Blending your PASSION with your CAREER

Creating synchronicity to live your best life

HPACT

Health Programs for Arizona Cities, Counties and Towns

WLG
Women Leading Government
“When you change the way you look at things the things you look at change.”
— Max Planck
Sheri Gilbert, Marketing Director
INTENTION

Definition:
1. A thing intended; an aim or plan

aim, purpose, intent, objective, object, goal, target, end; design, plan, scheme; resolve, resolution, determination; wish, desire, ambition, idea, dream, aspiration, hope
INTENTION ACTION GAP

The space that occurs when the values or attitude of a person do not correlate with their actions - Wikipedia

WE CAN HAVE THE BEST INTENTIONS...
CULTIVATE A MAKER’S MIND

1. **ASK** - What do you want to achieve? Do you believe you can?

2. **IMAGINE** - Visualize EXACTLY what achieving it feels and looks like. What emotions does it bring up? How does your body physically react when you visualize? Make a mental or physical note of them.

3. **ORGANIZE** - What tools do you need to help you achieve your intention? Make a list. Diagram the processes if helpful. Don’t know what you need? Go back to #2 and think about how you felt living as if the intention had already occurred.

4. **CREATE** - Time to play! Following your list, begin to use or participate in the tools and processes. It’s okay if something doesn’t work. Learning is part of the process. Make it fun. Invite a friend to do it with you. Give yourself permission to be imperfect!

5. **CULTIVATE COMMUNITY** - Ask for feedback, collaborate, LISTEN, LEARN, REFLECT.

6. **IMPROVE** - Discuss the outcome and what would work better. **REPEAT** steps 1-6!
"I really feel - not just for women alone - just how important it is to care for people... and also to stand up for what we believe in."

Mary Rosamund Haas, Linguist (1910- 1996)
Dr. Lauren Ruegg
Clinical Advisor
INTERCONNECTEDNESS
Our entire system, our brain and the earth itself work on the same frequencies
Is it possible for the magnetic signals radiated by the heart of one individual to influence the brain waves of another at conversational distance?
HEART – BRAIN COMMUNICATION
"I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time."

Anna Freud, Psychoanalyst (1895-1982)
Brain Wave (EEG) and Heart Wave (EKG) measuring different emotional states.
Ascending Heart Signals

Thalamus
- Synchronizes cortical activity

Amygdala
- Emotional memory

Medulla
- Blood pressure and ANS regulation

Inhibits Cortical Function

Facilitates Cortical Function
HEART – BRAIN SYNCHRONIZATION
THE HEART’S MAGNETIC FIELD
✓ Define your story

✓ **Understanding** and **aligning** our purpose in the context of female leaders

"What you do makes a difference, and you have to decide what kind of difference you want to make."

- Dame Jane Morris Goodall, DBE, Primatologist
Kendall Taylor
Wellness Director
Emotion is used to describe a state of a person. Examples include:
• Candace Pert Research
• Cell receptors are the interface between emotions and tissue
• These molecules receive information and vibrate to form a network that connects all of our tissue: brain, gut, skin, heart, which helps us form our feelings.
**RELEVANCE OF POSITIVE EMOTIONS**

Emotions are not just feelings – they are biological responses that cause physiological and behavioral changes in the body.

Emotions activate hormonal responses, the cardiovascular system, and other systemic reactions.

They also trigger neurochemicals like dopamine, noradrenaline, and serotonin.
"If you know you are on the right track, if you have this inner knowledge, then nobody can turn you off... no matter what they say."

*Barbara McClintock, Cytogeneticist and winner of 1983 Nobel Prize (1902-1992)*
EMOTIONS ARE THE LINK BETWEEN THE MIND AND THE BODY

A THOUGHTS
WHAT WE THINK

B BEHAVIOR
WHAT WE DO

C EMOTIONS
WHAT WE FEEL
EXPERIENCING POSITIVE EMOTIONS CAN IMPROVE:

• Immunity
• Stress levels
• Longevity
• Overall health
• Health of others around us
“A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.”

- Hugh Downs
ACTS OF KINDNESS

Doing good things or helping others without a reward.

Benefits: Reduce stress, boosts self-esteem, better physical and emotional health.

As you perform random acts of kindness, it’s likely people will wish to return the favor and “pay it forward.” Keep the kindness flowing.
“When women reassert their relationship with the wildish nature, they are gifted with a permanent and internal watcher, a knower, a visionary an oracle, an inspiratrice, an intuitive, a maker, a creator, an inventor and a listener who guide, suggest and urge vibrant life in the inner and outer world”

*Clarissa Pinkola Estes, Psychoanalyst & Artist*
WALKING INTO WALGREENS...
WHEN WOMEN SUPPORT EACH OTHER, INCREDIBLE THINGS HAPPEN.
Sheri Gilbert, Marketing Director
Dr. Lauren Ruegg, Clinical Advisor
Kendall Taylor, Wellness Director

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