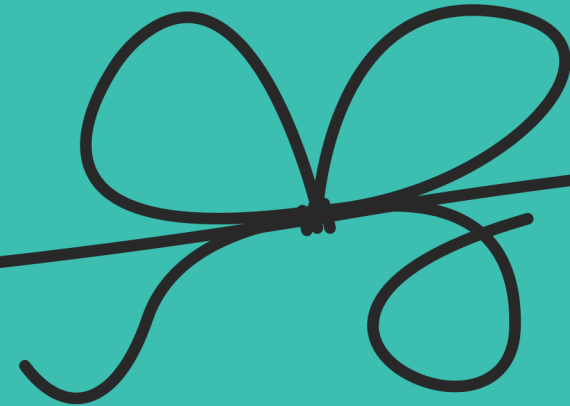


untethered.
put down the rope.



self leadership masterclass :
how to tap into the power of the self
to allow and alleviate struggle

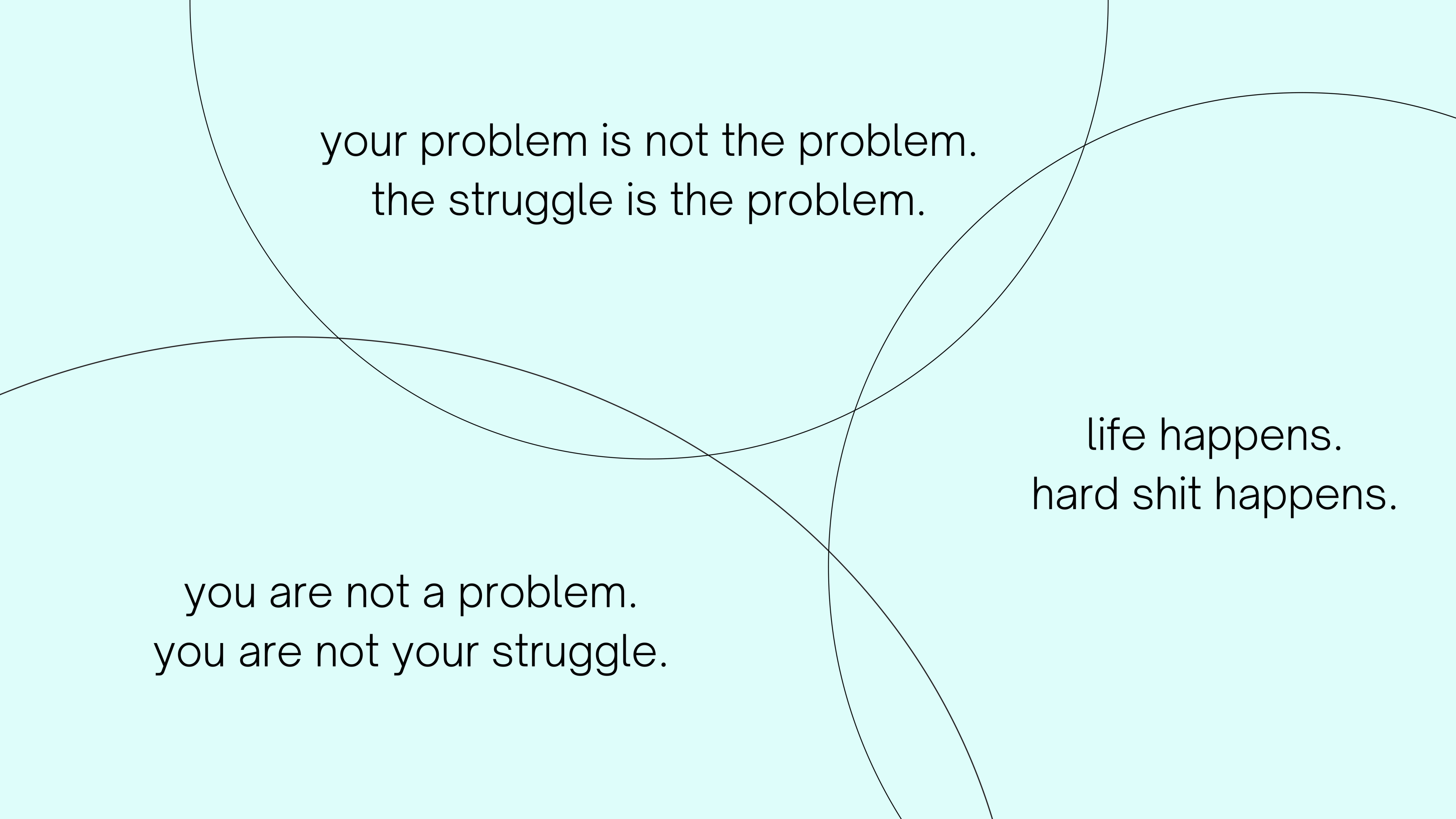
introduction:

about karen & this masterclass



how do you know
you are struggling?

the present thing
or
the absent thing



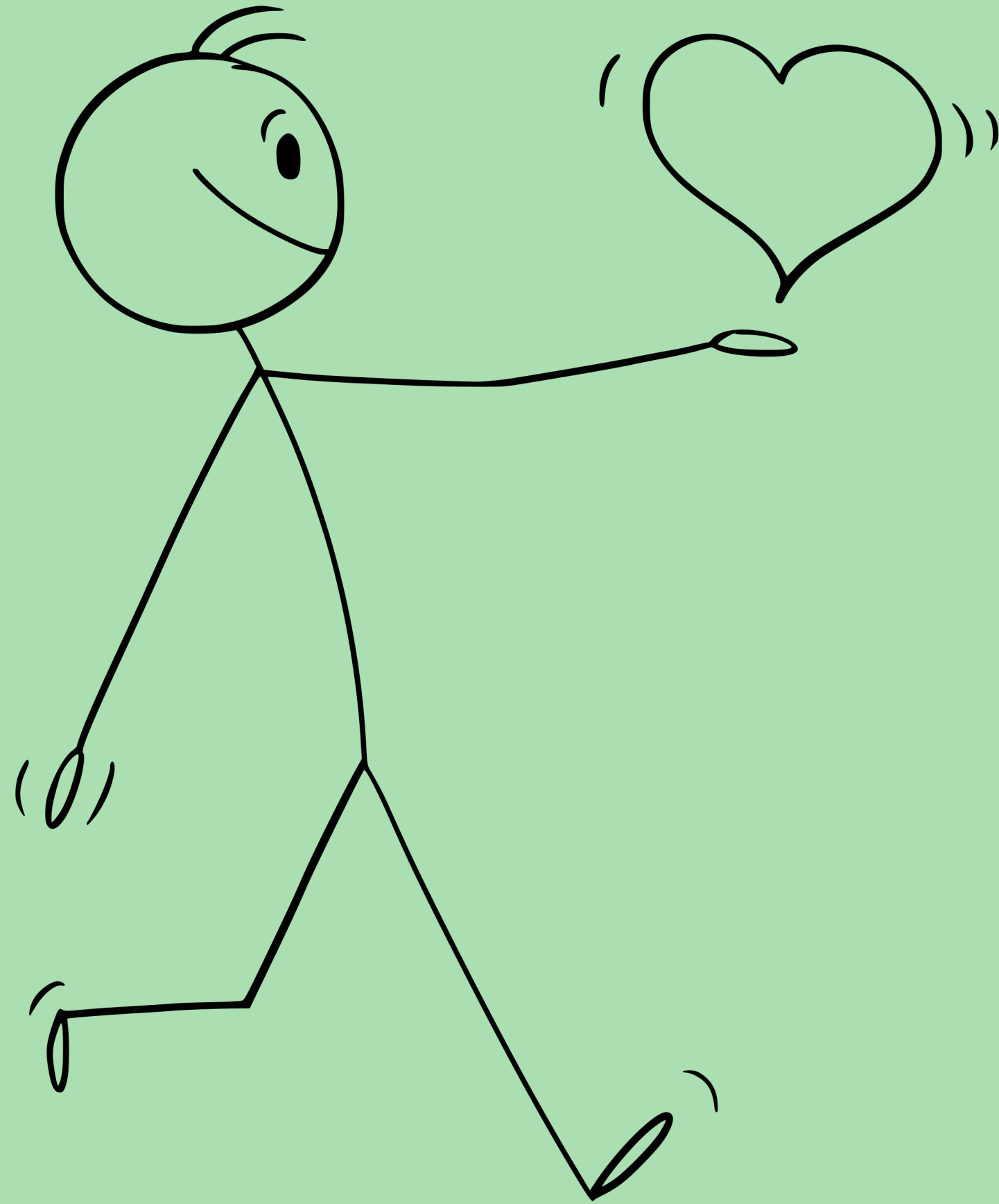
your problem is not the problem.
the struggle is the problem.

life happens.
hard shit happens.

you are not a problem.
you are not your struggle.

activity:
your struggle metaphore





step 1

acknowledge
+ accept
the struggle



compassion

- kindness
- connection
- strength + struggle



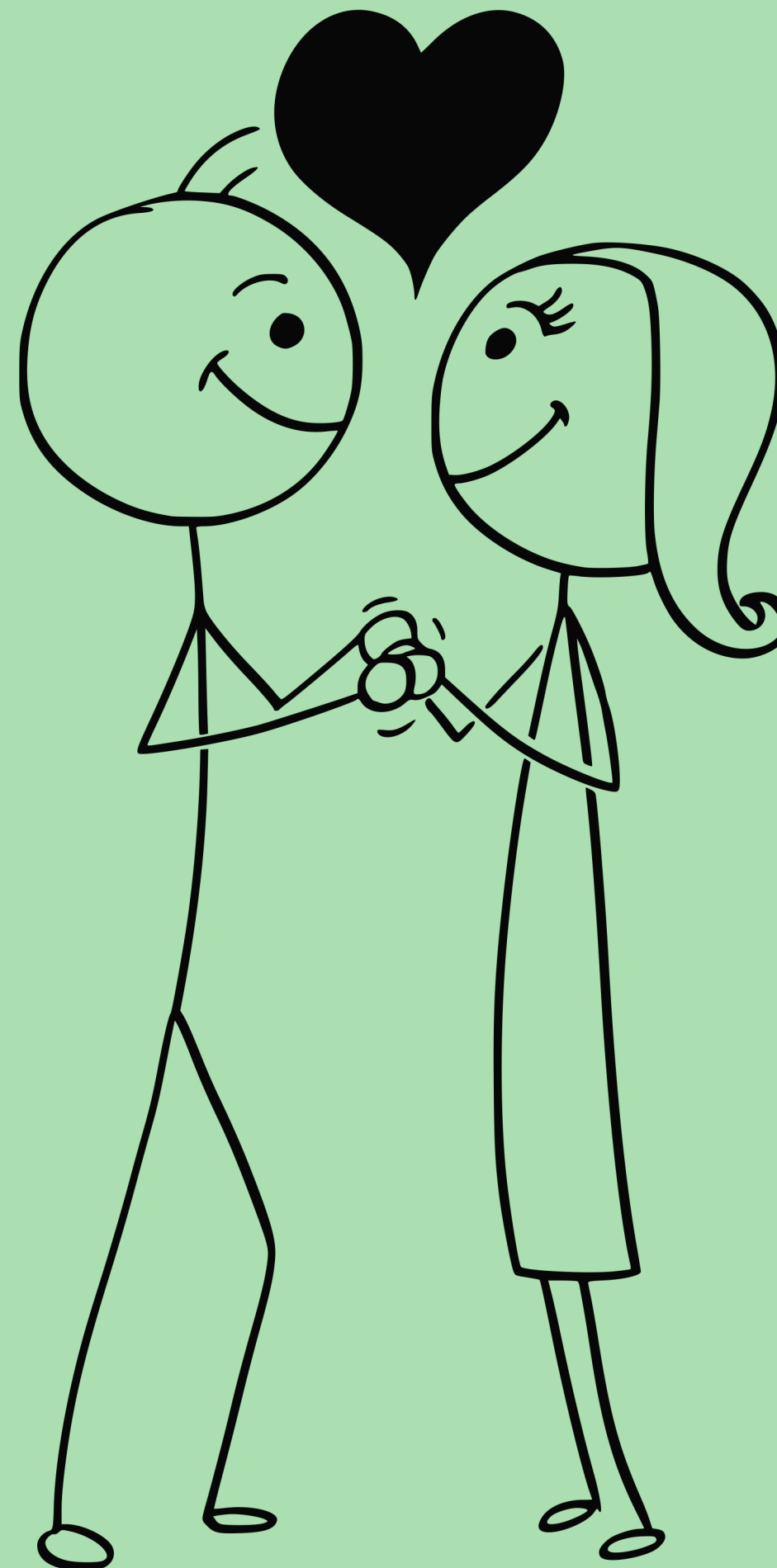
acceptance

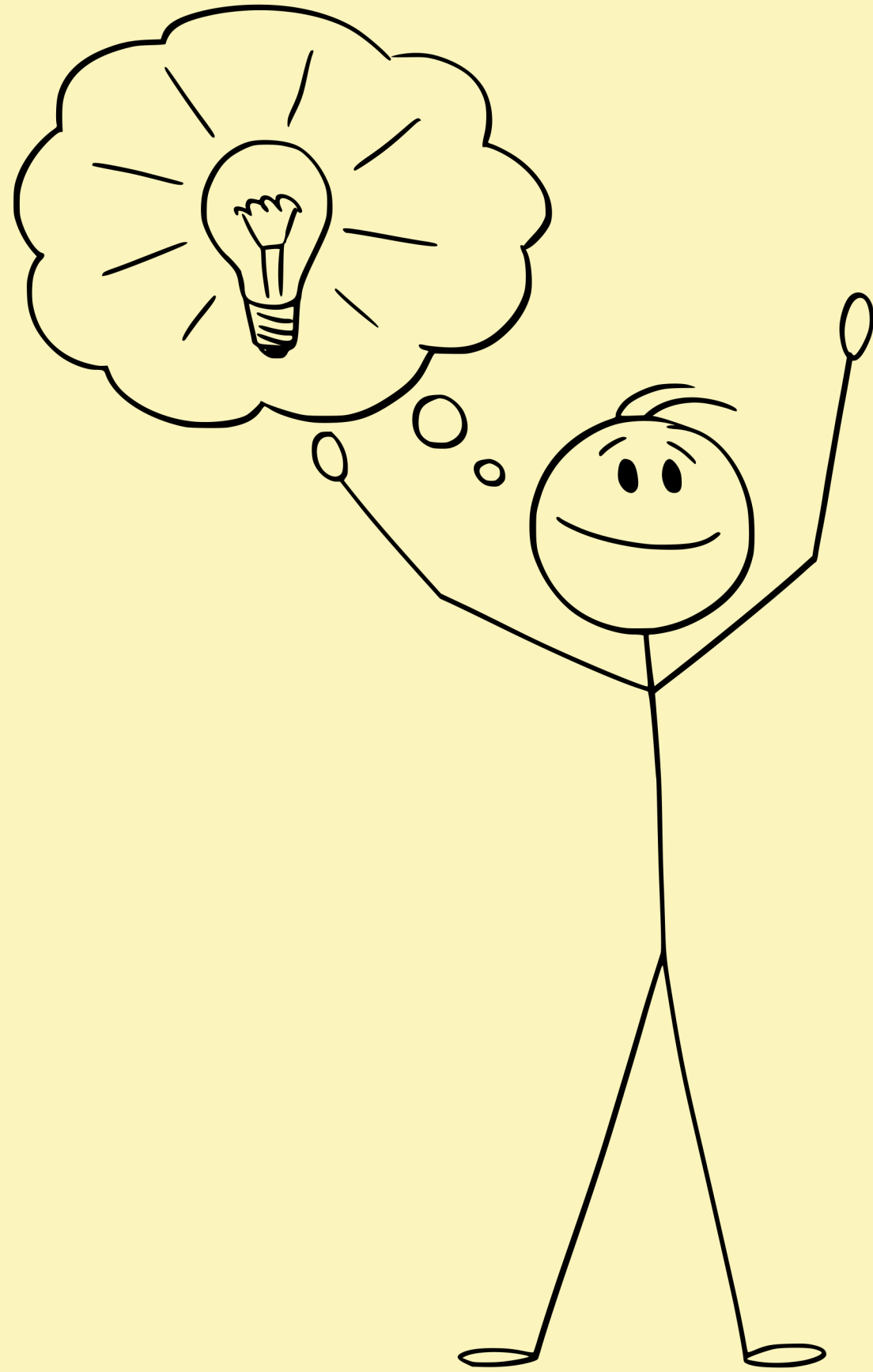
- direction of awareness
- willigness
- expansion

allow
vs
resist

- the problem
- resisting
- allowing

activity:
your parts practice





step 2:

ask

+ explore

the struggle

awareness.
noticing.
labelling.

- feelings
- thoughts
- beliefs

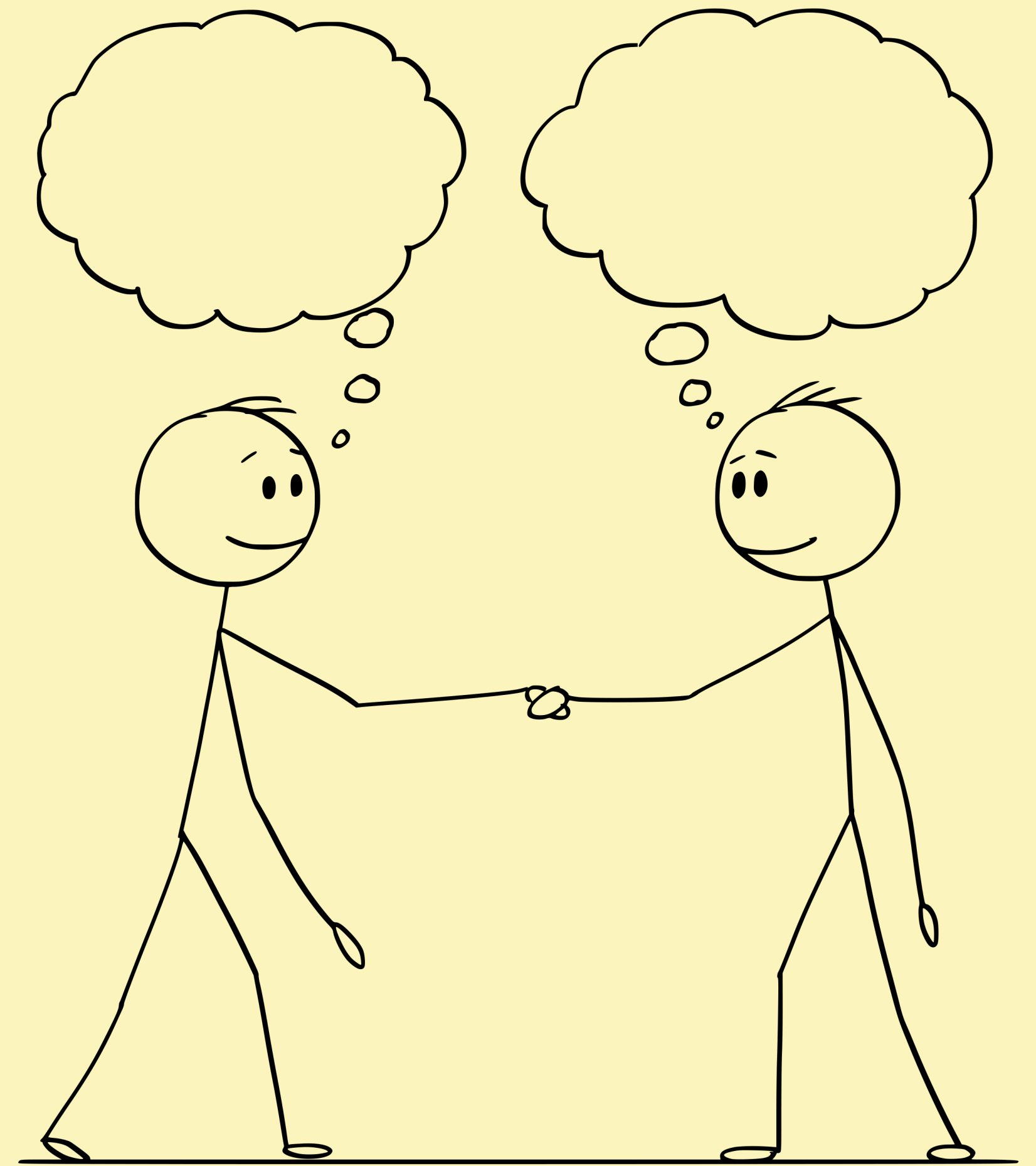
deeper
understanding

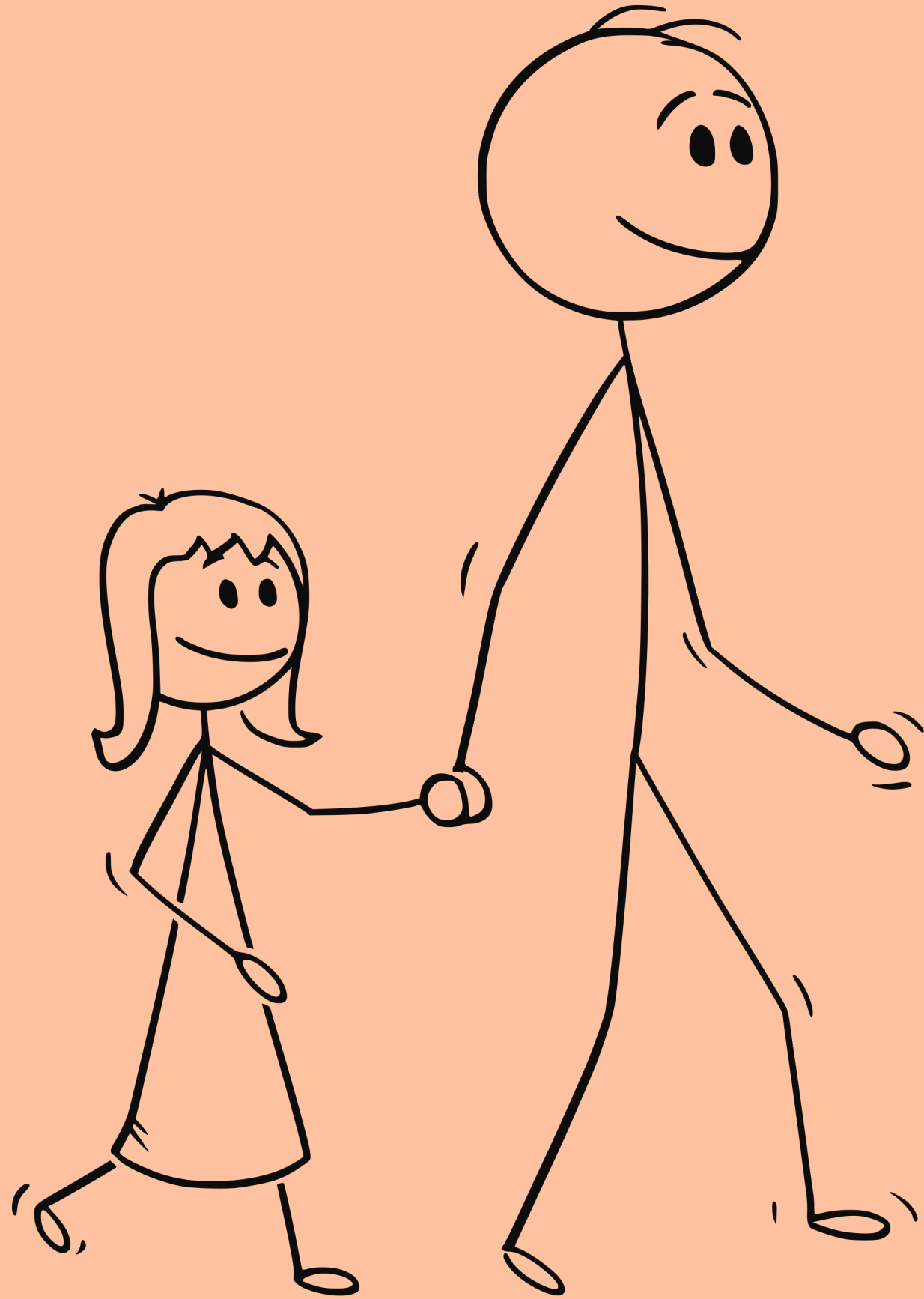
- catalyst
- stories
- layers

clarity

- behaviours
- helping
- needs

activity:
your part snapshot





step 3:

ally

+ alleviate
the struggle

leader's job

- what your part needs
- what you do for others
- your leadership qualities

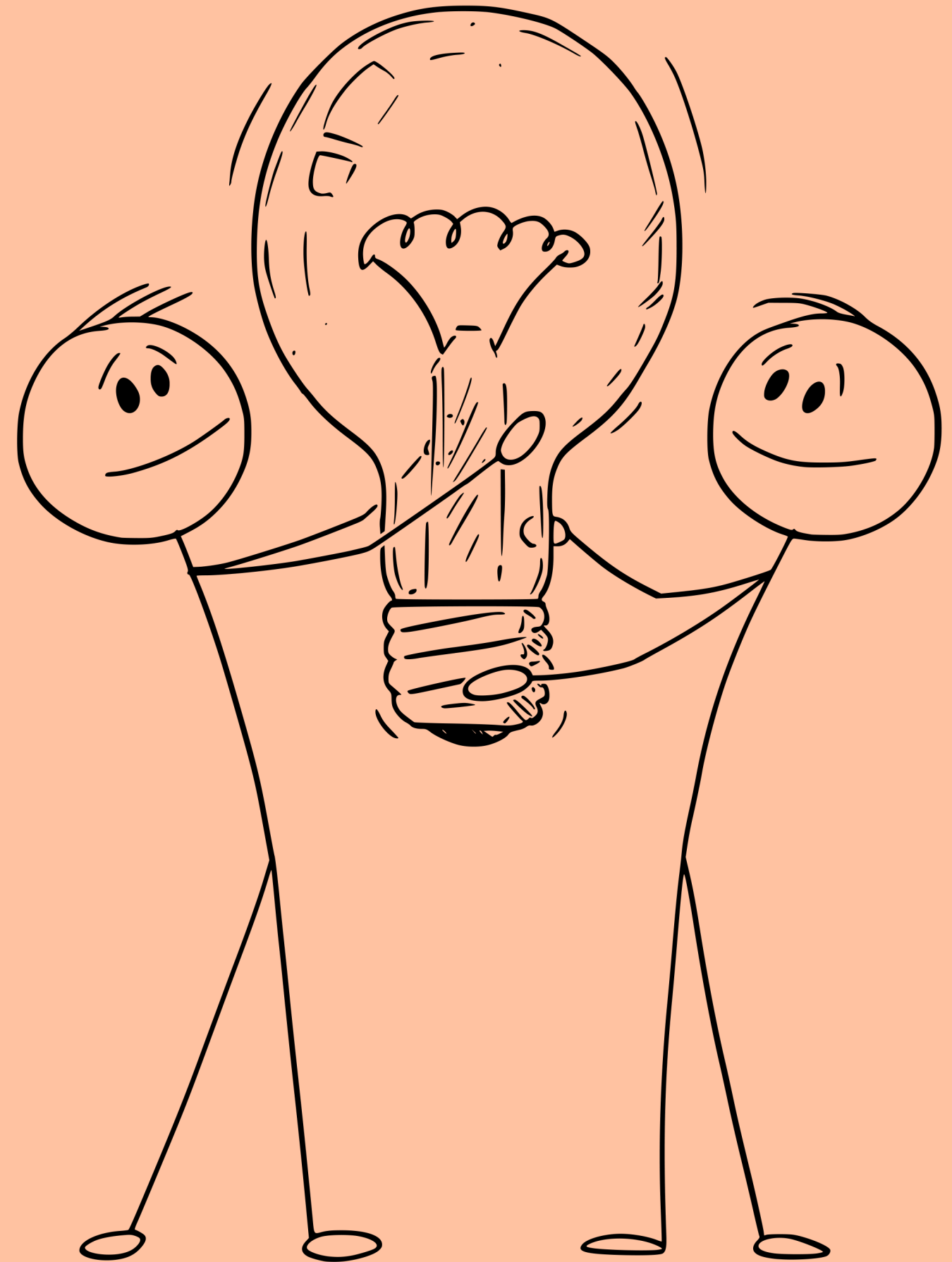
part's job

- find the gift
- assist with reframe
- redirect focus

put down
the rope

- not fighting a war
- not fixing a problem
- not a lone warrior

activity:
your alleviate plan

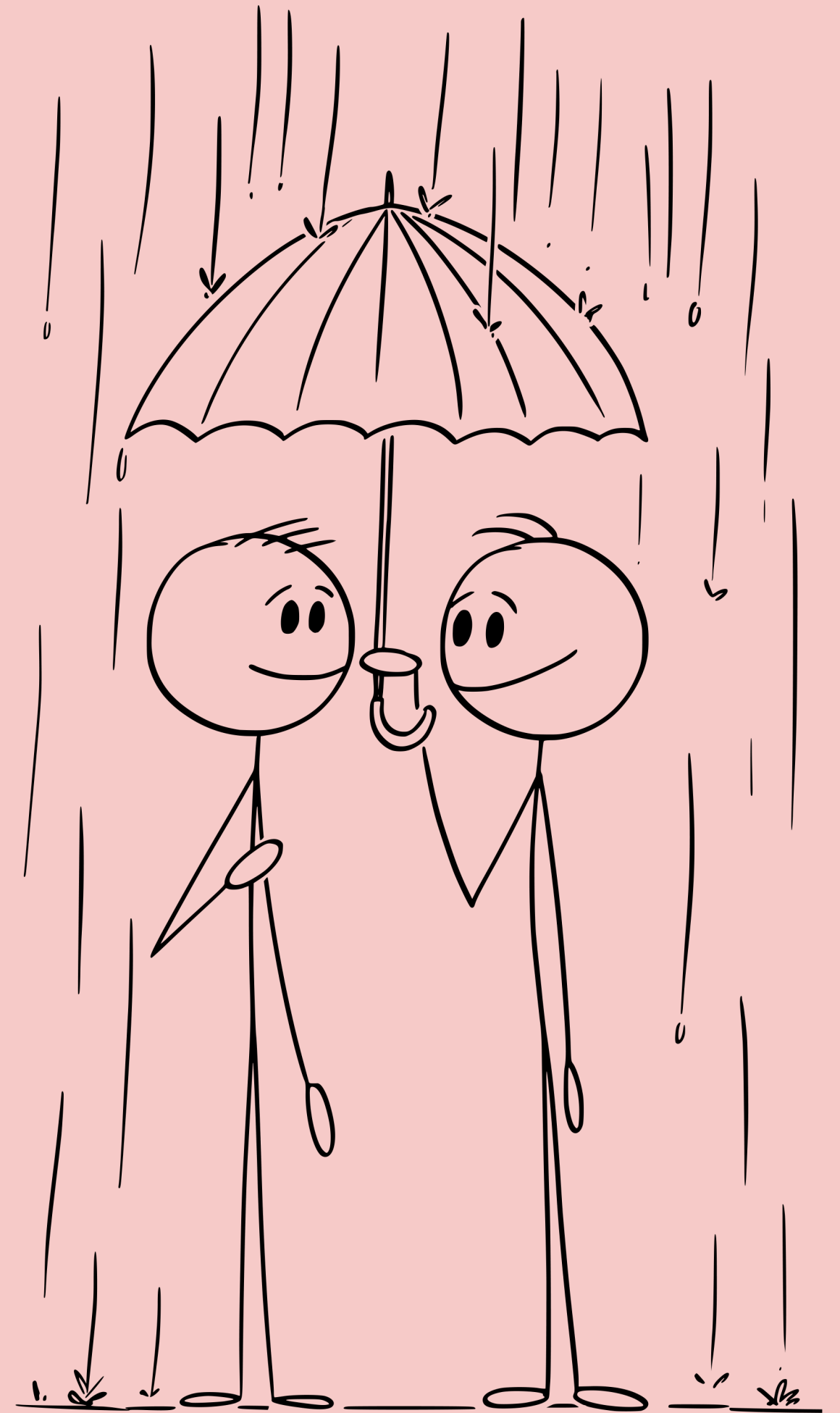


to conclude:

"we're tethered in wide open spaces"

~ brandi carlile

activity:
a new metaphor



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