



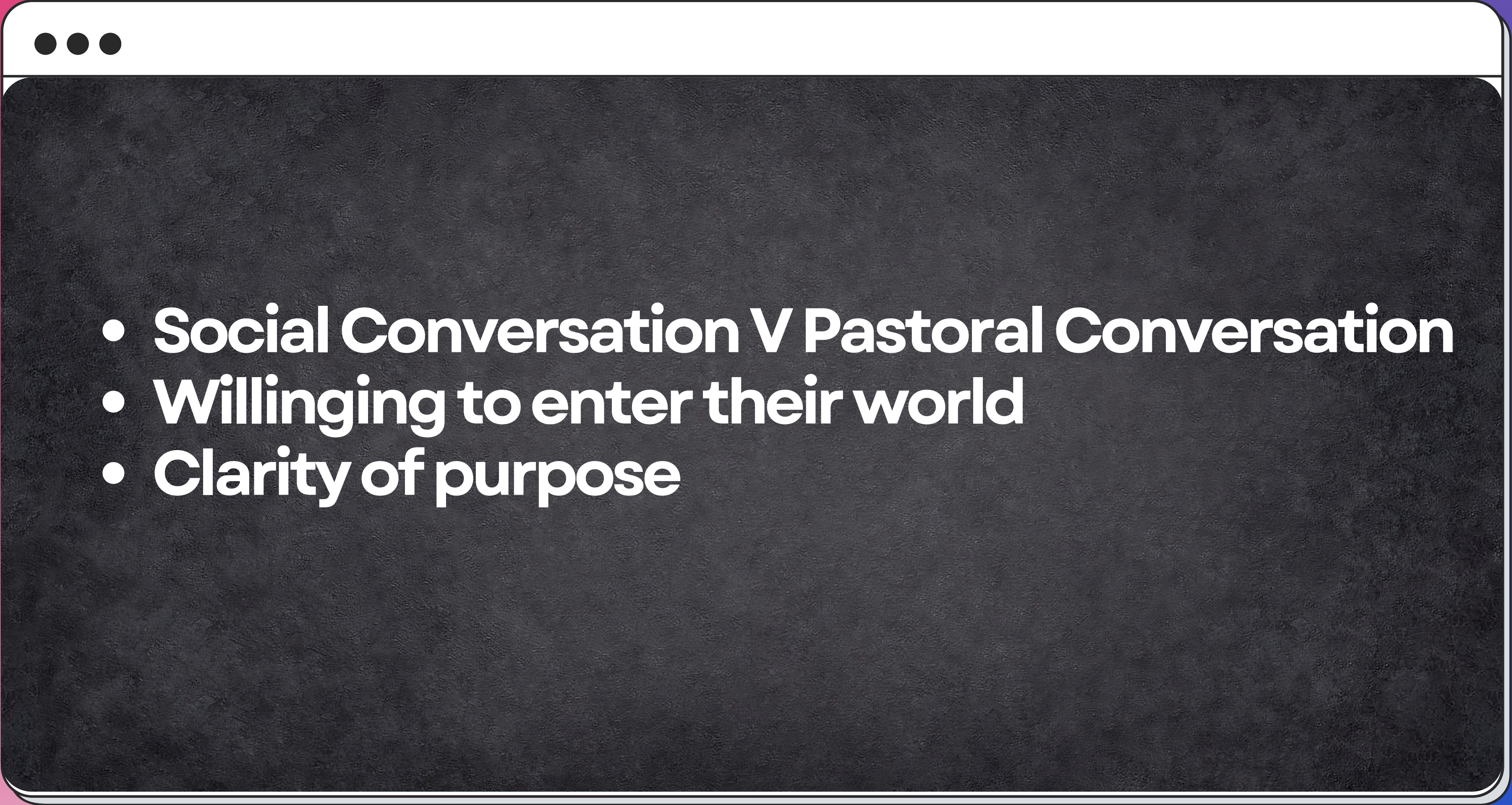
Accidental Counsellor Conference Recap 2023





Companioning Others in their Time of Grief

by Michael Turner

- 
- **Social Conversation V Pastoral Conversation**
 - **Willinging to enter their world**
 - **Clarity of purpose**

HOW ARE WE TAUGHT TO MANAGE GRIEF?

- Don't mention anything related to their loss
- Offer platitudes such as, "Everything happens for a reason"
- Tell them not to burden others with their pain/loss
- Act like nothing happened
- Share with them your own sufferings

DOUBLE LONELINESS OF GRIEF

- Not only the loss of the loved one, but also the loss of those who withdraw

WILLINGNESS TO ENTER THEIR WORLD

- Starts with my willingness to enter into their world
- Comfortability in my own 'Pit' and my own stuff
- Henri Nouwen,
 - *"Unless we are aware, to some degree, of what and who we are, how much of the other are we really going to see, hear, feel, or understand? Moreover, not only do we need to be cognisant of our own inner landscape, we need to be reasonably comfortable with it as we seek to create a safe space with others".*

BARRIERS TO ENTERING ANOTHER'S WORLD

- Triggers
- Using elements of our regular conversations:
- Wanting to be uplifting, light, entertaining
- Asking questions- being curious
- Sharing experiences
- Offering advice/solutions/fixes
- Platitudes & silver linings

THE KEYS TO ENTERING ANOTHER'S WORLD: *THE PASTORAL CONVERSATION*

- Respect: Work with what the person offers: they lead and I follow.
- Listen with intention and attention.
- Containment: my sympathy, my curiosity, my questions, my advice, my stories, my triggers, etc.
- Empathic responses, i.e. "What would it be like for me?"
- Convey understanding or striving too.

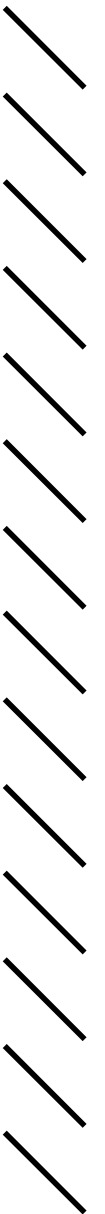
NON-ANXIOUS PRESENCE

- What is it? Just a buzz word?
- How do I achieve it= Clarity of purpose
- How anxiety can be unconscious and sabotage the goal of connection



Managing Big Emotions: A Brain Based Approach to Emotional and Behavioural Challenges

by Rebecca van Herk

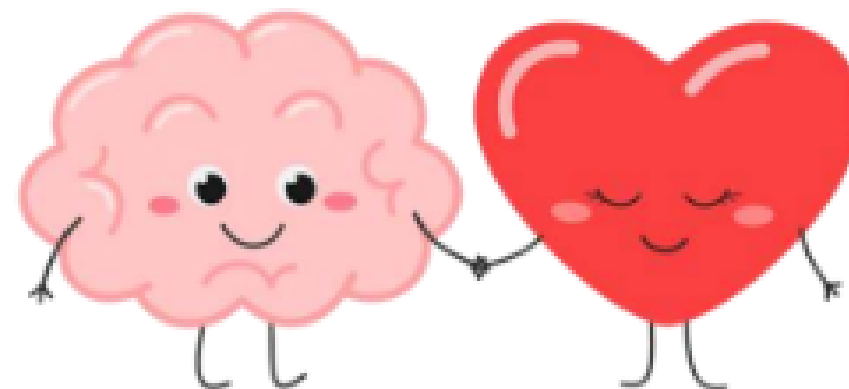


BRAINY FACT:

- Our brains are wired for **SURVIVAL**.
- Our brains works from the bottom up:
 - We **FEEL**, then we **THINK**.
- In times of stress, our thinking brain stops working.

REPETITION CAN REWIRE:

- **We have the power to decide** what our children's repeated experiences will be!
- Safe, secure, positive, nurturing relationships make the difference.



A Child's Behaviour is an Iceberg

What you see:



Feeling loved
Feeling satisfied
Feeling confused
Feeling detached
Feeling secure
Feeling sad
Feeling connected
Feeling angry
Feeling joyful
Am I safe? Am I loved?
Can I do things for myself?
Am I capable? Am I nourished?
Do I belong? Am I respected?
Do I have power? Am I secure?
Am I included? Are my thoughts valued?
Am I understood? Do I matter?

(What's really going on?)

The
misbehavior
we often see is
often the
child's attempt
to solve a
problem we
can not see.



We need to be
emotional
detectives
asking, “**What
drives or is
underneath this
behaviour?**”

Beneath every
behaviour there is a
FEELING

And beneath each
feeling is a NEED

And when we meet that
NEED rather than focus
on the behaviour we
begin to deal with the
CAUSE, not the
symptom.



**Do I matter,
Am I worthy and
Am I important?**



Reframing a child's challenging behaviour as...

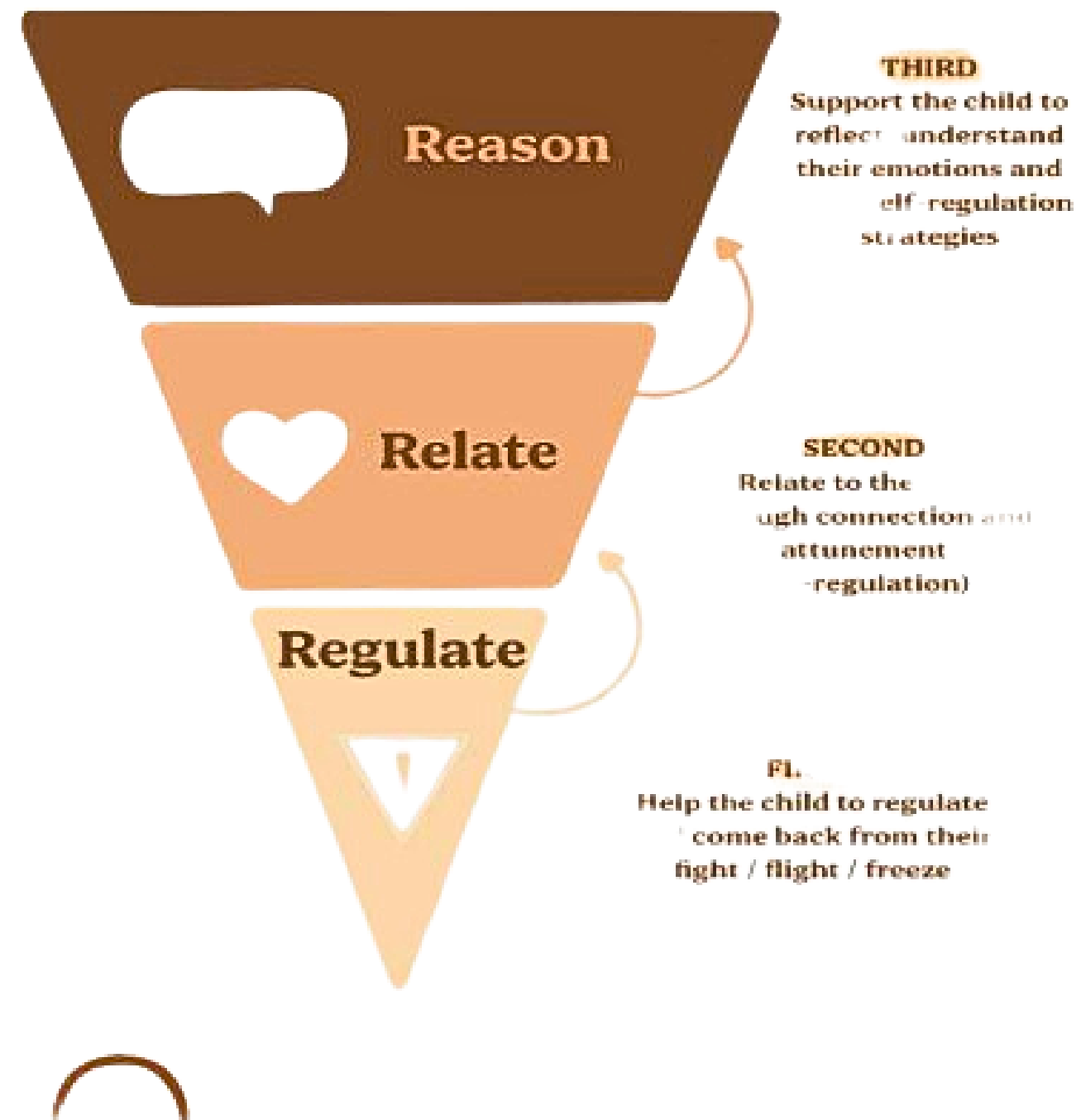


Image Credit: Untigering: Peaceful Parenting for the Deconstructing Tiger Parent - Iris Chen



The Three R's

How to support children when they have 'flipped their lid'



TUNING IN CARE:

THE FIVE STEPS OF EMOTION COACHING



TUNING IN – notice or become aware of emotions



CONNECT and teach – it's an opportunity!!



ACCEPT and listen – show understanding and empathy



REFLECT – what you hear and see.
NAME the emotions



END with problem solving and setting limits – if necessary

From "Tuning into Kids: Emotionally Intelligent Parenting"



What is my child trying to tell me.....



When a child is upset
It is not your job to.....

Shut down their feelings

Rush them to calm

Fix it

Judge if their reaction is valid

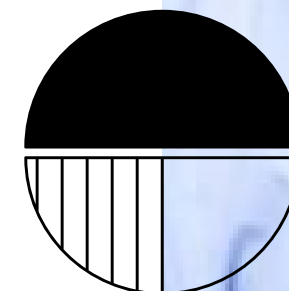


@The_Therapist_Parent



Thrive: Self Care to Thrive not Just Survive

by Rocky Biasi



THRIVE RATHER THAN SURVIVE

Your relationship with yourself and all of Life is often a reflection of how you're managing your energy.

Focus + Attention = Energy



What are you focusing on and paying attention to most?

POSITIVE PSYCHOLOGY



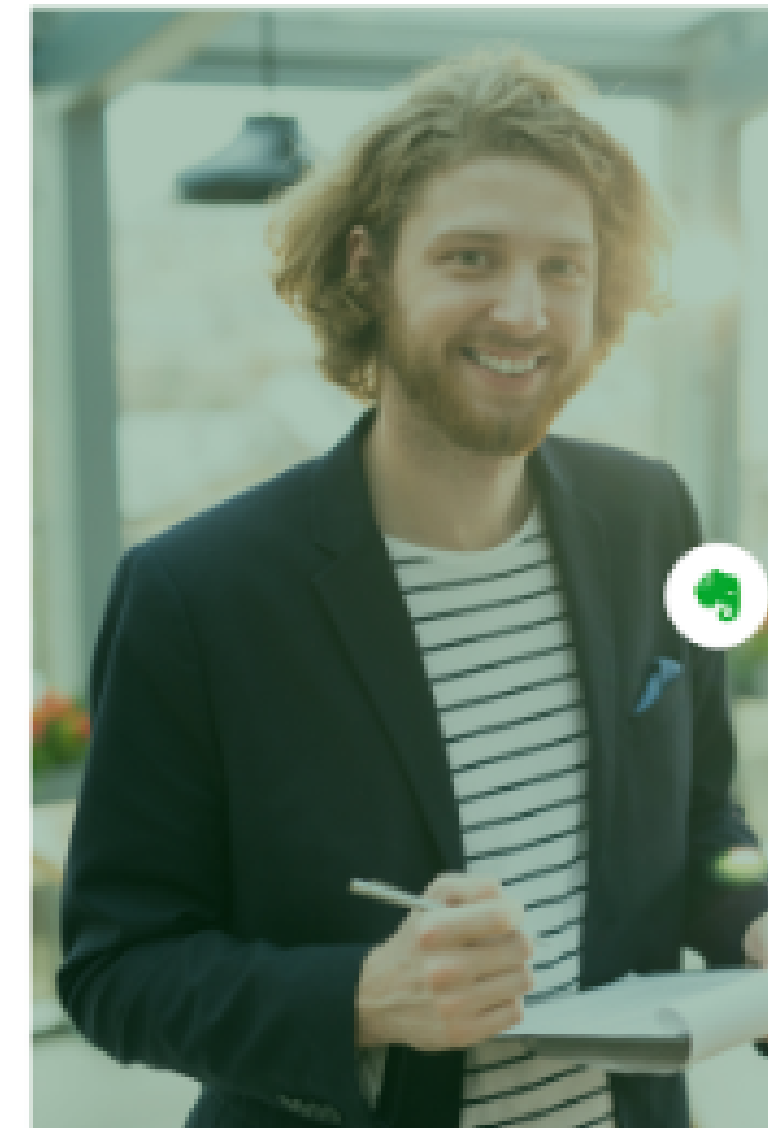
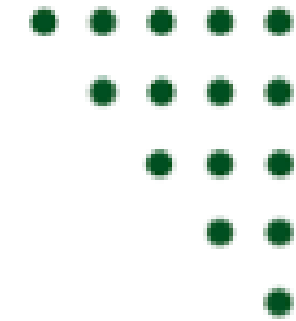
P POSITIVE EMOTIONS

E ENGAGEMENT

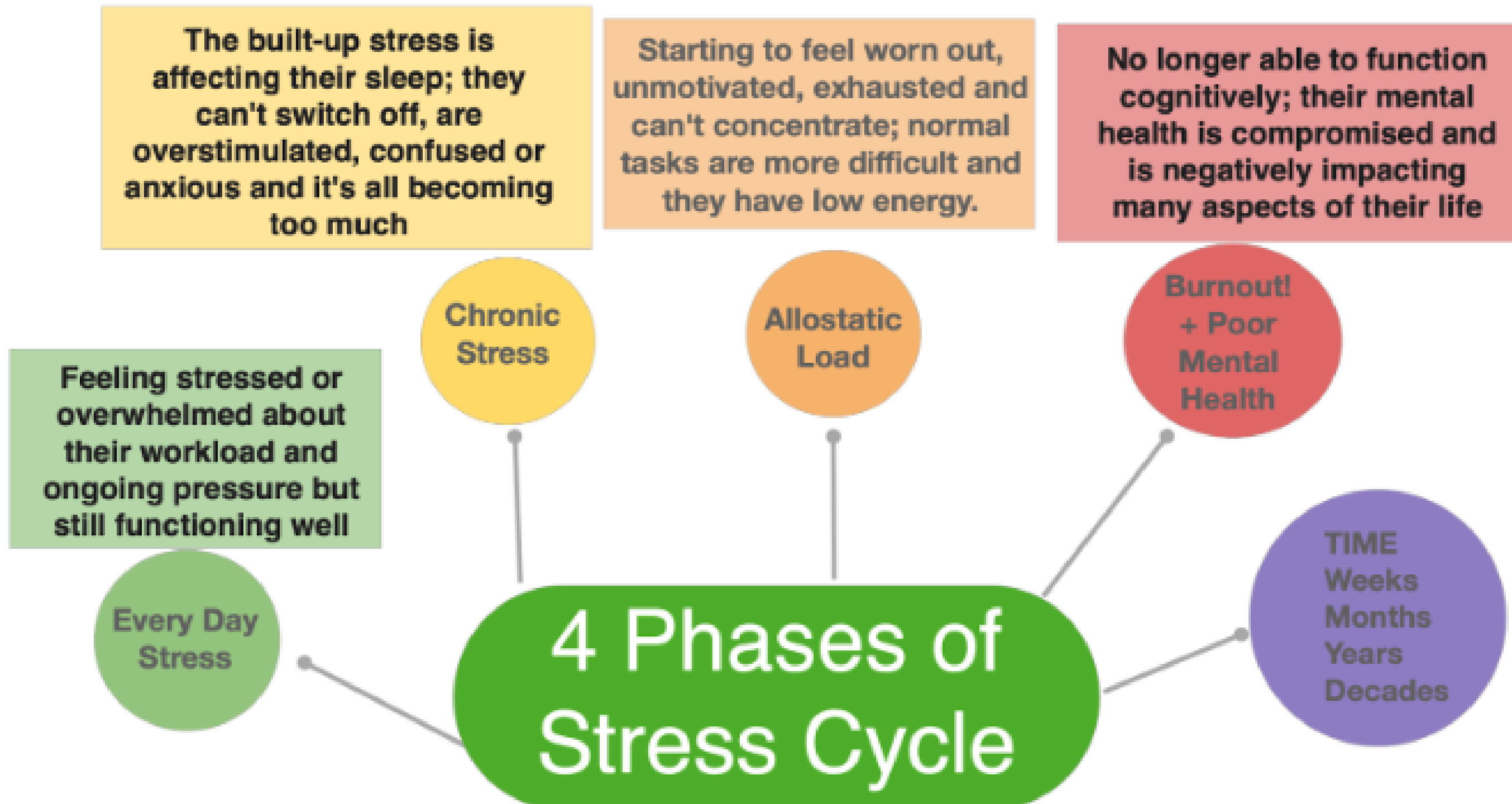
R RELATIONSHIPS

M MEANING

A ACHIEVEMENT



Most people are usually in one of these four distinct phases of the stress cycle:



THRIVE - A Self Care Plan



DOPAMINE:
THE REWARD CHEMICAL

- Eating good food
- Achieving a goal
- Completing a task
- Self-care activities



OXYTOCIN:
THE LOVE HORMONE

- Socialising
- Physical touch
- Petting animals
- Helping others

Get your daily D.O.S.E of Happiness Chemicals

SEROTONIN:
THE MOOD STABILISER

- Sun exposure
- Mindfulness
- Be with nature
- Meditation



ENDORPHIN:
THE PAINKILLER

- Exercising
- Listening to music
- Watching a movie
- Laughter



Mindfulness

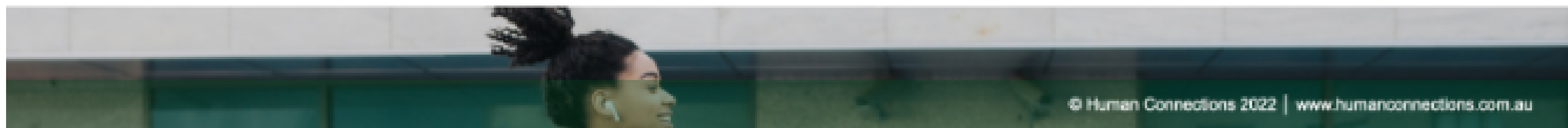
- Your mind is not always your friend
- Where is your focus?

Strategy

Turn goals into habit

Physical

- Better Mood
- Better Energy
- Reduce Health Risk



The Habit Loop

How to create habits

Obvious

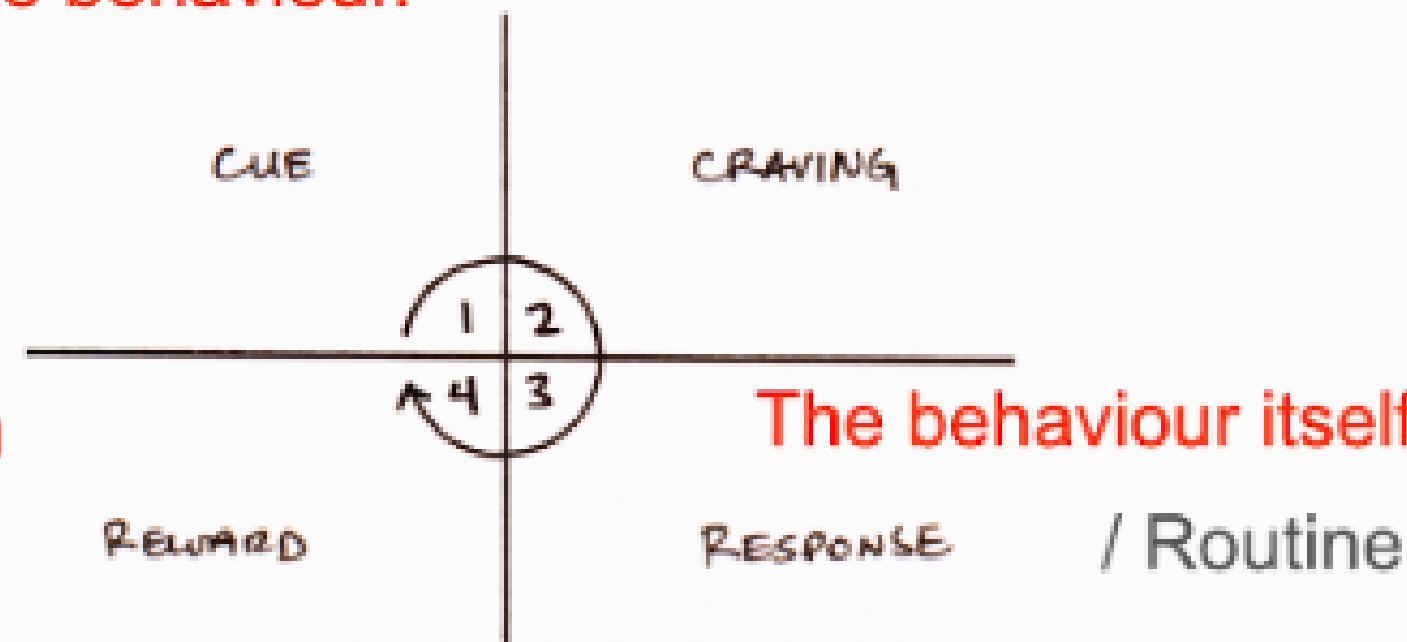
Attractive

The trigger that initiates the behaviour.

The desire to achieve the reward

The benefit received from
doing the behaviour.

The behaviour itself.



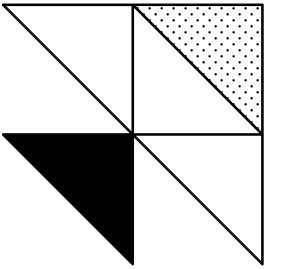
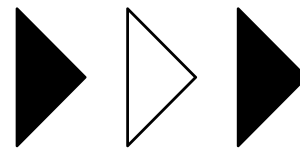
Satisfying

Easy



Staying Focused and Managing Overwhelm

by Melo Calarco





Multitasking

SIMPLE
MULTITASKING

ATTENTIONAL
BLINK
(up to .5
seconds)

UNITASKING

COMPLEX
MULTITASKING

ATTENTION or
CONTEXT
SWITCHING



MULTITASKING RESEARCH

Poorer academic results

More errors

Took longer to complete tasks

Not able to focus on task

Productivity reduced up to 40%

Hard to retain new information

Drop of 10 IQ points

Deceived perception

A cartoon illustration of a man in a white shirt and tie, standing and multitasking. He is holding a smartphone to his ear with his right hand, a document with a dollar sign (\$) with his left hand, another document with a bar chart with his right hand, and a tablet with a line graph with his left hand. He has a stressed expression on his face.



**Average 64
secs to get
your
attention
back**

**8.5hrs
of lost time
context
switching**

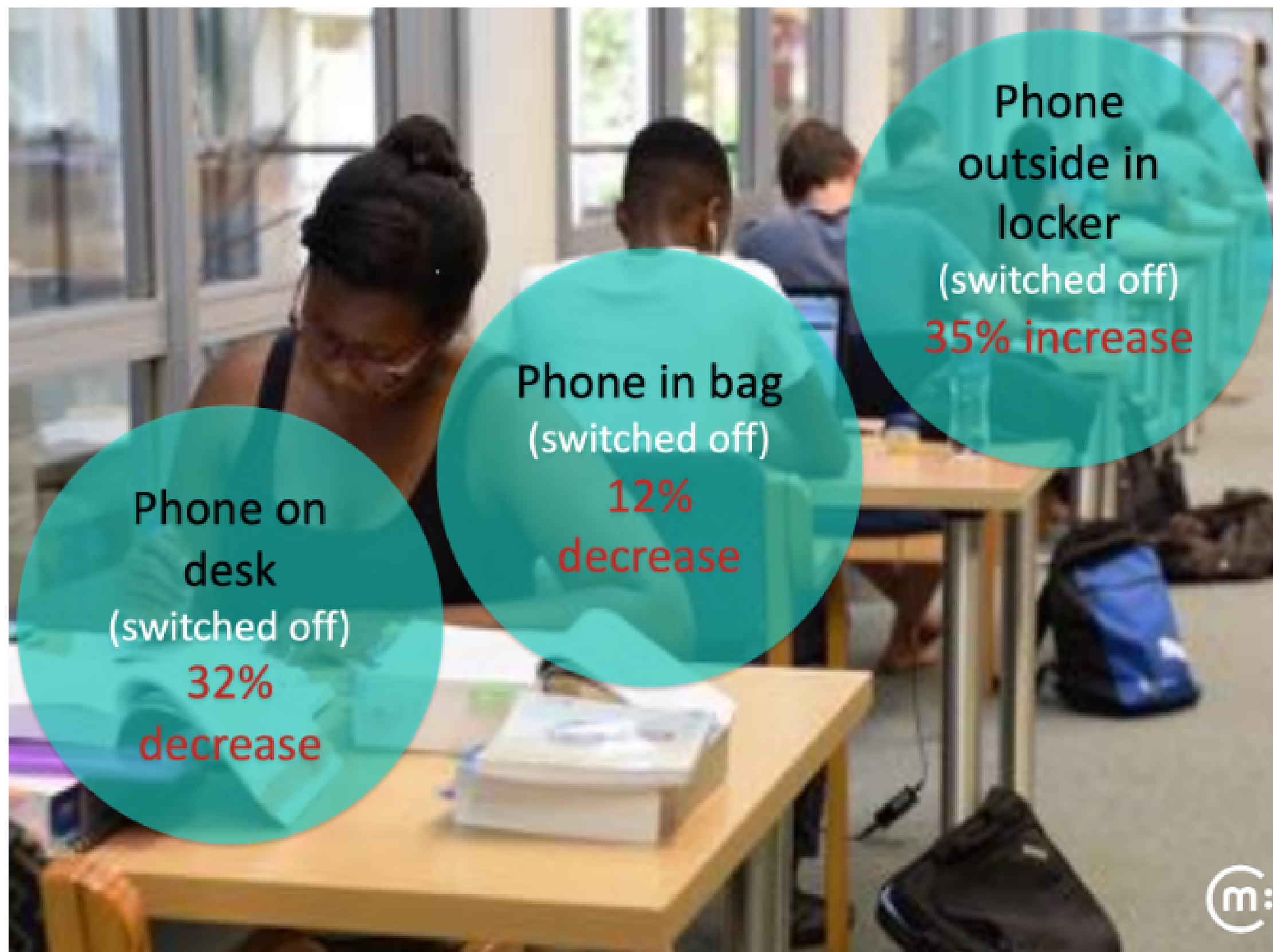
**If you get a
distraction
every 5 mins
in a 40hr
week**







The average Aussie will spend almost **17 years of their life on the phone** (that's 145,800 hours over a lifetime or 33% of their waking hours).



Three different work modes

Reactive
(or responsive)

Proactive

Creative

REACTIVE MODE

- Answering calls/emails
- Answering texts
- Pop ups, notifications
- Opening links on websites etc.
- Quickly finishing something off
- Unplanned meetings
- No real focus on task
- Last minute jobs
- Multitasking
- Other peoples demands

Feel wiped out end of the day

PROACTIVE MODE

- Your job roles/ obligations
 - Working on projects
 - Planned meetings
 - Managing your team
 - Project Management
 - Focusing on your task at hand
 - Working mindfully on task
 - Meeting deadlines
 - Laser sharp focus and attention
- Feel productive

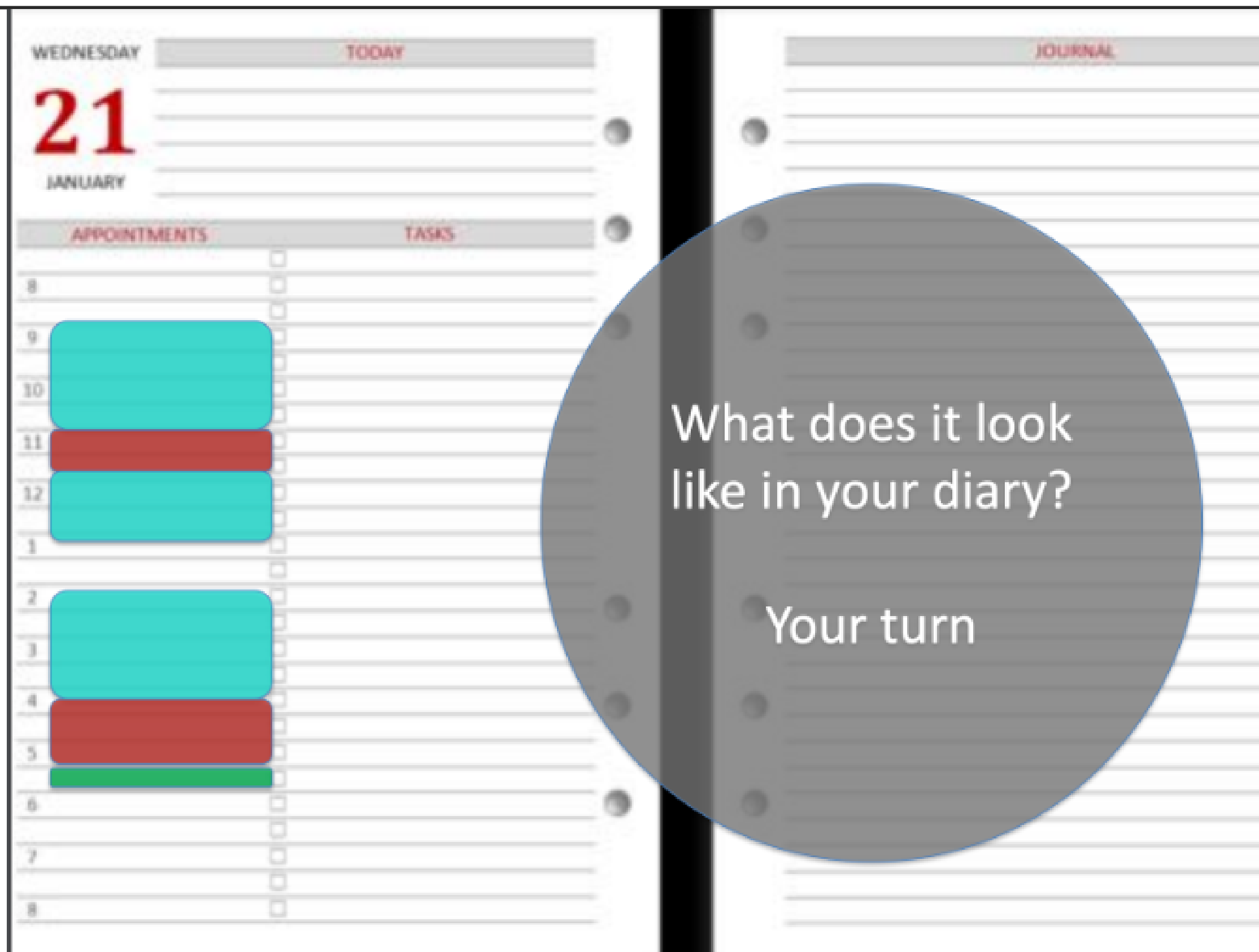
BETA Control of your day
Workflow, and
drilled.

CREATIVE MODE

- Creating new ideas
- Driving new business
- Big picture thinking
- Brainstorming
- Strategising
- Collaborating creatively
- Working calmly and deliberately on tasks
- Taking decisive action
- Making key decisions
- Forecasting

ALPHA Calm
energised.





6 tips to work more mindfully

1) Eliminate distractions as much as possible.

2) Set clear intentions for your workflow.
(list)

3) Catch yourself when losing focus and reset

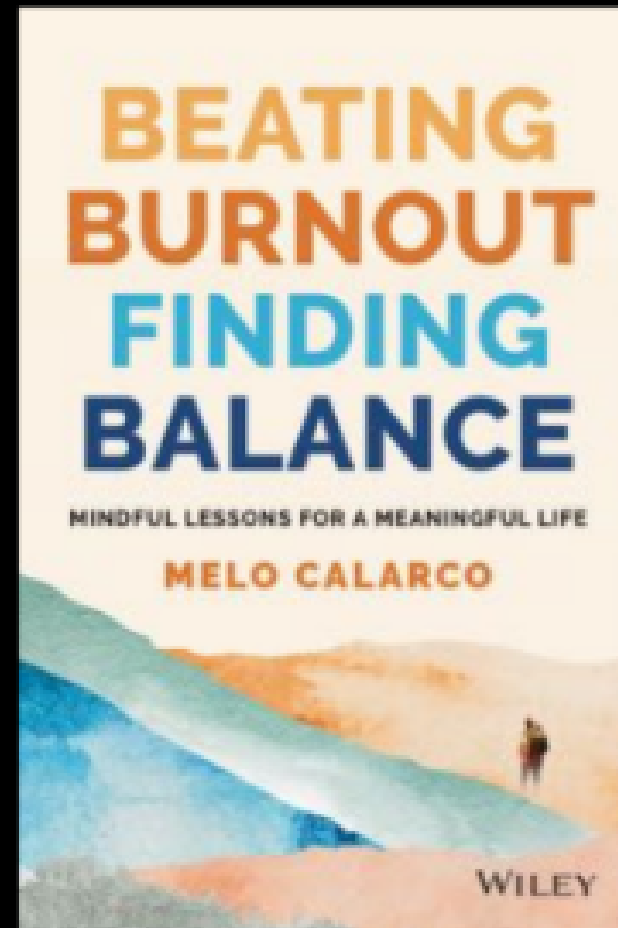
4) Take small breaks.... often.

(90 second breath break)

5) Take control of your devices

6) Be mindful of your focus





FREE RESOURCES



Free Chapter

melo@melocalarco.com

0405 940 664

www.melocalarco.com

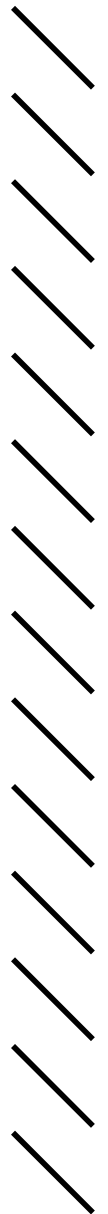


MeloCalarco
HIGH PERFORMANCE COACH

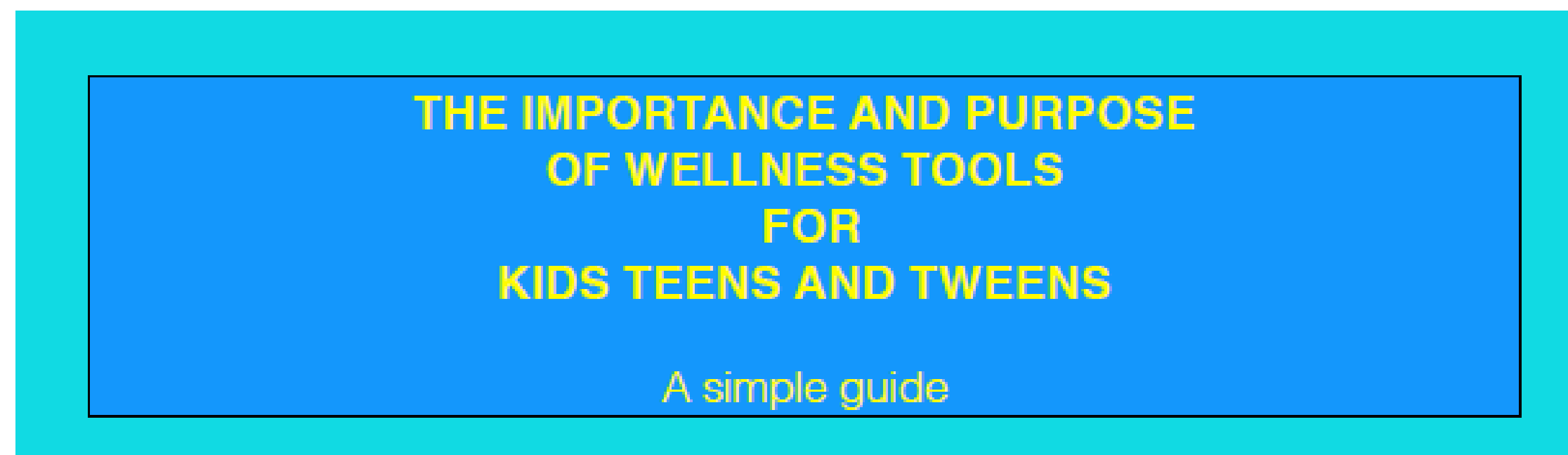
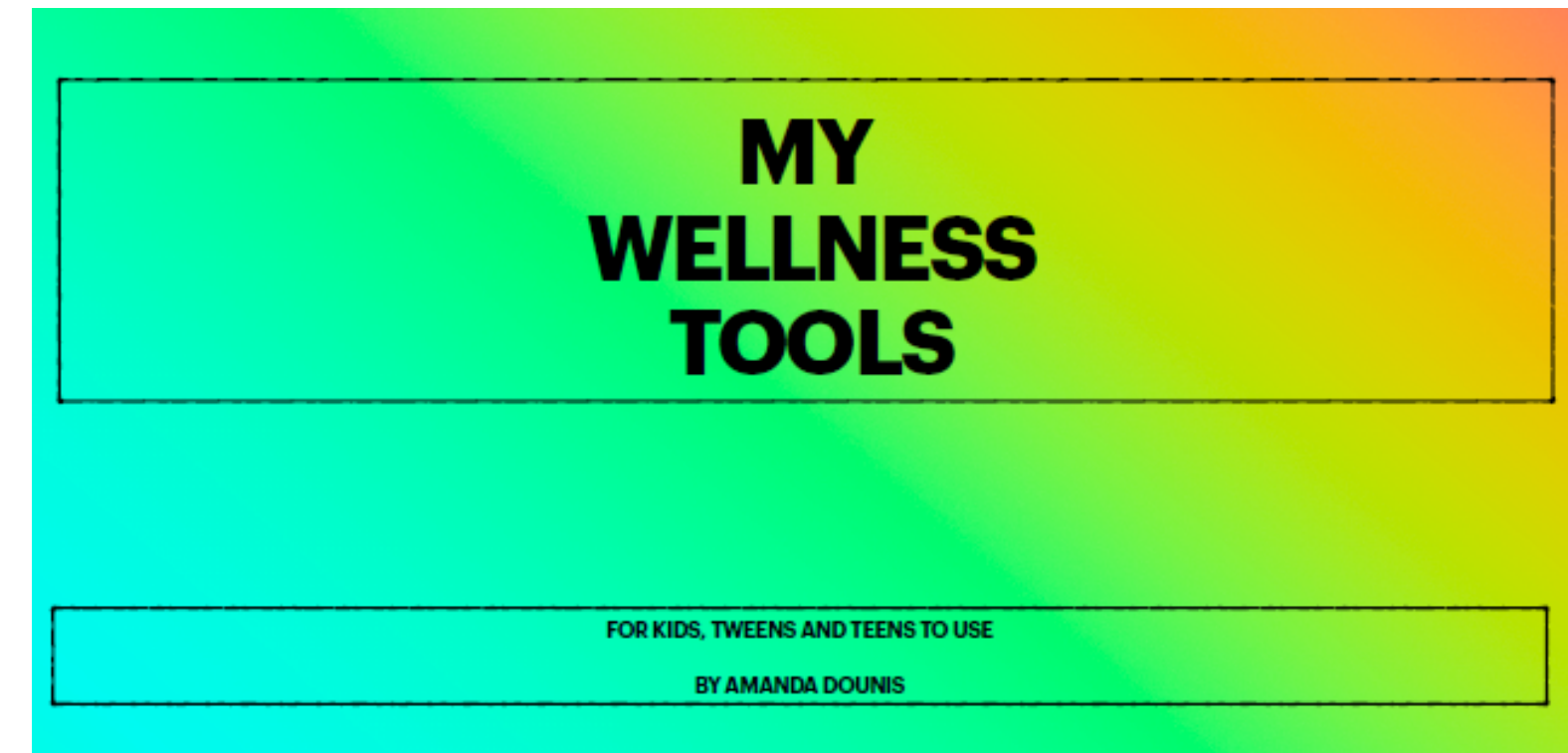
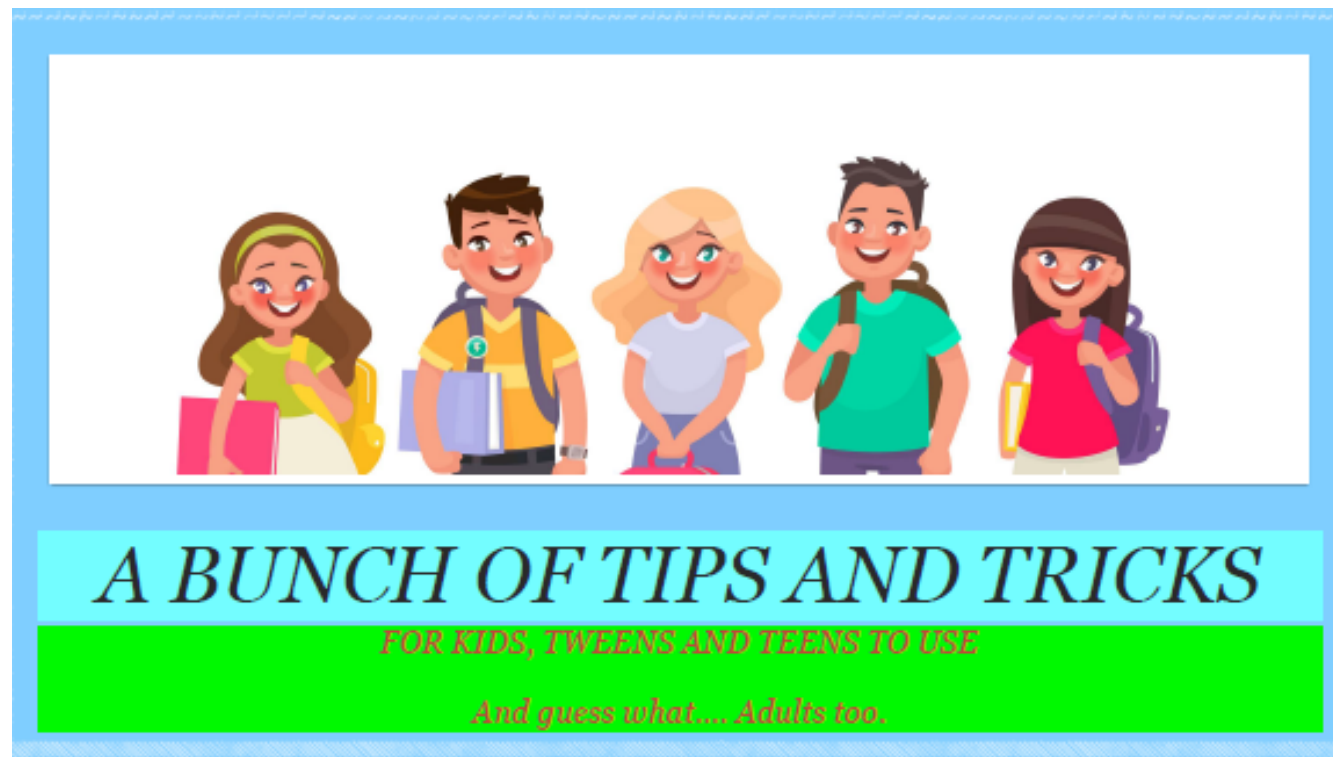


Working Effectively with Young Clients: Unleashing the Magic of Successful Sessions

by Amanda Dounis



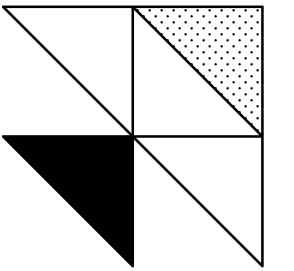
Free Resources





Overcoming Procrastination with Intention Tapping

by Steve Wells





*"Many people associate procrastination with laziness. But psychologists find that procrastination is not a time management problem - **it's an emotion management problem.** When you procrastinate, you're not avoiding effort. **You're avoiding the unpleasant feelings that the activity stirs up.**"*

- Adam Grant, Hidden Potential

(Emphasis mine)

Step 1: Get clear on why

- Why do you *want* to? (vs. Why you “should”)
- Ensure your “Why” is linked to your highest values
- However, wanting it and a good reason why may not be enough...



Step 2: Learn to manage your emotional state

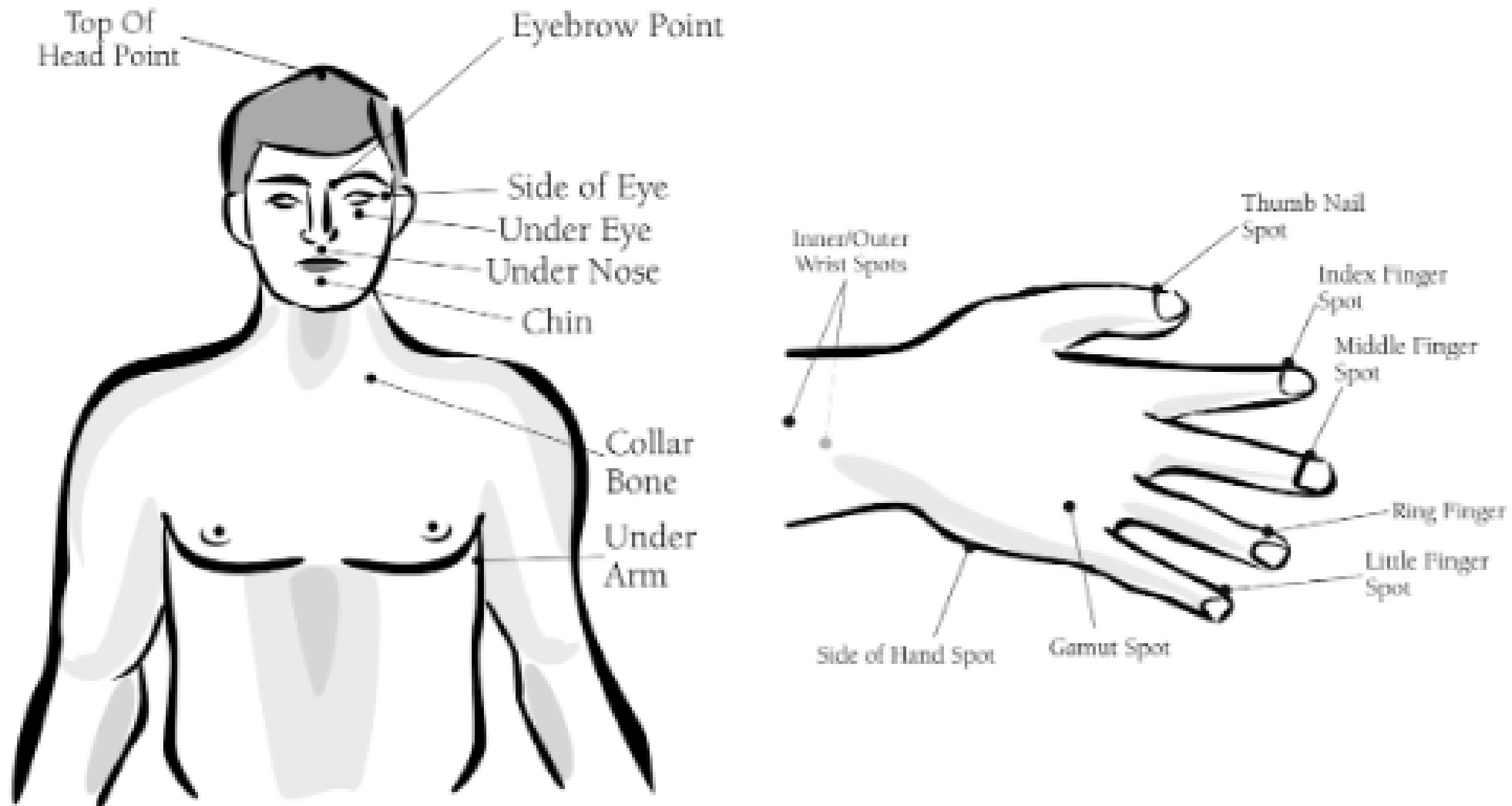




Enter acupoint tapping...

Multiple research studies show tapping to be effective for relieving emotional stress, anxiety, depression, food cravings, pain, trauma and PTSD, and improving athletic performance

Tapping Points



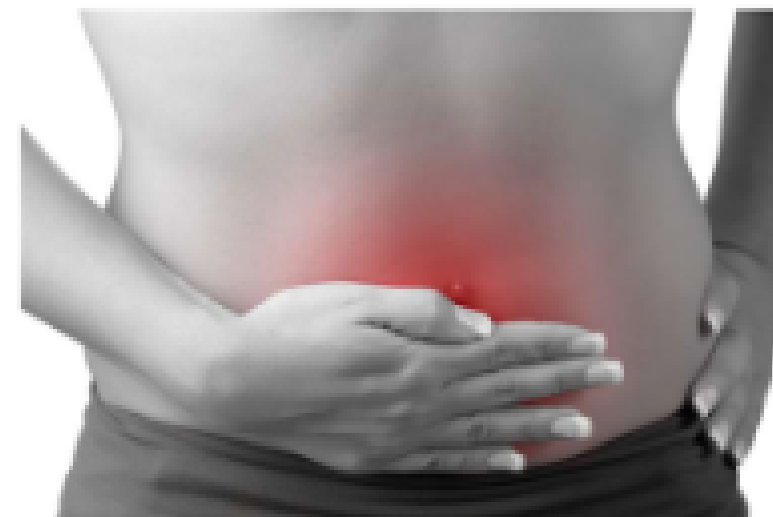
Tapping Basics


- Tap gently, any order, either side of body
- Focus on *whatever* you're aware of: Thoughts, Feelings, Body sensations...
- Tap directly (focus), or indirectly (just tap)
- Mindful Acceptance: Notice, accept, allow, follow
- In general, more tapping = better results
- Tap daily for "energy toning"



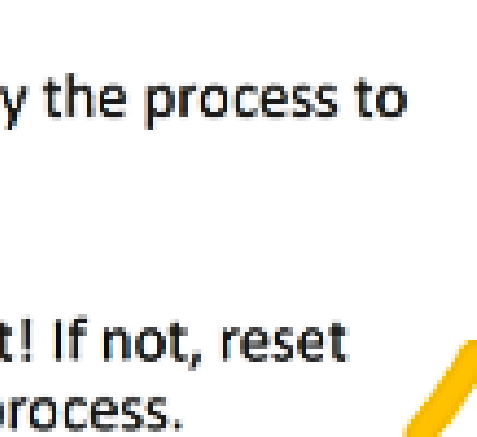
Intention Tapping: Core Intention Statements

- I *release* all my emotional attachments to (problem, event, image, belief, thought, memory)
- I *restore* the right energy flow to (body area and feeling)



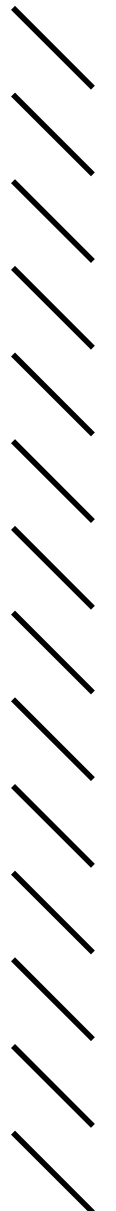


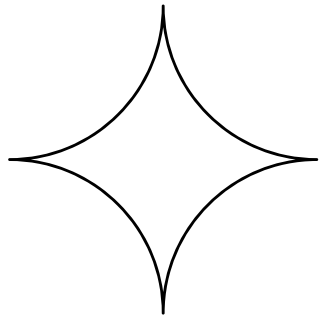
Creating Changes with Intention Tapping™

- 1: Decide what you want and decide to go for it
 - 2: Notice any objections and inner resistance (i.e., negative thoughts, beliefs, negative feelings)
 - 3: Apply Intention Tapping to your resistant thoughts and feelings:
 - *I release all my emotional attachments to this (thought, belief)*
 - *I restore the right energy flow to this (body area / feeling)*
 - 4: Notice what comes next and continue to apply the process to whatever arises until you reach calm clarity
 5. Revisit your goal: Is it 100% YES? If so, go for it! If not, reset your goal based on your values and repeat the process.
- 

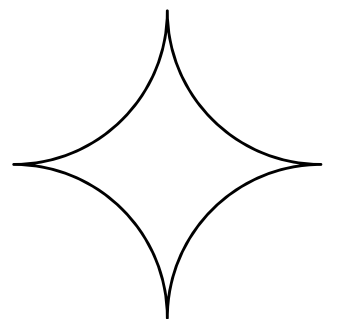
Self-Awareness as a Tool to Develop Resilience Amongst Children and Teenagers

by Hena Jawaid



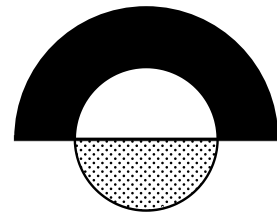


The eudaemonic model of well-being, derived from the Greek term "eudaimonia," which translates to "human flourishing" or "well-being," presents a more holistic approach to understanding well-being compared to hedonic models that focus primarily on happiness and pleasure.



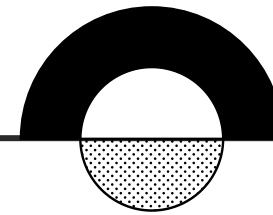


Key elements of the eudaemonia model include:



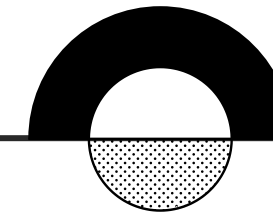
Self-Realisation

Central to eudaemonia is the concept of realising one's true potential. This involves personal growth, self-discovery, and the fulfilment of one's unique talents and capacities.



Purpose and Meaning

Eudaemonic well-being emphasises living life with a sense of purpose and meaning. This might involve pursuing goals that are aligned with one's values and beliefs, and contributing to something larger than oneself.



Autonomy and Personal Control

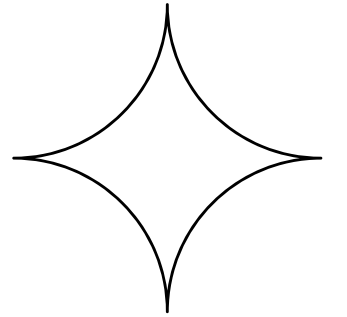
Presentations are communication tools that can be used as demonstrations, lectures, speeches, reports, and more. It is mostly presented before an audience. It serves a variety of purposes, making presentations powerful tools for convincing and teaching.

Self-Acceptance and Positive Relations

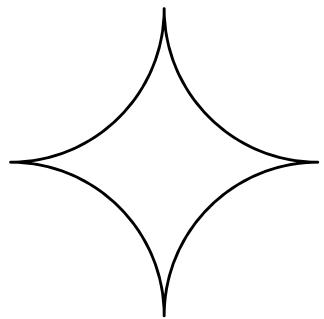
Developing a positive attitude towards oneself and fostering meaningful, supportive relationships with others are crucial elements.

Environmental Mastery

This refers to the ability to effectively manage and engage with the surrounding world, including adapting to varying circumstances and creating environments that suit one's needs and aspirations.



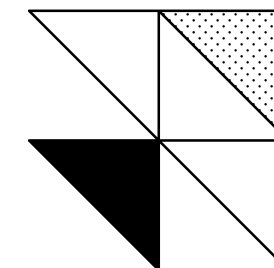
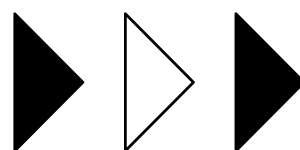
The eudaemonic approach is particularly relevant in fields like positive psychology and mental health, where the focus is on enhancing life quality and not just alleviating suffering. Its emphasis on fulfilling one's potential and finding deeper meaning and purpose in life resonates with many contemporary approaches to mental health and well-being, including those that might be emphasised in mental health and wellbeing workshops.





The Power of Vulnerability: Creating a Culture of Mental Health at Work

by David Titeu



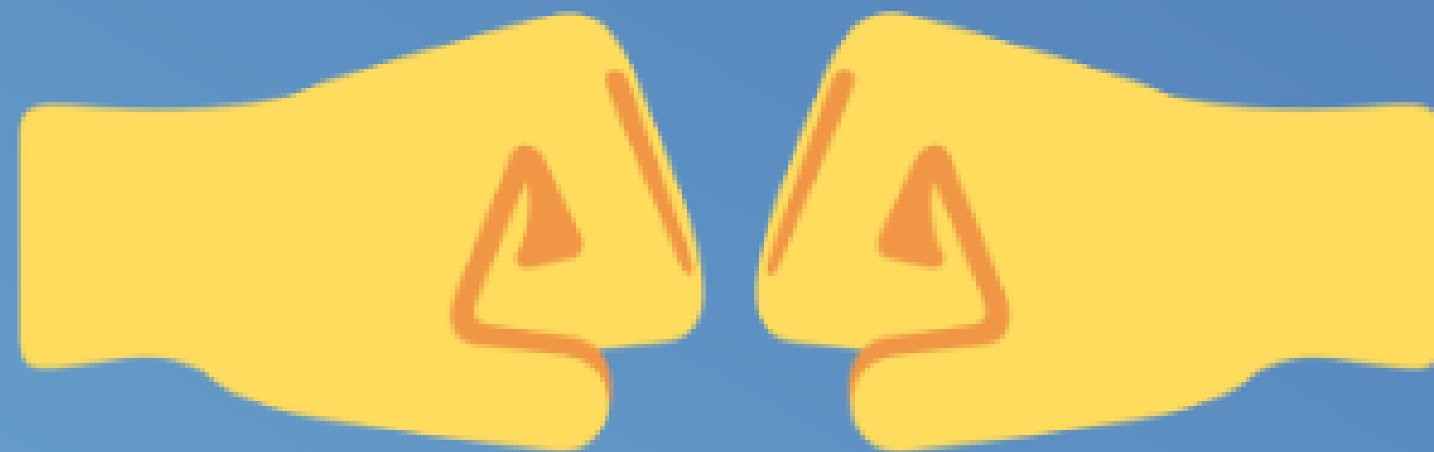
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"We alone have our own best answers, we just need to ask the right questions."

– Oscar Wilde



Peer Support



*"...is founded on key principles of **respect**, **shared responsibility** and **mutual agreement** of what is helpful."*



Active-Empathetic Listening



Summarise and Reflect



Ask Open-Ended Questions



Validate



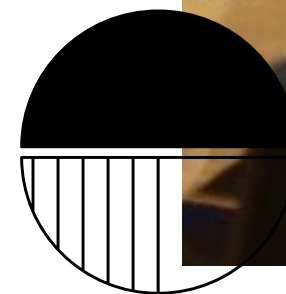
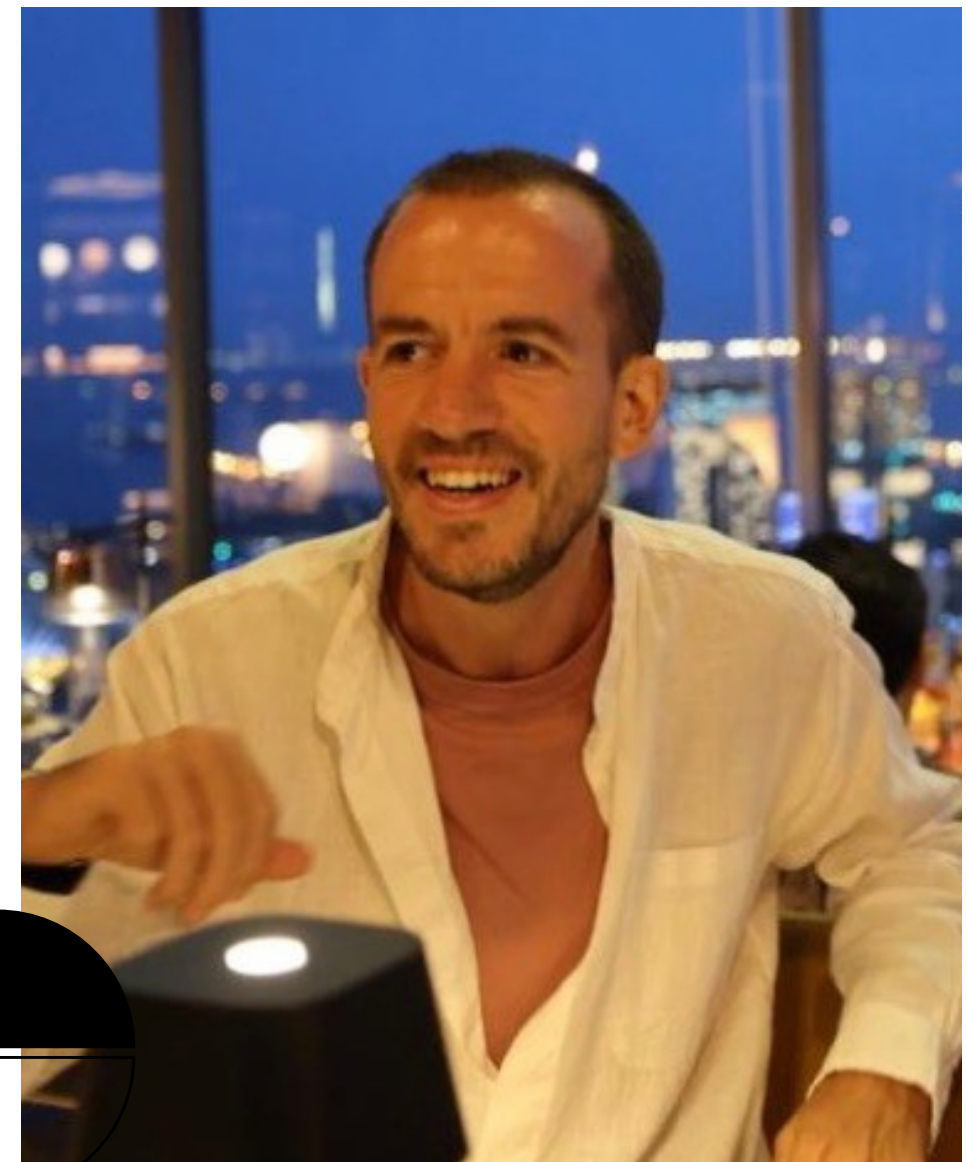
Relate & Inspire Hope

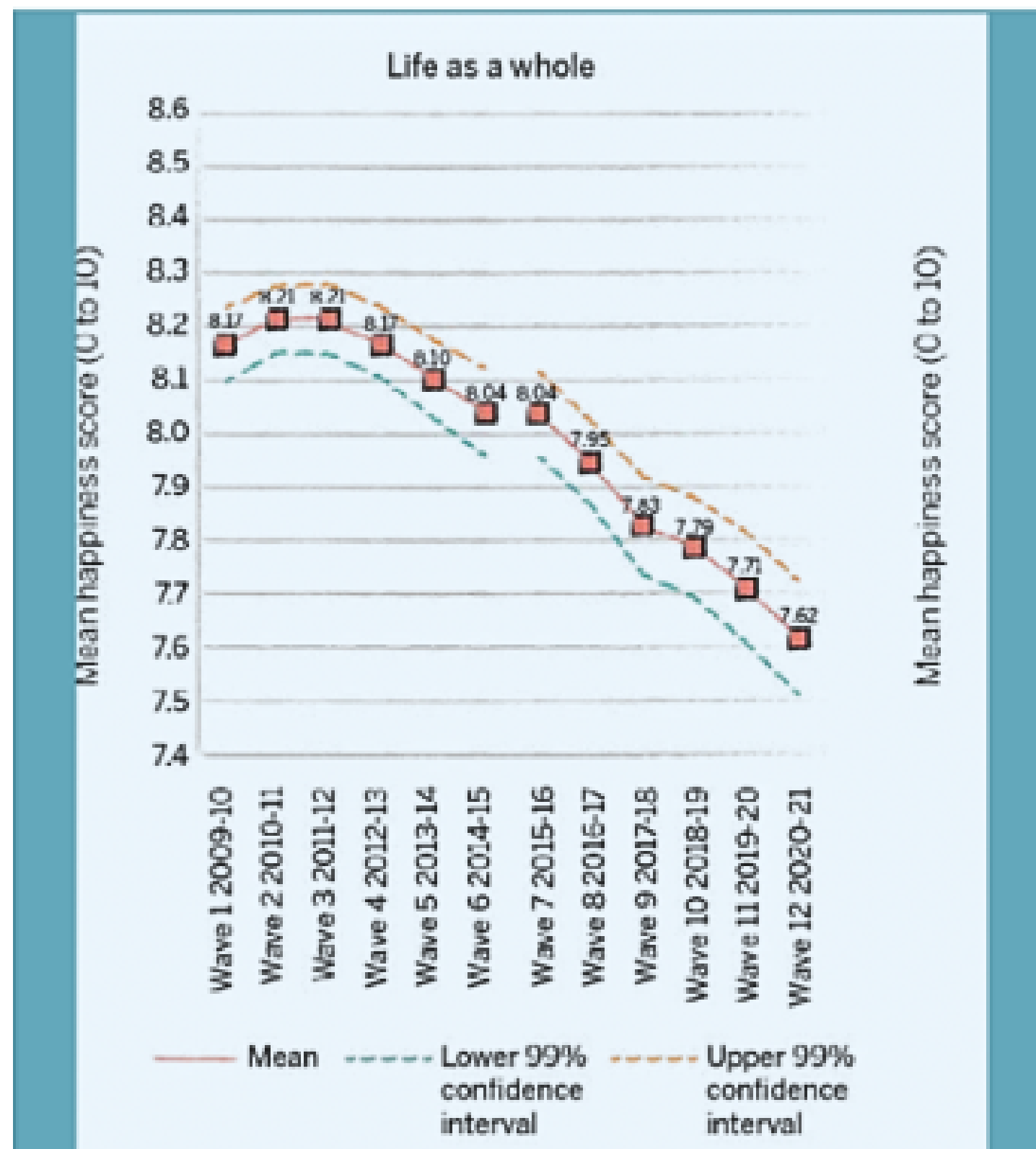




Unlocking Potential: Empowering Young Minds to Thrive

by Jake Eades





Kids are Miserable

Trends in Youth Happiness: A Decade in Review

From the good childhood report 2023 showing a steady decline in happiness scores have seen a continuous drop over the years.

Multiple factors play into this

Increased Screen Time and Social Media Use

Academic and Social Pressure

Economic Uncertainties

Environmental and Global Concerns

Lack of Physical Activity

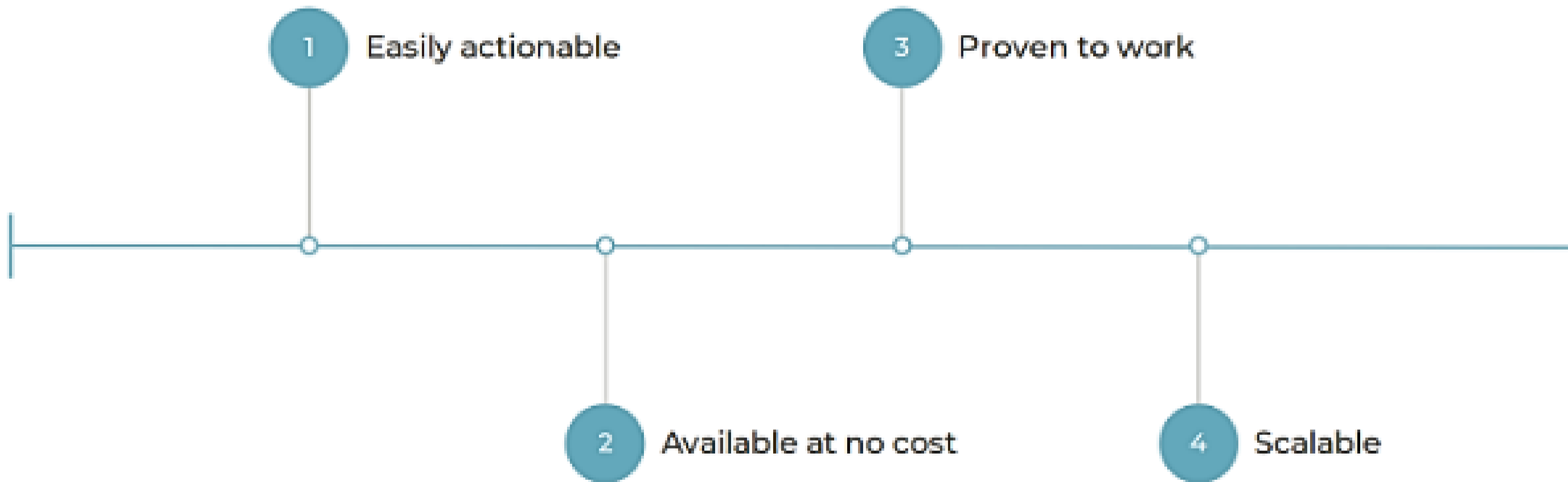
Breakdown in Community and Social Bonds

Changes in Family Dynamics



Scope of Work

To help with these issues young people need options that are





Overview

1 | Introduction

Who am I

2 | Kids are Miserable

They Don't Need to Be

3 | Solution 1

Move More

4 | Solution 2

Spend time in nature

5 | Solution 3

Participate in Arts

6 | Solution 4

Help others

7 | Solution 5

Read

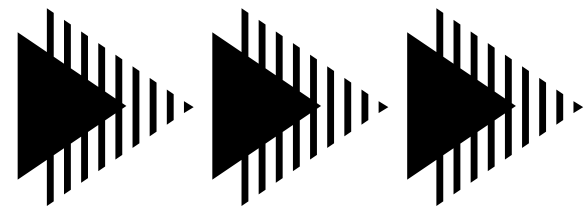
8 | Solution 6

Eat well

9 | Solution 7

Sleep

10 | Conclusion and questions



Thank You!

