

FINDING CALM WITHIN THE CHAOS

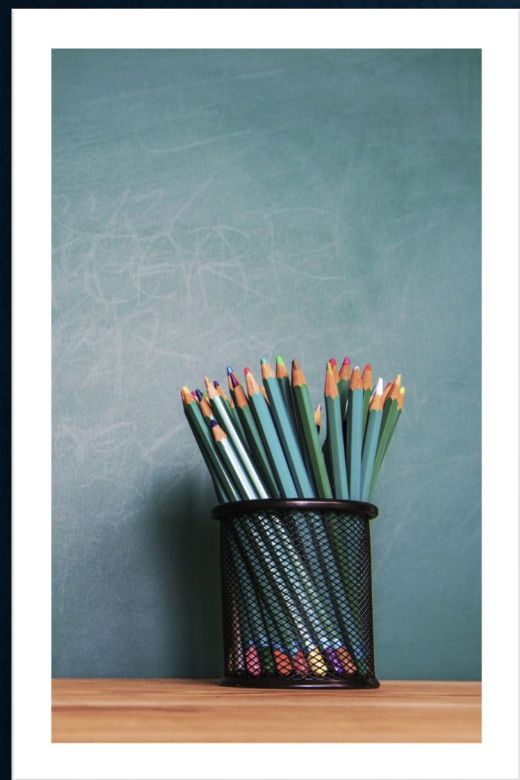
SUSTAINABLE LEADERSHIP

-A WELLBEING POINT OF VIEW

Donncha Phelan

Osteopath





DONNCHA PHELAN

OSTEOPATH 20 YEARS

ACTIVE BODY CLINIC

PORTLAOISE, CO. LAOIS

AWARD 2 GAELIC FOOTBALL MANAGER

THE BODY

- HOW IT REACTS TO 'CHAOS' / STRESS

THE ROLE OF DEPUTY PRINCIPAL

- A LEADERSHIP THAT'S SUSTAINABLE

MANAGING CHAOS

- PRACTICAL TIPS & SUGGESTIONS

THE BODY

NOTE: STRESS CAN BE POSITIVE OR NEGATIVE

2 SETTINGS IN OUR NERVOUS SYSTEM

CALM OR FIGHT OR FIGHT(FREEZE)

AKA

PARASYMPATHETIC OR SYMPATHETIC

MENTAL

EMOTIONAL

PHYSICAL

SPIRITUAL

THE ROLE OF THE DEPUTY PRINCIPAL

A VERY MENTAL ROLE

LEADER

SETTER OF EXAMPLE

CREATOR OF CULTURE

MANAGING CHAOS

COME DOWN OUT OF OUR HEADS

LOOK FOR THAT CALM PLACE

1. ACTUALLY CALMS US

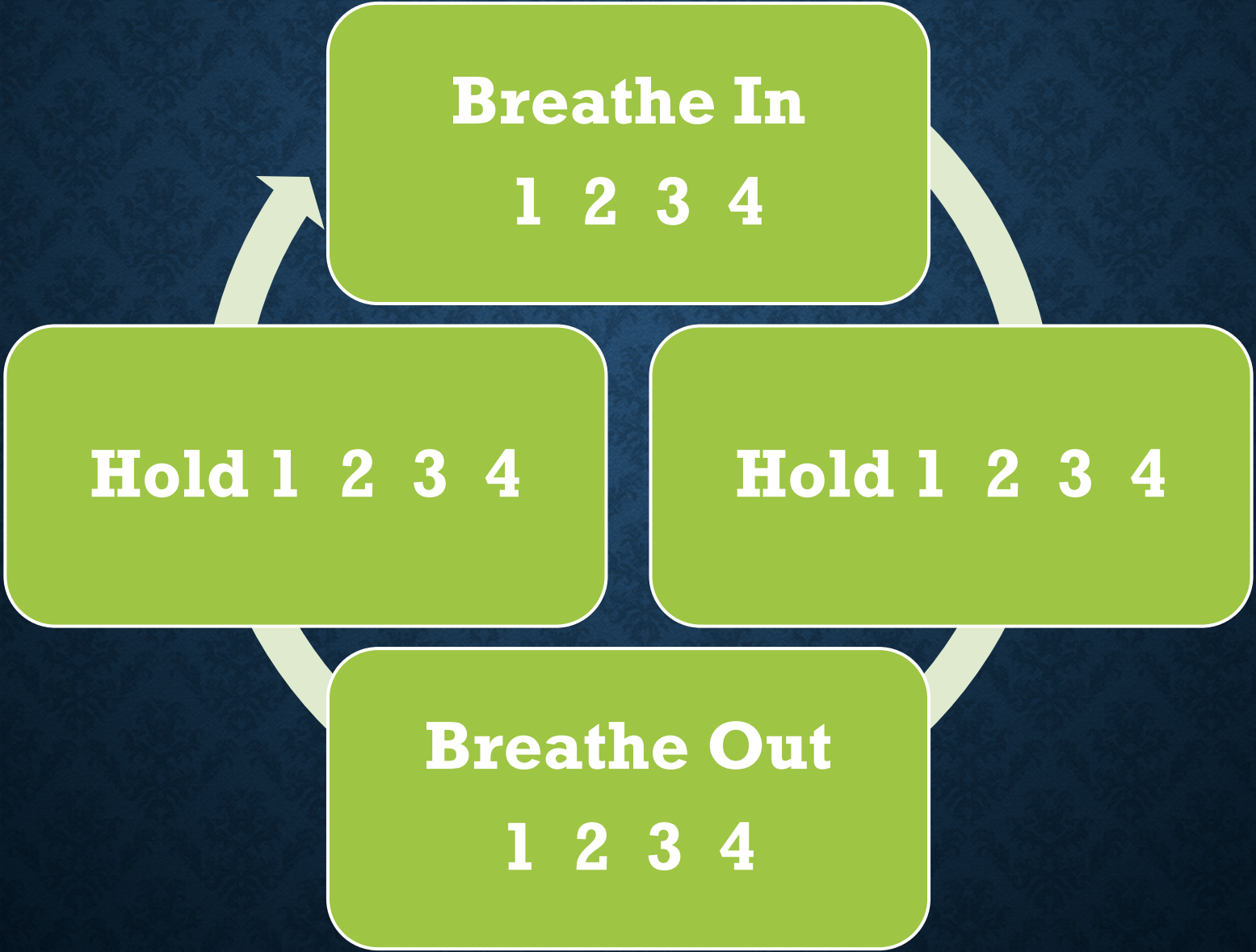
2. REMINDS US WE CAN HOLD
A STILL POINT AMIDST THE CHAOS

GROUNDING

SHOULDER ROLLING

BOX BREATHING

SEATED ROTATIONAL STRETCH



TAKE

1 MINUTE

2 MINUTES

5 MINUTES

15 MINUTES

BUT DO TAKE THE TIME FOR YOURSELF

BONUS!!!

SEATED POSTURE

FOR THE BIN:

SIT UP STRAIGHT

HOLD BACK YOUR SHOULDERS

DON'T SLOUCH

ARTICLE

'FINDING CALM WITHIN THE CHAOS'

LEADERSHIP PLUS

THANK YOU