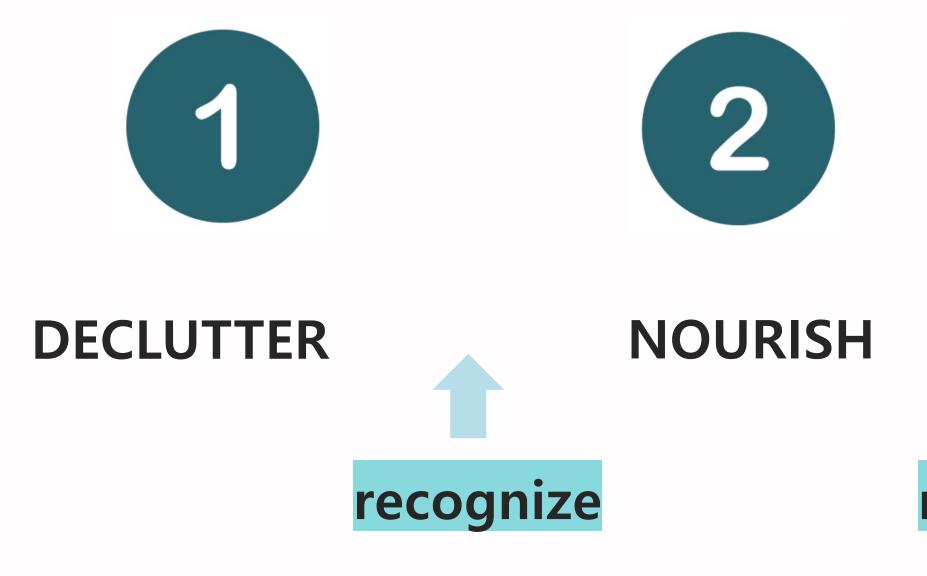
The body and mind's *reaction* to a

2. Negativism or Cynicism





1-2-3 to Build Resilience



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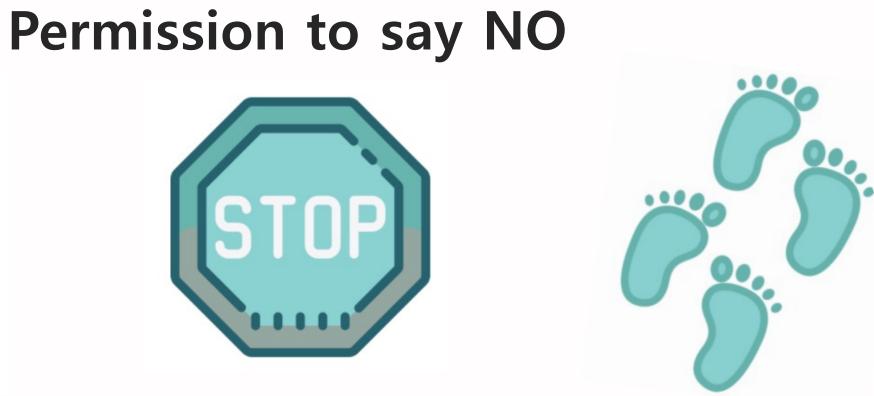




5-5-5 Breathing







3 Celebration of SELF

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Micro-Steps Everyday





2-hr deep-dive session to discover your attitudinal Blueprint in your energetic capability & stress reaction dynamic.



SELF-IDENTITY INTEGRATION: 1:1 Coaching

Private coaching package specifically curated to map out your journey to integrate your authenticity using the 1-2-3 Steps.

30-MIN INTRO CALL Complimentary Call

Email me at aska@askanaito.com with your name

phone number and time zone to request to set up a call.

How to Work with Me





Email Web IG

Questions?

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