

WEBINAR SERIES

**The Wellness Paradigm:
Preventative Self-Care
Techniques to Help Career
Professionals & Their Clients
Succeed in the 'New Normal'**

September 22, 29 & October 6, 2020 with
Wayne Pagani, Carol Brochu & Michelle Precourt and CPC

Register now:



Wellness in Career Development for Your Clients

Five Learning Objectives:

- Client Readiness for a Wellness Shift
- When to Support or Refer Out
- Client Prevention vs Reaction
- Mindfulness Techniques
- Ongoing Development; wellness tools and resources



What would you like to take away to support the growth of your personal and client wellness journey?

CLIENT QUESTIONING

On a scale of 1-4, how are you feeling about your job search?

1. I am feeling overwhelmed and feel unfocused.
2. I am on the edge of what I can handle and cannot take anymore rejection.
3. I am feeling the pressure of finding a job, however I can focus.
4. I feel at ease about my current job search techniques.

Notes:

Ready Vs Willing



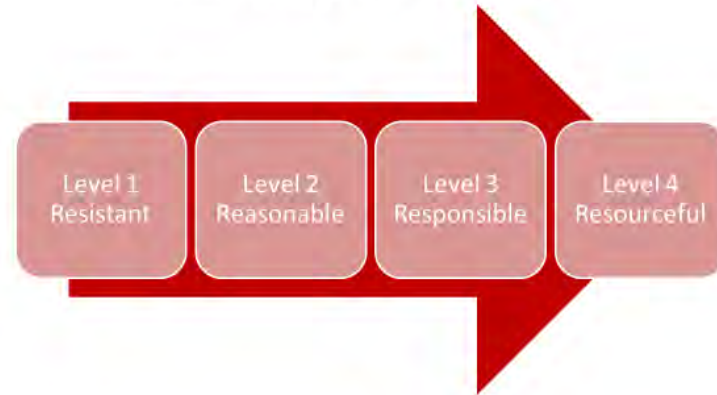
Readiness is the person's
ABILITY to change

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Willingness is the person's
ATTITUDE to change

Ready Vs Willing Measurement Levels



© 2019 Consulting Resource Group International LLC; T. Anderson's Developmental Levels, Transforming Leadership

NOTES:

Measurement Scale Qualities and Behaviours:

1. Resistant

- Not ready or willing to change
- Self-focused, self-centered, self-destructive
- Uncooperative, non-compliant, unmotivated
- Unable and/or unskilled to perform

2. Reasonable

- Somewhat ready and willing to learn, change, succeed
- Has a “what’s in it for me?” attitude
- Contemplates learning and changing
- Agrees to feedback but behaviour remains the same

3. Responsible

- Ready and willing to learn, change, succeed
- Self-motivated to improve
- Cooperative, team player, contributor
- Positive and supportive

4. Resourceful

- Ready and willing to learn, change and succeed plus willing to help others do so
- Personally functions at a level three
- Motivates others to improve
- Able to teach others to improve

*Source: CRG Leaders PMAC Certification Program

HEALTHY CLIENT BOUNDARIES

The *International Coaches Federation (ICF)* recommends that you refer your client to a mental health professional if they:

- ➔ Are exhibiting a decline in their ability to experience pleasure or an increase in feelings of being sad, hopeless, and helpless.
- ➔ Have intrusive thoughts or are unable to concentrate or focus.
- ➔ Are unable to fall asleep, awaken during the night and are unable to get back to sleep, or sleep excessively.
- ➔ Have an increase or decrease in appetite.
- ➔ Are feeling guilty because others have suffered or died.
- ➔ Have feelings of despair or hopelessness.
- ➔ Are hyper alert or excessively tired.
- ➔ Have increased irritability or outbursts of anger.
- ➔ Have impulsive or risk-taking behaviour.
- ➔ Have thoughts of death or suicide.

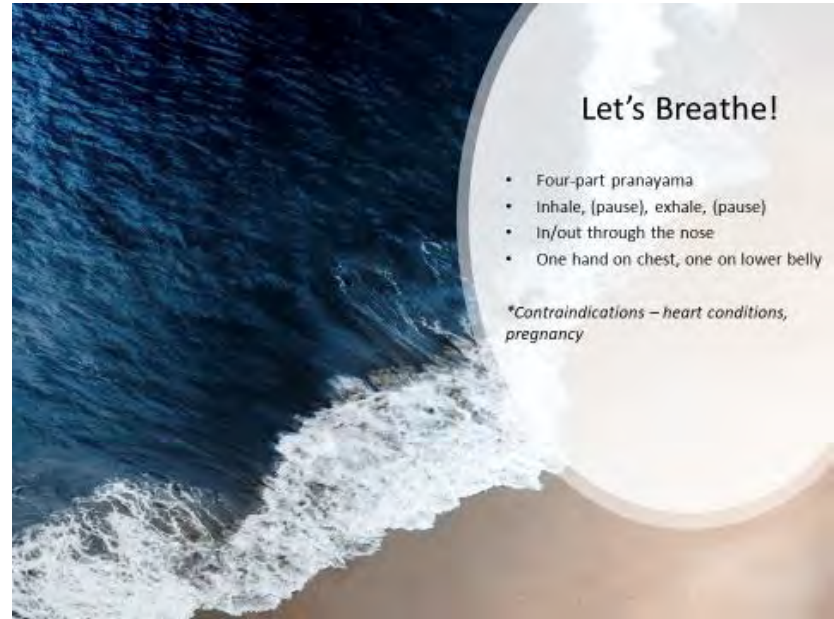
Notes:

BREATHWORK

How can you use this breathing exercise with clients?

- Interview preparation
- Job search clarity
- Rejection

Take a few moments to jot down your thoughts below.



NOTES:



C.A.R.E Model

(C)onnect to the present moment (anchor)

(A)llow feelings to be present

(R)elax and notice when thinking takes over

(E)xhale and return to anchor

REFLECTION

Can you think of a time when a client pushed your button?

Was the outcome positive?

If not, how could the outcome have been different by using the C.A.R.E model?

Take a few moments to jot down your thoughts below.

NOTES:



Letting Go

Can I let go?
Will I let go?
When?
What do I need to let go?

HOW TO LET GO?

Start with something small like a pet peeve; your son who leaves his wet towel on the bathroom floor, your neighbour who leaves their garbage bins outside for days.

Reflect on how your situation may be weighing you down.

Can you let go to allow a bit more freedom?

NOTES:

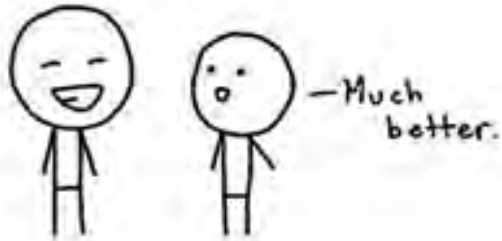
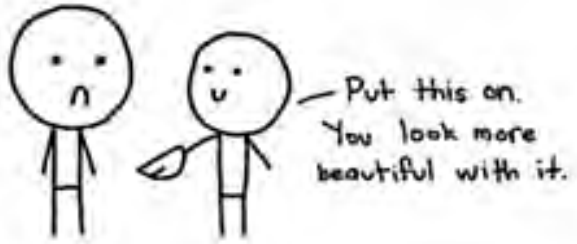
WHAT ARE YOUR PREVENTATIVE SELF CARE TACTICS?

Take a moment to think about how you might make one small daily change as part of your personal self care wellness program.

- Go for a walk
- Listen to a meditation recording
- Call a friend

NOTES:

The Effects of Smiling!



SMILE!

Research shows that smiling increases endorphins, lower blood pressure, strengthens our immune system, increases our mood and so much more. With that in mind, what can you do to smile more?

NOTES:



LIVING • LEARNING • WORKING



CERTIFIED WORK-LIFE STRATEGIST

The definition of Career Development includes living, learning, and working and this certification focuses broadly on all three.

This certification is all about meeting the future needs of our clients in a post-COVID world.

The goal of this program would be to incorporate aspects of mental health and wellness and foundational life-skills into an encompassing program.

This is an opportunity for you to provide greater advice related to wellness, life-skills, and career management.

This new program will be launched in 2021.

NOTES:

Webinar 3: Wellness in Career Development for Your Clients

Webinar Presenters

Wayne Pagani, W.P. Consulting and Associates



Wayne Pagani, CCDP brings 24 years' experience in career and workforce development, serving clientele through W.P. Consulting & Associates. He is also a Member and Senior Advisor of CPC, a certified yoga instructor, Associate with CRG, and Qualified Lumina Spark & MeFirst practitioner. This is complemented by his training in addictions with the AIA, Trauma Informed Yoga, Road to Mental Readiness (R2MR), and First Aid for Mental Health.

Learn more about Wayne at <https://developcareers.ca/>

Carol Brochu, BOK2BU



Carol Brochu, CHRL combines a 30+ year career in HR, operations & client service with a unique personal and spiritual development journey that has included studies in various forms of humanities, psychology, energy work and self-care disciplines. She is a certified yoga and martial arts instructor, mindfulness facilitator and MeFirst practitioner.

Learn more about Carol <https://developcareers.ca/>

Michelle Precourt, Mindful HR Services



Michelle Precourt, CPHR spent 15 years working in human resources and found yoga to be a good way to decompress. She has studied various meditation styles and became a certified yoga instructor in 2017. As a Career Coach, Workplace Mindfulness Facilitator and HR Consultant she offers mindfulness techniques for better client interview performance and workplace success.

Learn more about Michelle at <https://michelleprecourt.com/>

The Wellness Paradigm Collective



**The Wellness
Paradigm
Collective**

- Let's continue the wellness conversation.
- Let's learn from each other.
- Make wellbeing a priority.
- Be well. Stay well.

This is your invitation to continue to cultivate wellbeing in all that you do. Please join us in these early stages of building a connected community of individuals where self-care is the priority. If you have a desire to continue the wellness conversation, learn from each other and make wellbeing a priority for both you and your clients, please send us an email and we will tell you about next steps.

Michelle Precourt at connect@michelleprecourt.com

Wayne Pagani at developcareers@gmail.com

Carol Brochu at BOK2BU@gmail.com

Additional Resources

Career Development and Wellness

<https://positivepsychology.com/>

<https://www.tarabrach.com/>

<https://careerprocanada.ca/>

<https://ceric.ca/>

<https://www.innercompasswinnipeg.com/>

<https://coachfederation.org/>

Articles

<https://www.healthline.com/health/high-blood-pressure-hypertension/lower-it-fast#12>

<https://tinybuddha.com/blog/40-ways-to-let-go-and-feel-less-pain/>

Tools and Training

<https://ceric.ca/publications/strengthening-mental-health-through-effective-career-development-a-practitioners-guide/>

<https://crgleader.com/certification/>

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