



Managing the Chaos: How **BOLD** Leaders Move from the Struggle with the Juggle to Self-Care



THE
GLENBROOKGROUP, INC.
Unlocking Potential

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Please go to <http://theglenbrookgroup.com/bold-grainger> to access materials for this session:

- **SURVEY:** Challenges Women Leaders Face 2.0
- **BLOG:** How BOLD Leaders are Boosting Their Own Energy
- **ARTICLE:** Managing the State of Your Energy
- **QUIZ:** What is the State of Your Energy?
- **TOOL:** How to Boost Your Energy

Research overview: <https://theglenbrookgroup.com/how-women-in-leadership-overcome-challenges-and-lead-boldly/>



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What We'll Cover

1. Research Findings
2. Strategies to Create Self-Care
3. Tangible Takeaways



1. Research Findings



Biggest Challenges Women Leaders Face: 2 Major Themes

1. Myself

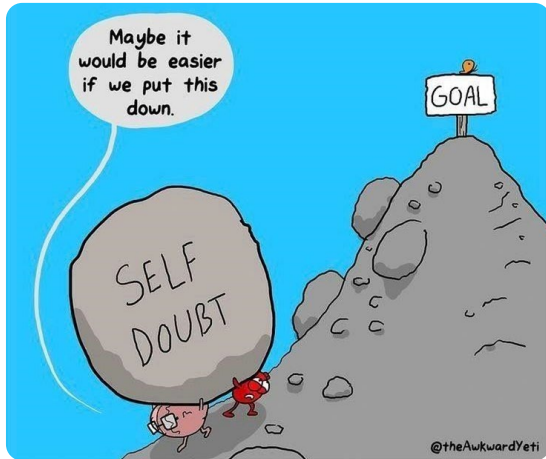


2. The Organization



Myself: How I Get in My Own Way

Taming the Impostor



Struggle with the Juggle



Goldilocks Phenomenon



A word cloud on a blue background featuring various negative emotions and states. The words are arranged in a roughly triangular shape, with 'Exhausted' and 'Terrible' being the largest. Other prominent words include 'Weight', 'Irritable', 'Snappy', and 'Anxious'. Smaller words include 'Withdrawal', 'Depletion', 'Impatient', 'Crazy', 'Sacrifice', 'Unhappiness', 'Money', 'Guilty', 'Time', 'Drowning', 'Depression', 'Resentful', 'Distracted', 'Insecure', and 'Burnout'.

Withdrawal Depletion
Money Impatient Irritable
Unhappiness Crazy Sacrifice
Guilty Weight
Exhausted Terrible
Time Drowning Depression Resentful
Insecure Snappy
Anxious

Costs to Women

Struggle with the Juggle



Themes

- People-pleasing
- Taking care of others
- Saying yes
- “Shoulds”
- Perfectionism
- Everything/one (else) is priority
- Autopilot



BOLD Framework



BOLD Framework



2. Strategies to Create Self-Care



The Top 3 Strategies

1. Manage Your Mindset

2. Create Your “Mask”

3. Make/Receive Requests



1. Manage Your Mindset

“Stand Guard at the Door of Your Mind”



Mindset =

(aka thoughts, beliefs, stories)

we tell ourselves

(consciously or unconsciously)

considered to be true

Manage your Mindset

Bucket list trip cancelled



THANK GOODNESS: I'm not stuck outside the country



MASK = Insulting; to protect ME



MASK = Honoring; I want to protect YOU



VIRTUAL = No WL separation!@# \$!



VIRTUAL = I get to make this work for me



I'm waiting to return to work/life

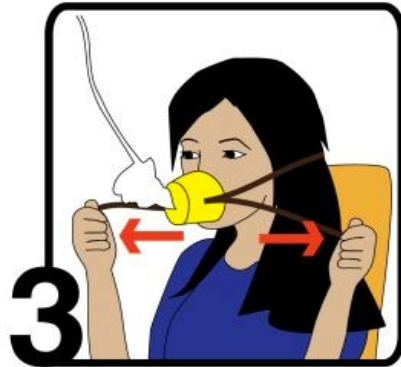
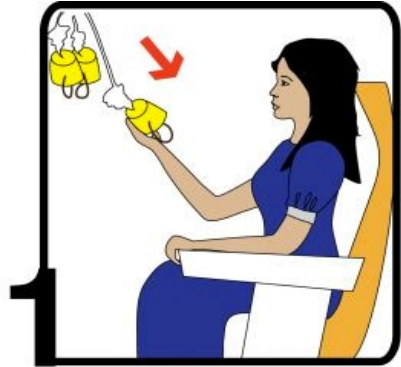


This IS work/life



2. Create Your Mask

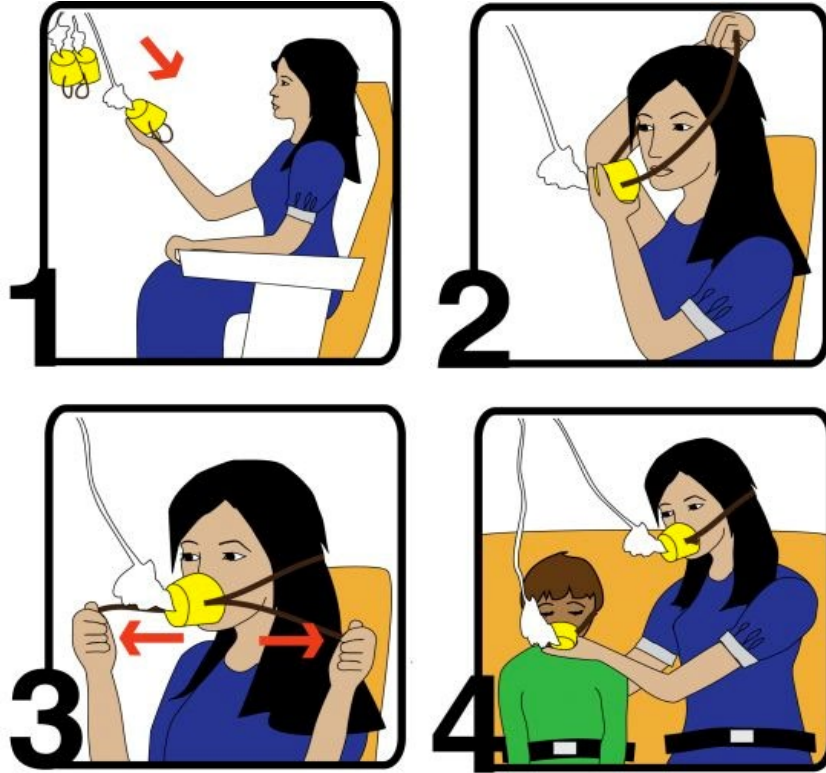
“What breathes life into me?”



inspire [in-spahyuh r]

to breathe life into

2. Create Your Mask

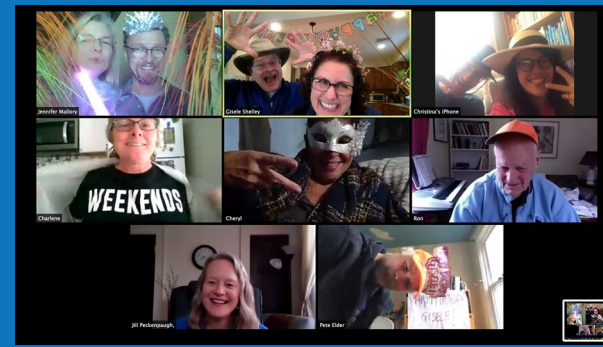


Your Mask =
The most important
non-negotiable
practices you identify
for yourself
that inspire and sustain
you to be your best self

“

please type in CHAT:

*What is something you could do for
yourself that would
INSPIRE (or breathe life into) YOU?*



Categories for **BOLD** leaders:

BODY

MIND

SOCIAL

EMOTION

SPIRIT / RENEW



With Your PowHer Circle or On Your Own



ARTICLE: MANAGING THE STATE OF YOUR ENERGY

Most of us don't start our day with massive amounts of energy, and many people wonder, "How am I going to get through this long day when I'm starting like this?" There is a huge amount of research on this topic and this article is a summary of the key areas of focus.

Energy Management is not just a nice-to-have. My experience personally and with clients is that **energy is the biggest predictor of productivity, mood, happiness, and general well-being**. It's the metaphorical oxygen mask of core practices that breathe life into us.

You are consistently consciously - and unconsciously - making choices that either breathe life into you, or suck life out of yourself.

Remember, what breathes life into you allows you to operate as your best self. It allows you to feel inspired. You cannot give away what you don't have.

There are 5 main areas of focus when it comes to managing your energy: Body, Emotion, Mind, Spirit/Renew and Social. Let's look at each in detail on the pages that follow.



WHAT IS THE STATE OF YOUR ENERGY?

Please check the statements below that are true for you.



BODY Physicality of Energy

What could I do to feel more energy in my body?

- I don't regularly get at least seven to eight hours of sleep, I have trouble falling or staying asleep or I often wake up feeling tired.
- I frequently skip a meal, settle for something that isn't nutritious, or graze.
- I sit too long in one place.
- I don't work out, move or exercise enough.
- I don't take regular breaks during the day to renew and recharge.



EMOTION Feeling of Energy

What could I do to feel better?

- I frequently feel irritable, impatient, anxious or overwhelmed.
- I don't have enough quality time with family, friends and loved ones, and when I'm with them, I'm not always really with them (i.e. present).
- I have too little time and access to things that bring me joy.
- I don't stop frequently enough to express my appreciation to others or to savor my accomplishments and blessings.
- I often feel depleted and exhausted, even if I'm getting enough sleep.



TOOL: HOW TO BOOST YOUR ENERGY

This tool is designed to help you with this 3-Step Process



Your "mask" is akin to the oxygen mask on the airplane. To be your best self and be most impactful to others, you must put the mask on yourself, first. You cannot give away what you don't have.

INSPIRE

verb in:spire \in-'spil-ə(r)\

1. To fill someone with confidence and desire to do something
2. To stimulate to action; motivate

Origin

1300-1350, Middle English inspire, Latin inspirare to breathe life into

Inspiring leaders start with looking at where and how they can tangibly "breathe life into" themselves and then create a plan they will implement.

Step 1: PREPARATION (15 mins total)

- A. **Read the article.** "Managing the State of Your Energy." (5 mins)
- B. **Complete the quiz.** "What is the State of Your Energy?" (5 mins)
- C. **Identify takeaways about where your energy is lowest.** Remember, the higher the number, the lower your energy. See what would make the biggest difference for you. (5 mins)

3. MAKE Requests

"It's a Two-Way Street"



- Identify what you need
- Create request
- (Don't be afraid to) Ask for help

3. RECEIVE Requests

"It's a Two-Way Street"



3. Tangible Takeaways



Tangible Takeaways

1.

**Read Article,
Take Quiz**

2.

**Create your
BOLD mask**

3.

**Take the
Survey!**

Download the resources

<http://theglenbrookgroup.com/bold-grainger>

Questions?

Download the free gifts

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