

Called to Peace Conference May 13-16, 2021

LeAnne Parsons Professional Certified Coach Legacy Now Lived

He Makes All Things New Isaiah 43:19 Our God is indeed the Greatest Healer!

Think of a time in your life when you were going through a period of transition and you weren't able to stick to the plan you made. Regardless of the outcome, there is an opportunity to understand what created the outcome and detracted from it. When you feel stress, tension, anxiety and a lack of engagement, your confidence is drained and your ability to move from Point A to Point B is impacted. Oftentimes we are not aware of what is really enhancing or detracting from our COR.E Wellbeing. We will take a drive together during this workshop into the World of The COR.E Influencers. Your clarity and self-awareness will increase as we answer these questions together:

Is your tank full enough to get you where you want to go?

What are you most afraid of?

What can we do about that fear?

Is Your G.A.S. Tank Running on Empty? Your “God. Aware. Self”!

- 1. Spiritual: Connecting what you do and how you do it with who you are!**
 - a. Create connection
 - b. Get in alignment
 - c. Desire to contribute
 - d. Develop a strategy

- 2. Mental: Eliminate Indecision, uncertainty, and self doubt. Increase your brain power and function!**
 - a. Access Intuition
 - b. Let Go of the outcome and Let God
 - c. Recognize distractions
 - d. Release mental clutter

- 3. Emotional: Respond, React, Understand, and be curious**
 - a. Know which emotions fuel or drain you
 - b. Be aware of your triggers and hot buttons
 - c. Let go of Judgments
 - d. We are always at choice

4. Environmental: Living Well in Creation

- a. Sensory involvement- Taste, Smell, Touch, Sight, Sound
- b. Preferences, Nature, Beauty, Self- Awareness, Boundaries
- c. Comfort, Appropriate, Supportive, Climate
- d. Adapt, Adjust, Ask

5. Economic/Financial: If you are not friends with your finances, something in your relationship with money needs to change.

- a. Prioritize
- b. Regulate
- c. Discern
- d. Give and receive generously

6. Physical: When we are feeling strong and active, we have the best chance of experiencing greater wellbeing.

- a. Hydration, Nutrition, SLEEP
- b. Self-image, Self confidence
- c. Exercise-Movement
- d. Breath, healthy touch, safety

7. Social: You were created in and for relationships.

- a. With God
- b. With yourself
- c. With others
- d. Letting go of manipulating the outcome.

What are you most afraid of? What can you do about that FEAR?

Face Everything And RISE. Or Forget Everything and RUN.

R - Responsibility. Take it

I – Identity in Christ- Claim it

S – Self Awareness- Ask God for more

E – Engagement- Choose it

R- Resist

U- Unaware

N- Numb