



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 Naito, PCC CPC ELI-MP

Class of '93 Memories from Williston
My Story From Tokyo to Europe to US
My Careers From Corporate to Freelance
 to Corporate to Business Owner

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

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?

External
vs
Internal

Choice

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.

Two Mindsets



VICTIM MINDSET

“Why is this happening **TO** me?”

OWNER MINDSET

“This is this happening **FOR** me”

Two Mindsets

VICTIM MINDSET

Draining
Resisting
Destructive
Avoidance



OWNER MINDSET

Building
Healing
Constructive
Expansive

Stress & Burnout

STRESS is ...

The body and mind's *reaction* to a challenge or demand.

SIGNS OF BURNOUT are ...

1. Exhaustion
2. Negativism or Cynicism
3. Inefficacy



1-2-3 to Build Resilience

1

DECLUTTER

recognize

2

NOURISH

replenish

3

BUILD



Easy-Tips

5-5-5 Breathing



Permission to say NO



3 Celebration of SELF



Micro-Steps Everyday



MINDSET ASSESSMENT: Discover your Blueprint

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

Questions?

Thank You

Email aska@askanaito.com
Web www.askanaito.com
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ASKA NAITO
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