

**SOULSCRIBE
FOR YOUR
FREE GIFT
BREATHWORK
RECORDING
MONTHLY TIPS**



K O L L E C T I V E

S H I F T

TRANSFORMATIVE
LIVING



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**S.H.I.F.T Your Service
To Self & Others**



MY GOAL

PROVIDE VALUE

SUPPORT YOU IN CREATING IMPACT

PROVIDE YOU WITH TANGIBLES TO USE TODAY

HOW YOU BREATHE

IS

HOW YOU LIVE

IN A DYNAMIC WORLD THAT IS
FOREVER CHANGING &
PRESENTING UNCERTAINTY

STAY HUMAN

{TRAUMA INFORMED}



CAPACITY CHECK

- Seated or Standing Breathwork & Check In
- How are you stepping in to your space this week?
- Identify WINS of the last week.
- What are your top 3 challenges in the work environment?
- What are some ways in which you currently manage stress?



IMPACT- MY WHY

HOW WE ENGAGE WITH OTHERS
IS ROOTED IN THE REGULATION OF OUR NERVOUS SYSTEM
OUR BREATH IS THE MOST POWERFUL TOOL TO SELF REGULATE

MY WHY

HUMAN ENGAGEMENT

**WE VIEW LIFE
THROUGH THE LENS
OF PAST EXPERIENCE**



CREDENTIALS

- **Bachelors in Education**
- **Masters in Education**
- **10 years in Education**
- **10 years small business owner**
- **15 years in fitness / wellness**
- **Professional Dog Training Certification**
- **200+ Hour Yoga Certification**
- **75 hours Yoga Therapy Training**
- **Trauma Informed Yoga Training**
- **Yoga for Recovery Training**
- **Certified Health Coach, Gut Health & Stress Management Coach**
- **Functional Aging Specialist**
- **Pilates Certification**
- **Somatic Breathwork Facilitator**
- **20+ years in the Service Industry**

CAPACITY CHECK

- Different tasks require different levels of arousal for optimal performance
- Difficult / unfamiliar tasks require lower levels of arousal for concentration
- Tasks that require stamina or persistence require higher levels of arousal for motivation
- Recognize that emotions are an important part of work and play a role in the collaborating and engaging with others
- Clarity and self awareness are essential for resolving feelings and completing tasks together

HYPO-AROUSAL OVER THRESHOLD

Unfilled

Shut Down
Freeze
Depressed
Lethargic
Numb
Withdrawn
Flat affect
Dissociation
No Energy
Lack of
Communication
Grief
Sadness
Shame
Hopelessness
Despair
Dizziness

Hypo-arousal

Mindfulness
Self Awareness
Self Compassion
Activating Breath
Paced Breathing
Physical Activity
Increase arousal
Engaging Senses
Creative Arts

CAPACITY CUP

HYPER-AROUSAL OVER THRESHOLD

Over flowing

Over reactive
Anger outbursts
Anxiety
Unclear thoughts
Crying
Over emotional
Hyperactive
Rapid speech
Anger / Rage
Fear / Terror
Feel unsafe
Feel panic
Irritability
Sleep issues

Hyper-arousal

Mindfulness
Self Awareness
Self Compassion
Grounding Breath
Meditation
Journaling
Creative Arts
Time in nature
Intense exercise
Engaging senses
Paired Muscle Relaxation

CAPACITY CUP

**OPTIMAL LEVEL
SELF REGULATED**

**OPTIMIZATION
PERSONALLY &
PROFESSIONALLY**

**Filled
Optimal State**

Ability to self soothe
Ability to regulate emotions
Can access reason & emotion
Can access logic & feelings
Mentally engaged
Clear thoughts
Solid energy level
Able to communicate clearly
Feels safe & connected to body
Non reactive
Engaged with self and others

CAPACITY CUP

S.H.I.F.T YOUR SERVICE TO SELF & OTHERS

- S- Support Resources
- H- Habits & Boundaries
- I- Integrated Breath
- F- Finding Flow
- T- Thriving Communication



SUPPORT RESOURCES

COPING SKILLS
VS
HEALTHY RESOURCES



HABITS AND BOUNDARIES

- Daily Routines
- Daily Habits
- Daily Conversations
- Daily Engagements
- Daily Commitments



INTEGRATED BREATH

- Response vs Reaction
- Activated vs Grounding
- We can SHIFT energy >60 seconds
- Our BREATH is FREE and accessible
- Daily practice to build resilience



4-6-8 GET YOUR S**** STRAIGHT

- Grounding technique
- Calm the nervous system
- Inhale 4 count through nose
- Hold breath 6 count
- Exhale 8 count through mouth
- Repeat 6 times or 5 minutes



FINDING FLOW

- Recharge & Rest to support resilience
- Non-negotiable time block
- Switch focus away from challenges





THRIVING COMMUNICATION
HOLISTIC CLIENT ENGAGEMENT
SMALL SHIFTS, BIG IMPACT

"A person's success in life can be measured by the number of uncomfortable conversations he or she is willing to have."
{with others and with self}

-Tim Ferriss

HOLISTIC ENGAGEMENT

- Trauma Informed
- Active Listening
- Non Violent Communication
- Emotional Intelligence
- The PIVOT {reframing}



NON VIOLENT COMMUNICATION CORE NEEDS AND FEELINGS

- **Affectionate**
- **Confident**
- **Engaged**
- **Inspired**
- **Excited**
- **Exhilarated**
- **Grateful**
- **Hopeful**
- **Joyful**
- **Peaceful**
- **Refreshed**
- **Productive**
- **Accomplished**

NON VIOLENT COMMUNICATION CORE NEEDS AND FEELINGS

- **Afraid**
- **Annoyed**
- **Angry**
- **Aversion**
- **Confused**
- **Disconnected**
- **Restless**
- **Embarrassed**
- **Fatigued**
- **Sad**
- **Tense**
- **Vulnerable**
- **Unproductive**
- **Dissatisfied**

E.N.G.A.G.E

- Enter with clarity, non judgement or attachment
- Notice & observe only what "is happening"
- Gather and regulate feelings and story created
- Acknowledge your capacity
- Give respect to their story, feelings and capacity
- Exit with a reasonable shift or request

PRACTICE WITH A PAST ENGAGEMENT

CONSIDER CORTISOL LEVELS DURING ENGAGEMENT WITH OTHERS

- Observe the facts. What happened?
- Detail your beliefs (your story/perception based on your lens)
- Note the consequences. Your reaction /emotional response
- What needs were not met based on your reaction above?
- PIVOT - Challenge your perception. Replay the situation with a change in beliefs.

BREATH OF JOY

- To activate
- Increase mindfulness & alertness
- 8-10 rounds or one fun song
- Standing or seated
- 3 part inhale drawing arms up, out and up
- 1 part exhale sweeping arms down and behind
- If standing, knees bend on the exhale



WHAT WOULD SUPPORT LOOK AND FEEL LIKE TO YOU

- What healthy habits, tools and resources do you have in place?
- What would you like to integrate to create a shift?
- Where do you feel you can improve in your communication?
- How can I support you as an individual or a team? What would that look like?
- **QUESTIONS: Q&A Time**

HOW I CAN SUPPORT YOU

- Virtual Breathwork
- 1:1 or Group Coaching
- 2 hour workshops
- 4 hour workshops
- 6-12 Month Mentoring



