

IMPACT To SHIFT

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Today's Vision

1. Guided Experience
2. My Story
3. Nervous System 101
4. SHIFT Framework
5. Application
6. Moving Forward





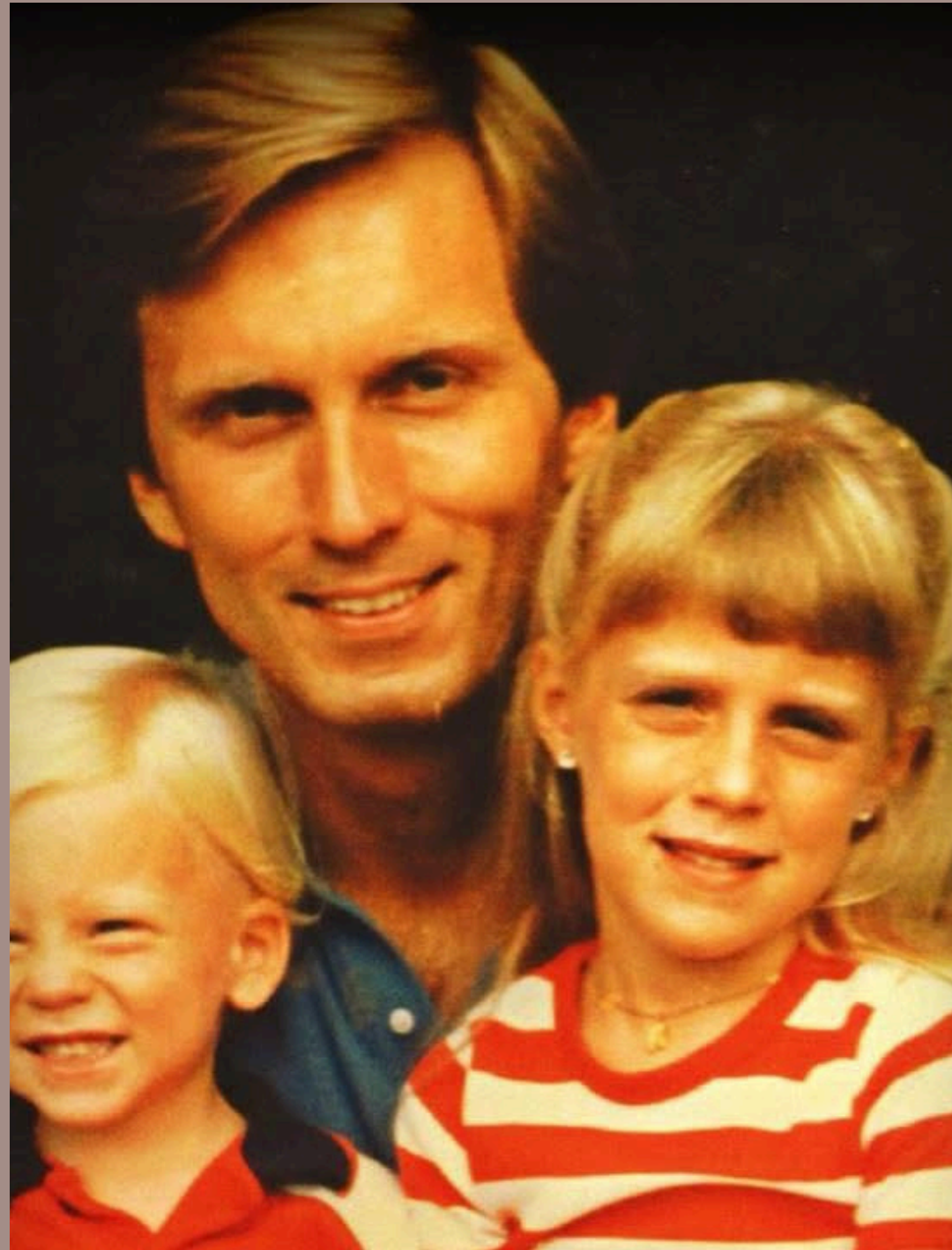
About

Trauma-informed coach
helping organizations + teams SHIFT
how they respond
to challenges + stress toward
empowerment, community + JOY.

*REWIRING THE ROOM
TO UNDERSTAND
HUMAN BEHAVIOR.*



Before Choice



Two loving parents
who did the best they could ~

- Caretaker 1 – anger, control, infidelity, emotional/verbal harm
- Caretaker 2 – coping w/ addiction
- Others involved– abuse, danger
- Environment = instability, lack of safety, unpredictability
- Living dual lives
- Dysregulation is normalized.
- Lack of safety becomes comfort zone.

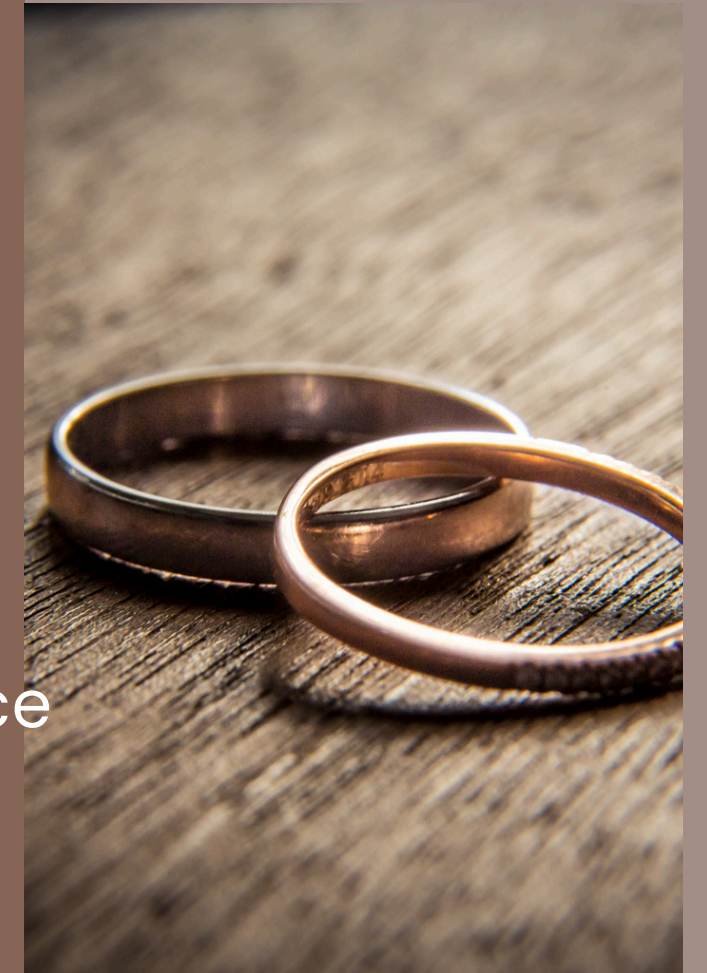


Growing Pains



Dysregulation drives CHOICE.

- Internally → anxiety, hypervigilance, disconnection, attachment, addiction
- Looks like: “functioning” externally
- Two relationships with domestic violence
- Recreating familiar patterns



FAMILIAR
was normal, not safe.

SURVIVAL

was driving

Not CHOICE ~

My body reacted

Before I could think ~

My nervous system had the wheel,
or rather the pedal



The SHIFT



Recognizing Patterns

- Divorce as catalyst
- Conscious decision: "Something has to change"
- Breathwork enters
- First experiences of regulation

Access to Clarity

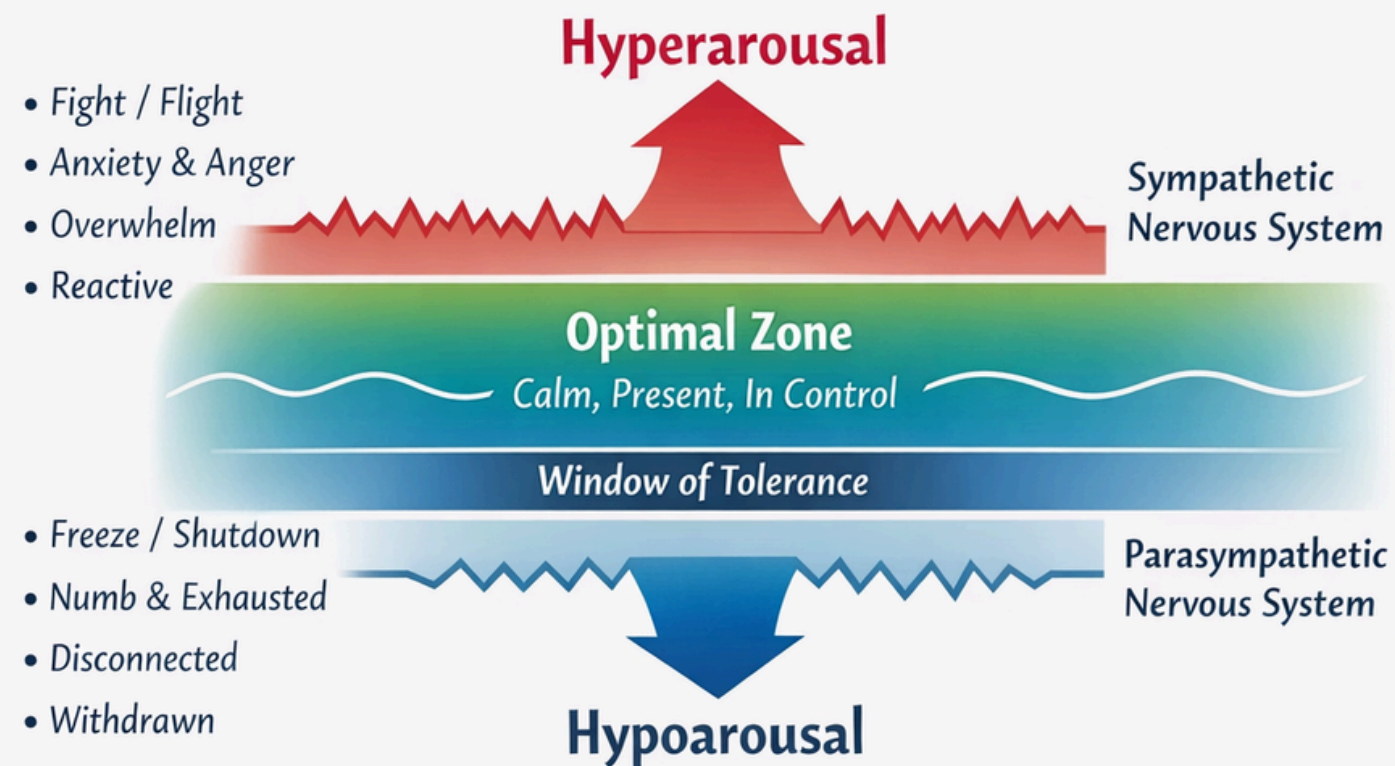
When my nervous system
began to regulate + expand capacity
my choices began to change.

Beyond my story, it's biology ~

CAPACITY

Expand what you can hold
without losing yourself

The Window of Tolerance



Sympathetic (Activation)

“This is your fight, flight or freeze state.”

- Heart rate up
- Breathing shallow
- Muscles tight
- Urgency, anxiety, reactivity

This is where many survivors—and many advocates—live.

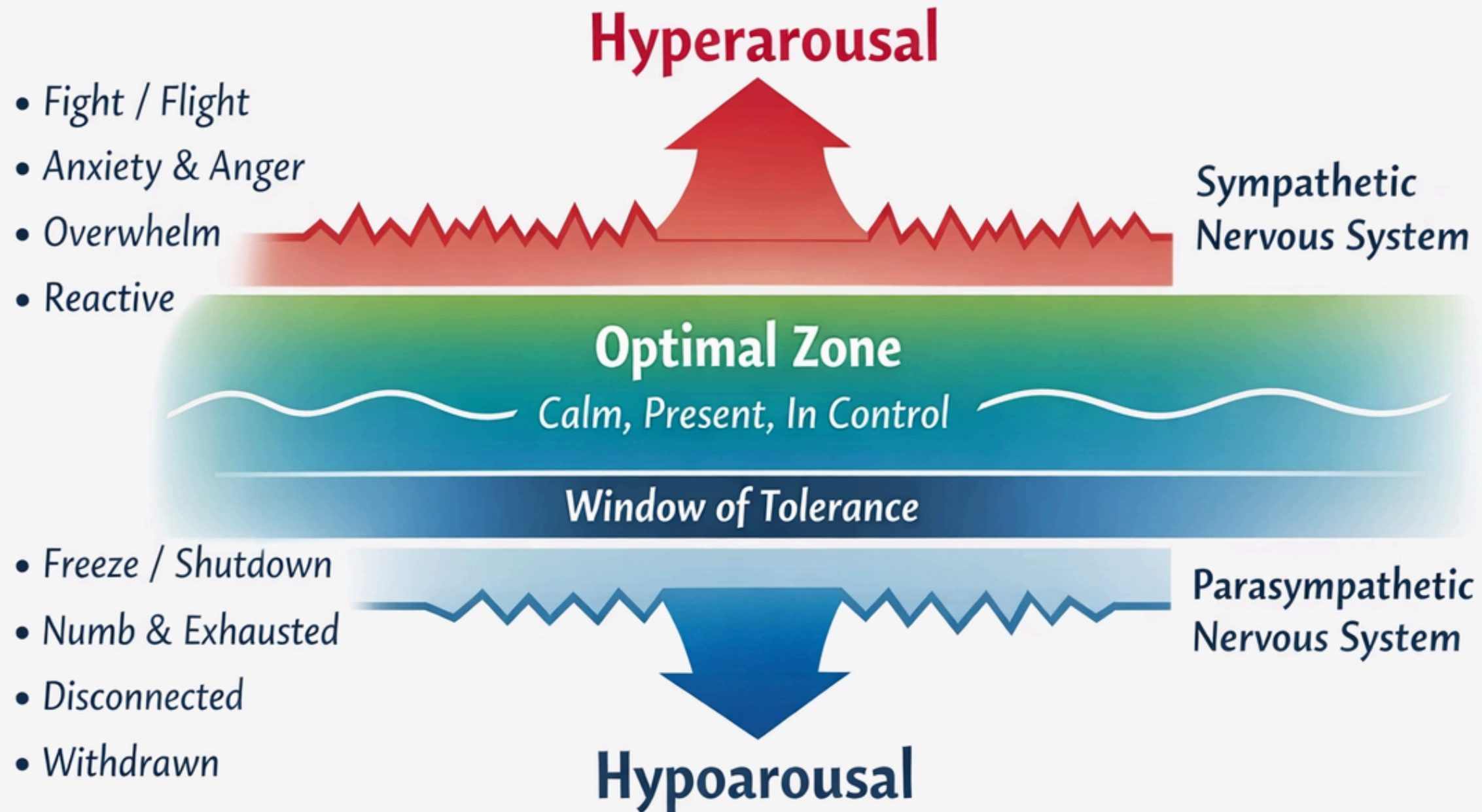
Parasympathetic (Regulation)

“This is where your body feels safe to slow down + FEEL.”

- Breath deeper
- Body softens
- Thinking returns
- Connection possible

This is what is accessible with BREATH.

The Window of Tolerance





Amygdala (Alarm System)

threat detector

- overactive with trauma
- senses danger always

It doesn't ask if there's danger. It assumes ~

Prefrontal Cortex (Thinking Brain)

logic, reasoning, decisions

- Goes offline in stress

We "expect" people to use this part of the brain but trauma shuts it down ~

Hippocampus (Memory + Context)

understands past vs present

- Trauma blurs the lines the body responds as if the past threat is still happening~

TRAUMA RESPONSES

— Not a Choice. A Survival Response. —



FIGHT

I will defend

Activates to confront or push away threat.

EXAMPLES



SURVIVOR

- Argues or pushes back when feeling threatened.
- Raises their voice to be heard or taken seriously.
- Sets firm boundaries to protect themselves.



ADVOCATE

- Feels angry on behalf of a client and wants to "fix".
- Becomes defensive systems or policies are unfair.



FLIGHT

I will escape

Activates to run away or avoid the threat.

EXAMPLES



SURVIVOR

- Leaves quickly without a plan to stay safe.
- Avoids difficult conversations or decisions.
- Distracts with busy-ness, work, or people-pleasing.



ADVOCATE

- Avoids hard conversations or difficult cases.
- Feels the urge to withdraw, take time off, or change roles.



FREEZE

I will shut down

Activates when the threat feels overwhelming and immovable.

EXAMPLES



SURVIVOR

- Can't speak, move, or make decisions.
- Feels numb, disconnected, or detached.
- Stays in an unhealthy situation feeling "stuck".



ADVOCATE

- Feels overwhelmed and can't think clearly.
- Procrastinates or feels "paralyzed" by the work.
- Distracts with tasks to avoid emotional heaviness:



FAWN

I will please

Activates to please or appease the threat to feel safe.

EXAMPLES



SURVIVOR

- People-pleases to avoid conflict or keep the peace.
- Minimizes their needs to keep others comfortable.
- Agrees or says "yes" when they want to say "no."



ADVOCATE

- Overextends to meet everyone else's needs.
- Says "yes" to everything and struggles to set limits.
- Loses sight of their own needs trying to be "everything"



AWARENESS BUILDS COMPASSION. | COMPASSION BUILDS CONNECTION. |

Understanding these responses helps us create safety and support.

These are normal reactions to abnormal situations. | You are not broken.

The BRIDGE

So when someone stays...

When someone goes back...

When someone freezes...

When someone can't make a clear decision...

It is not a lack of intelligence.

It is a nervous system in survival.

We are often asking people to make life-altering choices

From a brain that does not currently have the capacity
to choose from clarity.



The Lens

CAPACITY drives CHOICE



The Nervous System = The Filter

“So when I say I recreated my childhood...”

“When I say I stayed longer than I should have...”

“When I say I hit the gas instead of the brake...”



My nervous system became the lens
through which I saw the world.

What felt safe (and uncomfortable)

What felt normal (and out of reach)

What felt possible (and impossible)

Stepping into safety

So if behavior is being driven by the nervous system...

Then real change cannot happen without **CAPACITY.**

The moment we begin to **SHIFT** the nervous system + expand capacity

WE RESTORE ACCESS TO CHOICE



The Ripple Effect

For Survivors:

- From “What’s wrong with me?” → “My nervous system adapted.”
- From shame → understanding
- From stuck → possibility
- From survival → choice

For Advocates:

- From judgment → compassion
- From fixing → supporting regulation
- From burnout → awareness of their own state
- From reaction → intentional response

For Communities:

- From surface-level support → trauma-informed environments
- From policy-only change → physiological + relational change

Individuals regulate → relationships stabilize → communities shift



S·H·I·F·T

5 steps to reset your reaction.

S Slow it down

– *Pause + breathe = nervous system check-in.*

H Hold awareness

– *Notice sensations and emotions without fixing.*

I Identify the pattern

– *Recognize old stories, habits, and triggers.*

F Find choice

– *Create space between stimulus and response
+ your PIVOT moment.*

T Take intentional action

– *Respond consciously with intention.*

Don't react to triggers – SHIFT how you handle them.



KOLLECTIVE SHIFT

How it feels when you SHIFT

*A felt progression when you integrate
the SHIFT framework:*

NOURISHED → *“I can soften...
I feel supported from within.”*

CLEAR → *“I understand what’s happening
instead of being lost in it.”*

EMPOWERED → *“I have a tool.”*

CAPABLE → *“I can actually use this in real life.”*

STEADY → *“I trust myself to handle what comes next.”*

**From feeling lost and stuck to feeling
clear, empowered, and capable.**



SHIFT FOR ADVOCATES
COMPASSION FATIGUE →
BACK TO CAPACITY

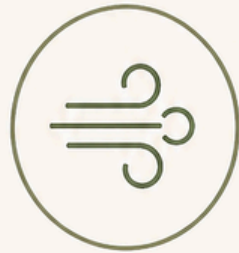


S SLOW IT DOWN

Notice: “I’m activated.”

WHAT IT LOOKS LIKE

- Irritated with clients or coworkers
- Rushing conversations
- Feeling urgency or pressure
- Body tight, breath shallow



IN THE MOMENT

Pause. Feet on the floor.
One slow breath in...
longer breath out.

KEY LINE

You can’t support others from
a system that’s in overdrive.



KOLLECTIVE SHIFT
TRANSFORMATIONAL LIVING

SHIFT FOR ADVOCATES
COMPASSION FATIGUE →
BACK TO CAPACITY



H HOLD AWARENESS

Notice without fixing

WHAT IT LOOKS LIKE

- “Why am I so frustrated right now?”
- Feeling emotionally flooded
or shut down
- Wanting to withdraw or
check out



IN THE MOMENT

Name it: “I’m overwhelmed.”
“I’m stretched.” “This is a lot.”

KEY LINE

Awareness builds capacity.



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TRANSFORMATIONAL LIVING

SHIFT FOR ADVOCATES
COMPASSION FATIGUE →
BACK TO CAPACITY



I IDENTIFY THE PATTERN

Connect it to something deeper

WHAT IT LOOKS LIKE

- Over-responsibility (“I have to fix this”)
- Taking things personally
- Repeating the same emotional
response with clients



IN THE MOMENT

This isn’t just about this
moment... this is a pattern.

EXAMPLES

- “I feel responsible for their outcome.”
- “I’m pushing because I care—
but I’m overextending.”

KEY LINE

Patterns run faster than awareness—
until you name them.



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SHIFT FOR ADVOCATES
COMPASSION FATIGUE →
BACK TO CAPACITY



F

FIND CHOICE

Create space
before reaction

WHAT IT LOOKS LIKE

- Instead of reacting → pausing
- Instead of fixing → asking
- Instead of urgency → grounding



IN THE MOMENT

What is actually mine
to carry right now?

CHOICES MIGHT BE

- “I can slow this conversation down.”
- “I can ask a question instead of solving.”
- “I can take a breath before I respond.”

KEY LINE

When capacity expands,
options expand.



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SHIFT FOR ADVOCATES
COMPASSION FATIGUE →
BACK TO CAPACITY



T

TAKE INTENTIONAL ACTION

Respond from alignment,
not depletion

WHAT IT LOOKS LIKE

- Clear, calm communication
- Boundaries without guilt
- Presence without overgiving



IN THE MOMENT

“I’m here with you—
and we’re going to take
this one step at a time.”

KEY LINE

Sustainable advocacy requires
sustainable nervous systems.



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SHIFT FOR SURVIVORS
FEAR & SHAME →
SAFETY & SELF



S SLOW IT DOWN

Notice: “I’m not safe
right now.”

WHAT IT LOOKS LIKE

- Heart racing or body on high alert
- Feeling panicky, frozen, or overwhelmed
- Shame spiraling (“It’s my fault.”)
- Urge to hide, dissociate, or disappear



IN THE MOMENT

Pause. Feel your feet.
One slow breath in...
Longer breath out.

KEY LINE

I don’t have to survive this moment.
I can take it one breath at a time.



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TRANSFORMATIONAL LIVING

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SHIFT FOR SURVIVORS
FEAR & SHAME →
SAFETY & SELF



H HOLD AWARENESS

Stay with what’s here—
without pushing it away.

WHAT IT LOOKS LIKE

- Allowing the sensations without judgment
- Naming what’s happening inside
- Reminding yourself: “This feeling makes sense.”



IN THE MOMENT

It’s hard. And I can stay.
I don’t have to fix it to get through it.

YOU MIGHT SAY

- “I feel it—but I don’t have to run from it.”
- “This is uncomfortable, and I can stay.”
- “I can hold this for now.”

KEY LINE

Awareness in the body is
the first step to safety.



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SHIFT FOR SURVIVORS
FEAR & SHAME →
SAFETY & SELF



I IDENTIFY THE PATTERN

See the story shame is telling you.

WHAT IT LOOKS LIKE

- Self-blame (“It’s my fault.”)
- All-or-nothing thinking
- Believing the shame story as truth (“I’m not enough.”)
- Repeating old survival strategies



IN THE MOMENT

What story am I believing right now—
and is it 100% true?

EXAMPLES

- “I messed up, so I must be a bad person.”
- “They’re mad, so it must be because of me.”
- “If I had just tried harder, this wouldn’t be happening.”

KEY LINE

Shame writes the story.
Awareness helps me rewrite it.



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TRANSFORMATIONAL LIVING

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SHIFT FOR SURVIVORS
FEAR & SHAME →
SAFETY & SELF



F

FIND CHOICE

You always have more choice than you think.

WHAT IT LOOKS LIKE

- Identifying small, safe options
- Shifting from “I have to” to “I can”
- Remembering: I get to choose my next step
- Moving from helpless to empowered



IN THE MOMENT

What’s one small choice
I can make right now?

CHOICES MIGHT BE

- “I can step away for a minute.”
- “I can say no.”
- “I can ask for support.”
- “I can choose what’s best for me.”

KEY LINE

Choice creates power.
Power creates possibility.



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TRANSFORMATIONAL LIVING

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SHIFT FOR SURVIVORS
FEAR & SHAME →
SAFETY & SELF



T

TAKE INTENTIONAL ACTION

Choose a step that supports safety, not shame.

WHAT IT LOOKS LIKE

- Acting in alignment with your values
- Setting boundaries that protect you
- Reaching out for support
- Taking small, consistent steps forward



IN THE MOMENT

What’s one small, safe step
I can take right now?
Even the smallest step counts.

YOU MIGHT SAY

- “I choose to care for myself right now.”
- “I can take one step, not the whole staircase.”
- “Progress, not perfection.”

KEY LINE

Intentional action turns choice
into transformation.



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ADVOCATES →
 COMPASSION, FATIGUE,
 CAPACITY



S SLOW IT DOWN
 Notice: "I feel activated."
 Slow down to stay resourced.

H HOLD AWARENESS
 Notice without fixing.
 Awareness builds capacity.

I IDENTIFY THE PATTERN
 Connect it to something deeper.
 Patterns run faster than
 awareness—until you name them.

F FIND CHOICE
 Create space before reaction.
 When capacity expands,
 options expand.

T TAKE INTENTIONAL ACTION
 Respond from alignment,
 not depletion.
 Sustainable advocacy requires
 sustainable nervous systems.



SURVIVORS →
 FEAR, SHAME,
 RECLAIMING SELF



S SLOW IT DOWN
 Pause. Feel your feet.
 One slow breath in...
 Longer breath out.

H HOLD AWARENESS
 Stay with what's here—
 without pushing it away.

I IDENTIFY THE PATTERN
 See the story shame is telling you.
 Awareness helps you
 rewrite it.

F FIND CHOICE
 You always have more
 choice than you think.

T TAKE INTENTIONAL ACTION
 Choose a step that
 supports safety, not shame.
 Every small choice
 creates change.

YOU NOW HAVE TWO PARALLEL APPLICATIONS:



ADVOCATES →
 COMPASSION,
 FATIGUE, CAPACITY



SURVIVORS →
 FEAR, SHAME,
 RECLAIMING SELF

SAME FRAMEWORK. DIFFERENT DOORWAY.

That's what makes SHIFT powerful.



KOLLECTIVE SHIFT
 TRANSFORMATIONAL LIVING

SIMPLE PRACTICES. SMALL MOMENTS. BIG IMPACT.



Nervous System Snacks

Small, intentional moments to build capacity
anywhere, anytime.



1 THE PHYSIOLOGICAL EXHALE

Longer exhale than inhale.

- Inhale for 4 counts
- Exhale for 6 counts

Even one or two rounds tells your body—"It's safe enough right now."



Calms your nervous system and signals safety to your body. Use it anytime you need to reset.



2 NAME IT TO TAME IT

Pause and name your state.

- "I'm overwhelmed."
- "I'm activated."
- "This is a lot."



Awareness alone begins to build capacity and helps you respond instead of react.



3 FEET ON THE FLOOR

Ground physically.

- Feel your feet
- Press into the floor
- Notice your body in space



Brings you out of your head and back into the present moment.



4 THE 5% SHIFT QUESTION

Ask yourself:

*"What would help me feel
5% safer right now?"*



Small shifts create real change. Not perfect—just 5%.



5 THE MICRO PAUSE

Before responding—pause.

Even 3 seconds.
That pause is where
choice lives.



Creates space between what happens and how you respond. This is where choice lives.



SNACK OFTEN. BUILD CAPACITY. EXPAND CHOICE.



Small moments. Strong impact. Every day.



KOLLECTIVE SHIFT
TRANSFORMATIONAL LIVING

STILL STANDING. STILL STRONG. STILL SHIFTING.

Trauma + chronic stress
imprint the nervous system,
but it's not permanent.



When the nervous system is
shaped by survival...
it shapes how we think, how we
feel, and how we choose.

We CAN build capacity + when
CAPACITY expands,
access to CHOICE is restored.

IMPACT

For advocates—this is how you sustain your work without losing yourself.

For survivors—this is how you begin to come back to yourself.

Because when individuals build capacity...

they show up differently in relationships.

And when relationships shift... communities become safer.



We are not our patterns.

We are.....

