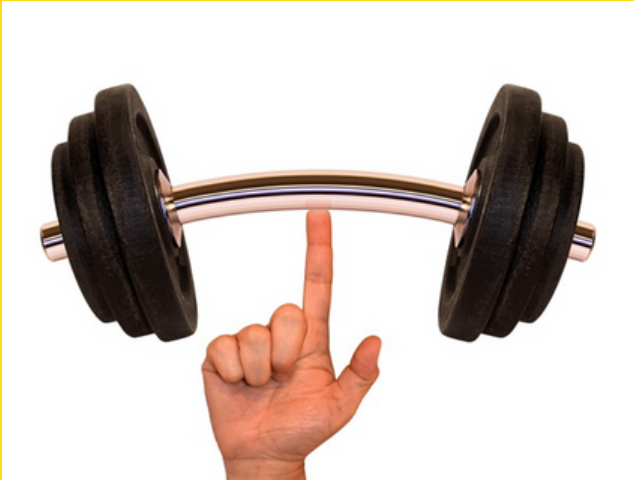


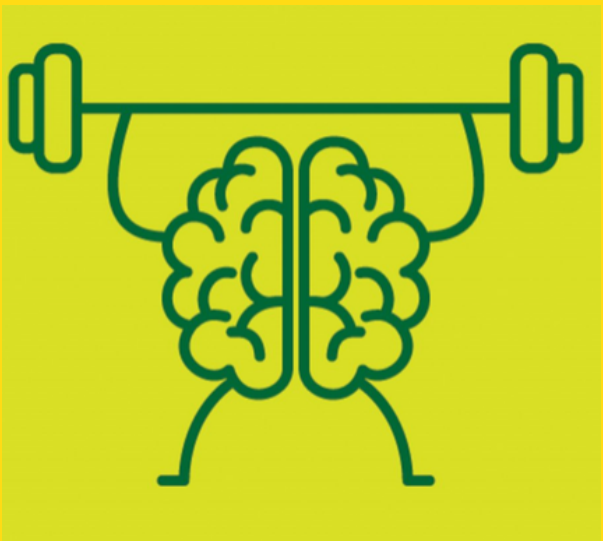
FROM CHARACTER STRENGTH COACHES



The new norm

Moving from

coping >> to >> Thriving



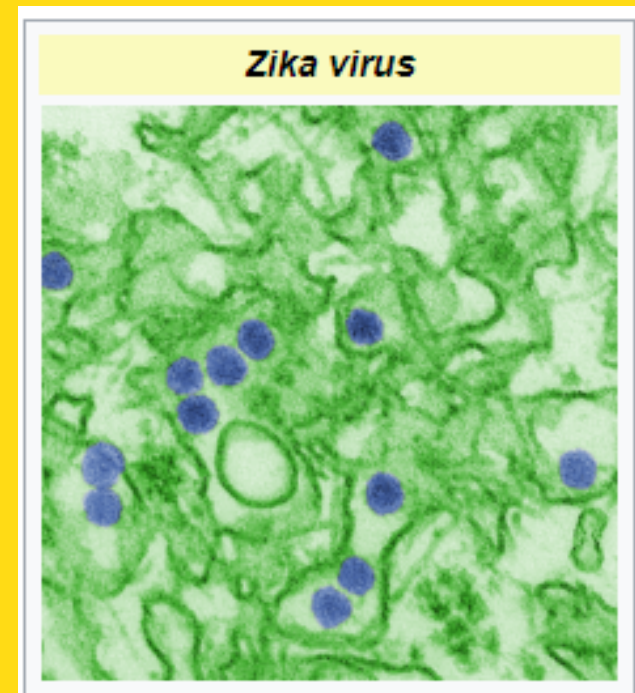
Words of wisdom "People need to be informed instead of afraid."

OUTLOOK UNKNOWN ???

Coronavirus disease (COVID-19)

H5N1 avian influenza:

Ebola virus epidemic



SARS (Severe Acute Respiratory Syndrome)

With so much uncertainty surrounding a rapidly spreading and potentially life-threatening disease, it can feel overwhelming.

- High end emotions - over focused on 1 thing
- Takes up all the mental space you have to zoom in on the threat
- Takes us away from the social support we need
- Overloads biological systems

How do we?

- **Talk about it**
- **Make Reasonable decisions**
- **Develop Self-control and emotion regulation**
- **Feel Normal**

OUR MISSION

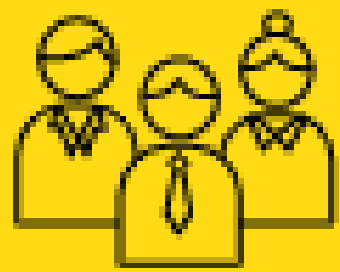
INCREASE WELL BEING AND IMPROVE CONNECTIONS

Make habits that
take us to a better place
with the values and people
that we care about



STARTING TO GAIN AN EDGE

WISH-OUTCOME-OBSTACLE-PLAN



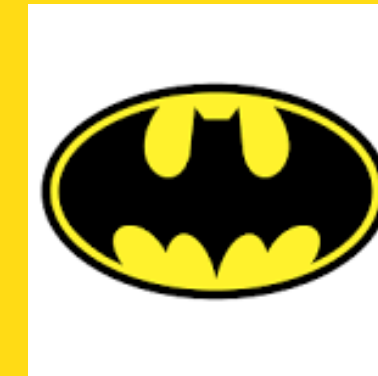
3rd Person
Advice



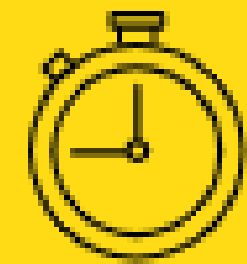
Self Care
and Growth



Emotion
Regulation

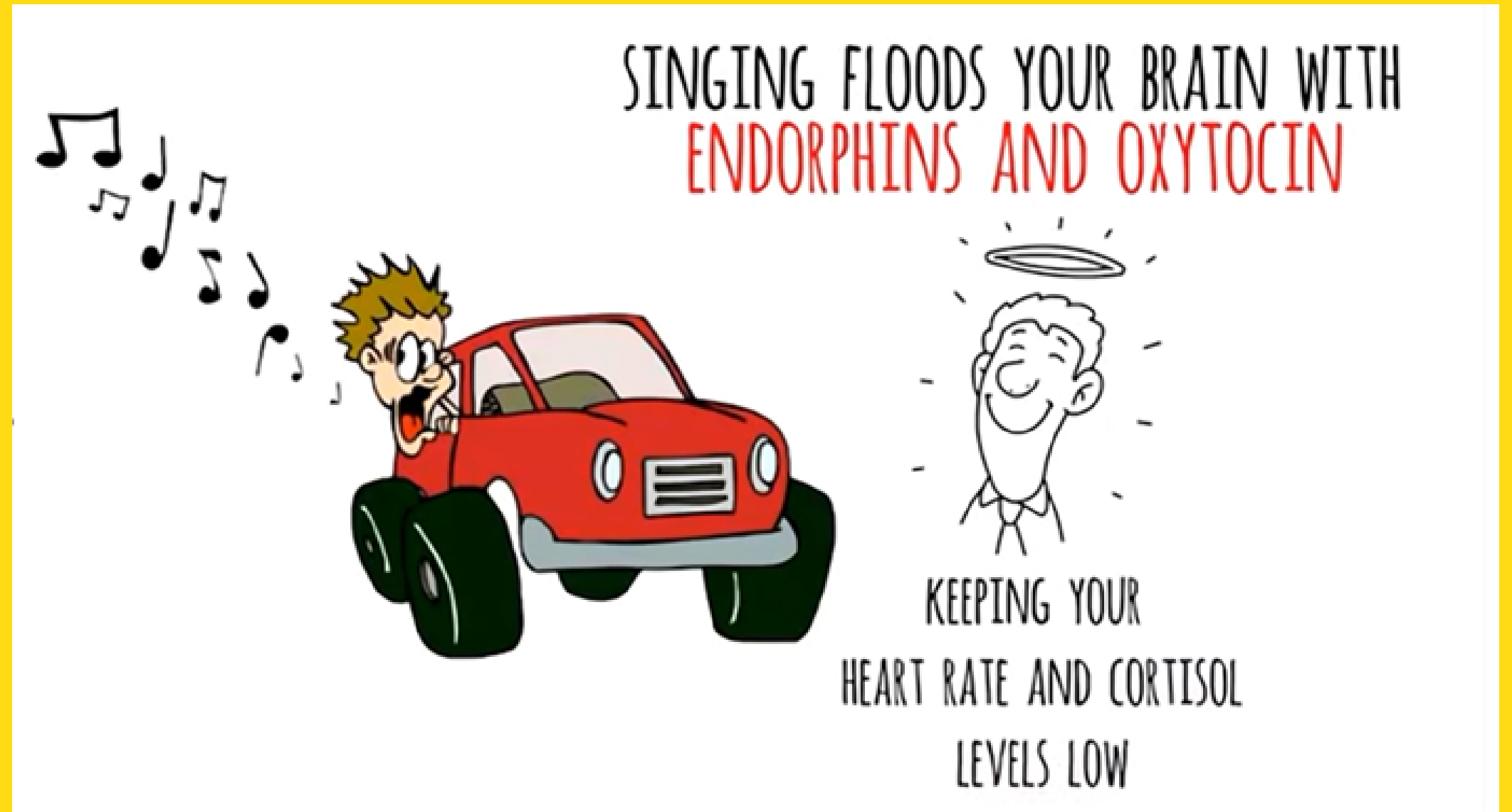
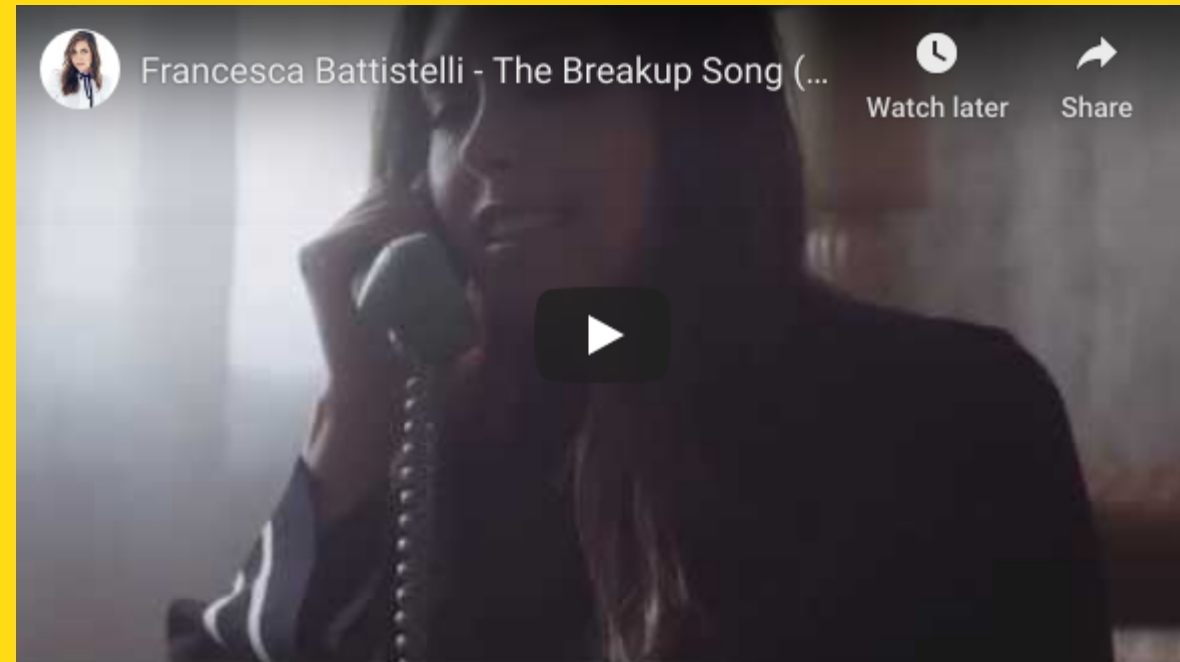


Batman
Effect



Mental Time
Travel

An Easy Start





SOCIAL SKILLS

BUILD YOUR RELATIONSHIPS AND VALUES BEYOND WORK

- Use Technology

Hang around on-line

Make a meal together

Virtual coffee room

More Casual and informal

Share, tips recipes, positive resources

- Support Local Business
- Support the front lines
- Take an AWE walk
- Take time to give and receive love



Do You Know Your Personal Values?

Personal values are the general expression of what is most important for you. Values are formed early in childhood and are later consciously re-evaluated.

Myrko Thum / Feb 10, 2015



www.cscoaching.com

TIME AFFLUENCE

SLOW DOWN, GROW AND HEAL THE MENTAL, PHYSICAL AND SPIRITUAL PRIORITIES OF OUR LIVES

We are a materially affluent society, but we are a time-deprived society in most places around the world," says professor and author Tal Ben-Shahar. "We need to slow down, because we are constantly doing too much. What we need to actually do is less rather than more if we are concerned about our happiness."

Time affluence does, as it allows us to relax, pursue and savor pleasures, and nurture the relationships that matter to us. Having some unstructured time, or "white space," in our days also supports more creativity.

Free Resources

We help high potential people apply their strengths and passions to lead a more fulfilling life and build better relationships

For more information or to schedule a free session contact:

Gene@cscoaches.com

812-204-7757

Morning meditation, gratitude and community



Blog and Ardelian Kuzma Group

Join me for a FREE morning meditation practice. Let's build a community who meditates together and shares gratitude with one another. Turn social...

Character Strength Assessment



Learn Your Character Strengths & Personal Traits | VIA Institute

Character strengths are the positive parts of your personality that impact how you think,...

viacharacter.org

Astronauts advice on keeping calm amid coronavirus outbreak



Astronauts offer advice on keeping calm (and carrying on) amid coronavirus outbreak

Astronauts are experts on social isolation and quarantines. Here are their tips for dealing with the coronavirus pandemic.

 Space.com / Elizabeth Howell / Mar 18