

# Blending your PASSION with your CAREER

Creating synchronicity to  
live your best life

# HPACT

HEALTH PROGRAMS FOR ARIZONA CITIES, COUNTIES AND TOWNS





“

“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



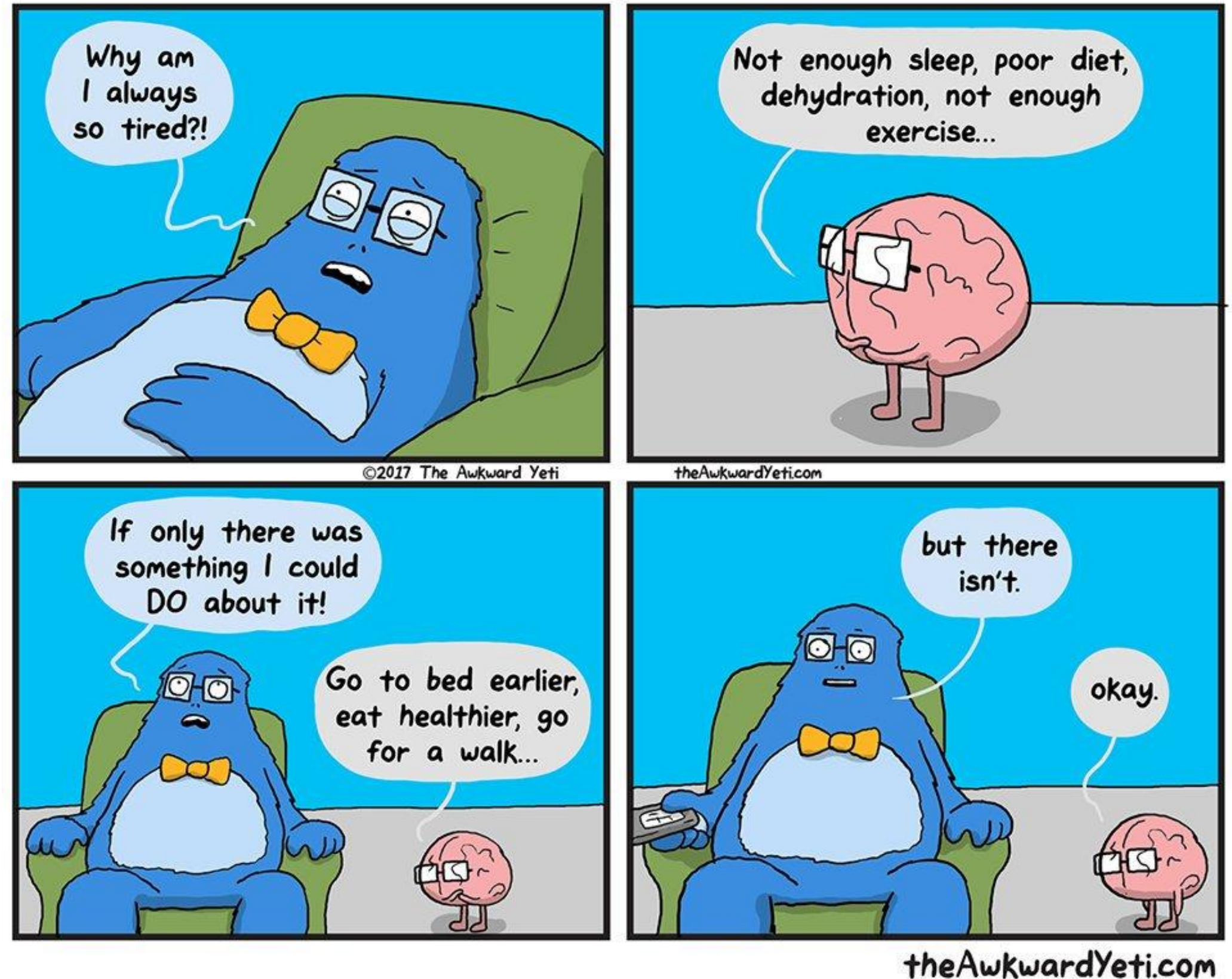
**STRETCHING  
PURPOSE**



# 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...**



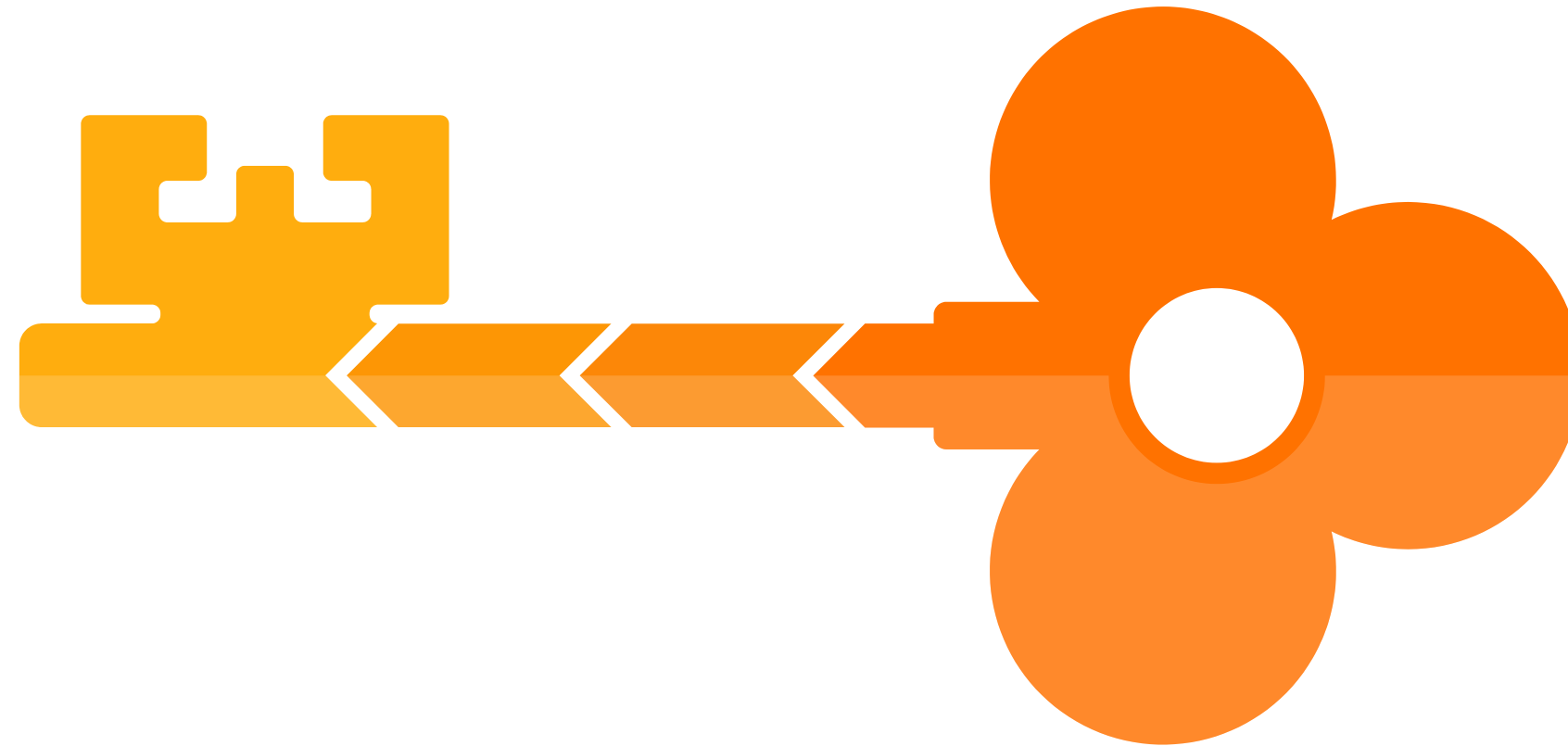
# CULTIVATE A MAKER'S MIND

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



**PLAY VIDEO**



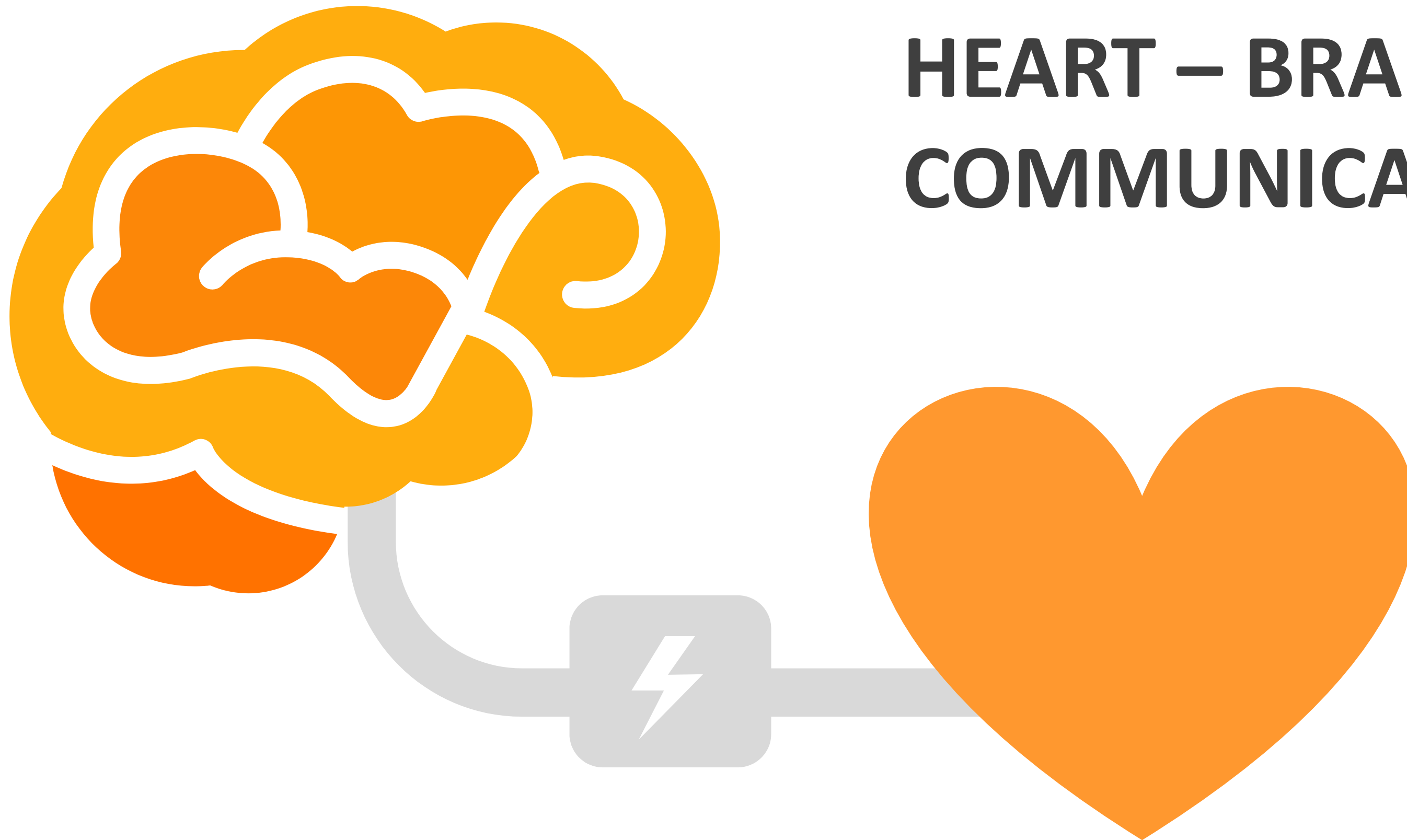


**Is it possible for the magnetic signals radiated by the heart of one individual to influence the brain waves of another at conversational distance?**





# HEART – BRAIN COMMUNICATION





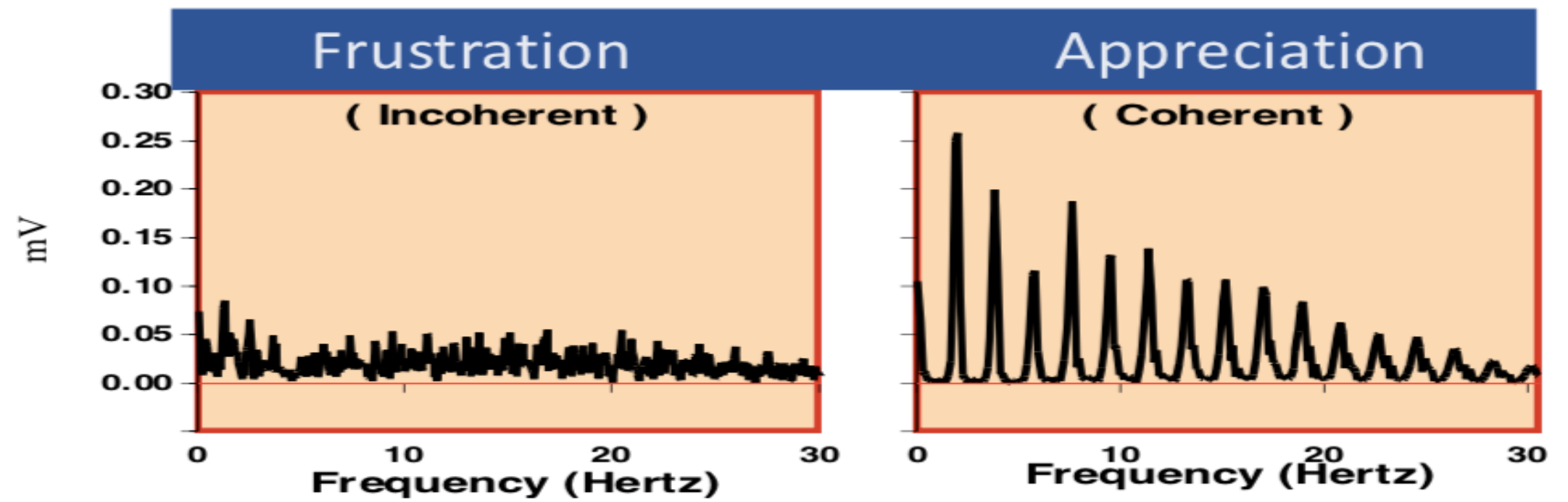
"I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time."

*Anna Freud, Psychoanalyst (1895-1982)*

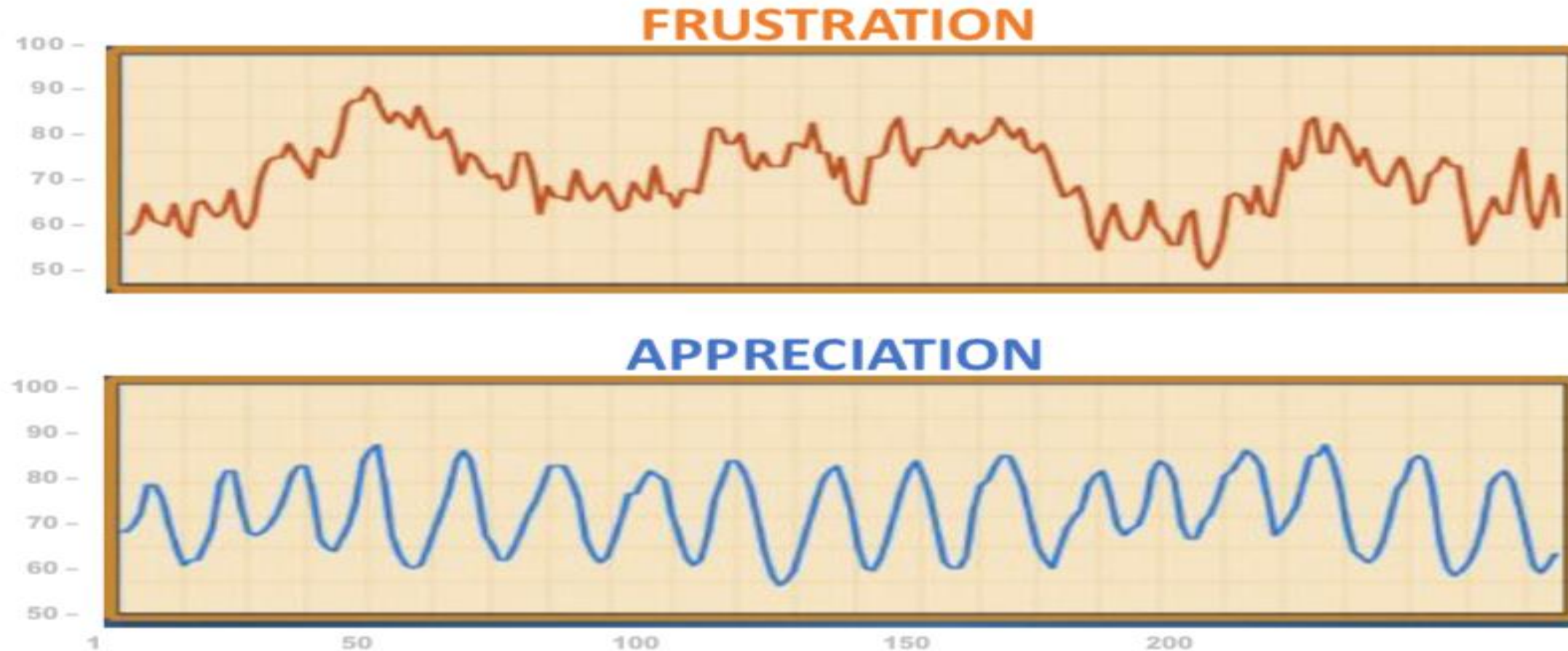




Brain Wave (EEG) and  
Heart Wave (EKG)  
measuring different  
emotional states

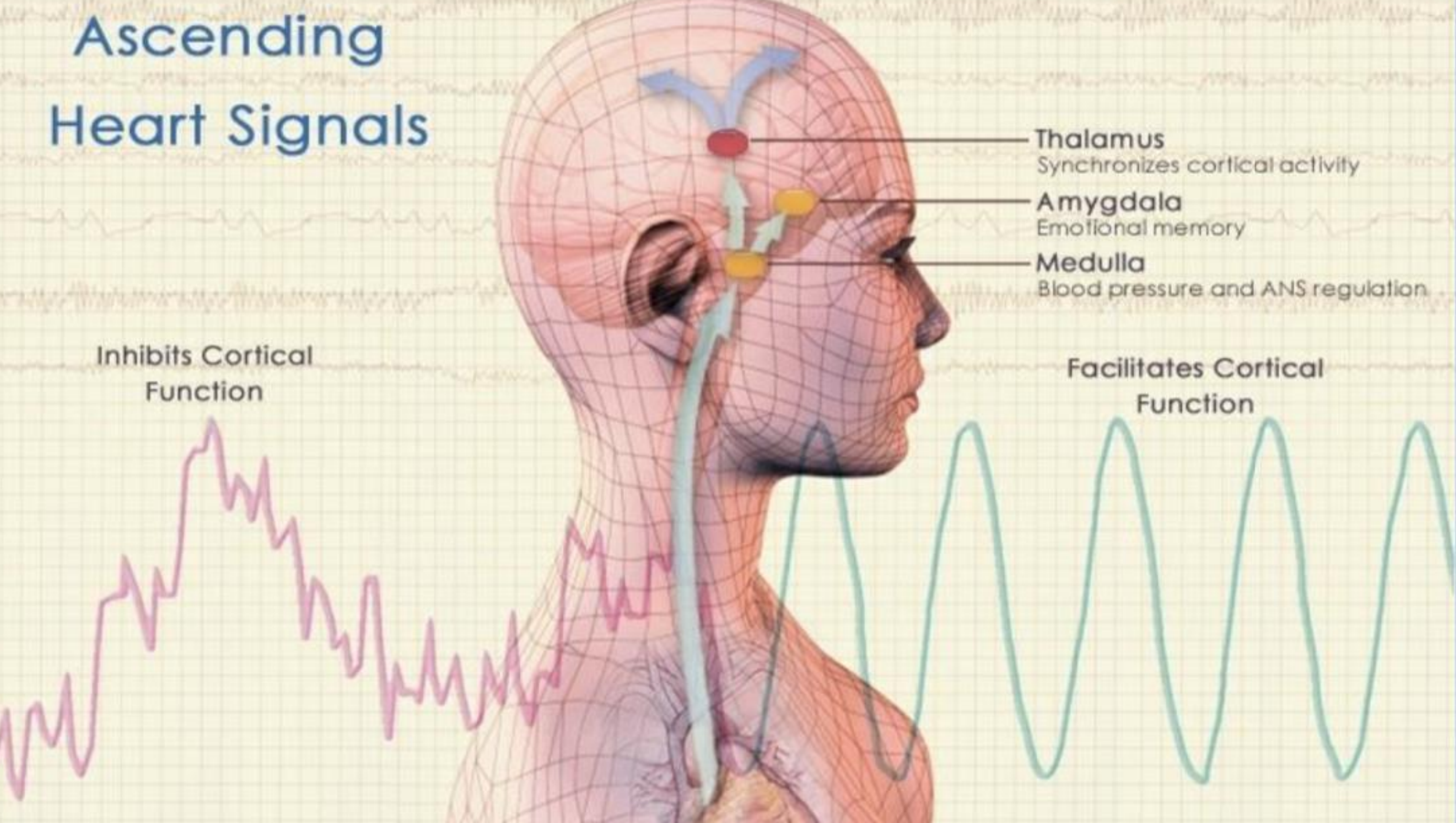


ECG FREQUENCY SPECTRA

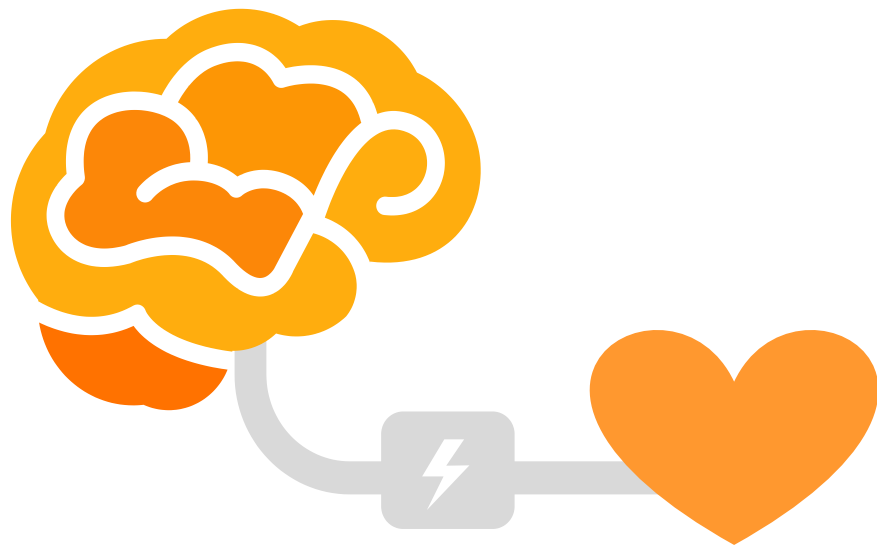




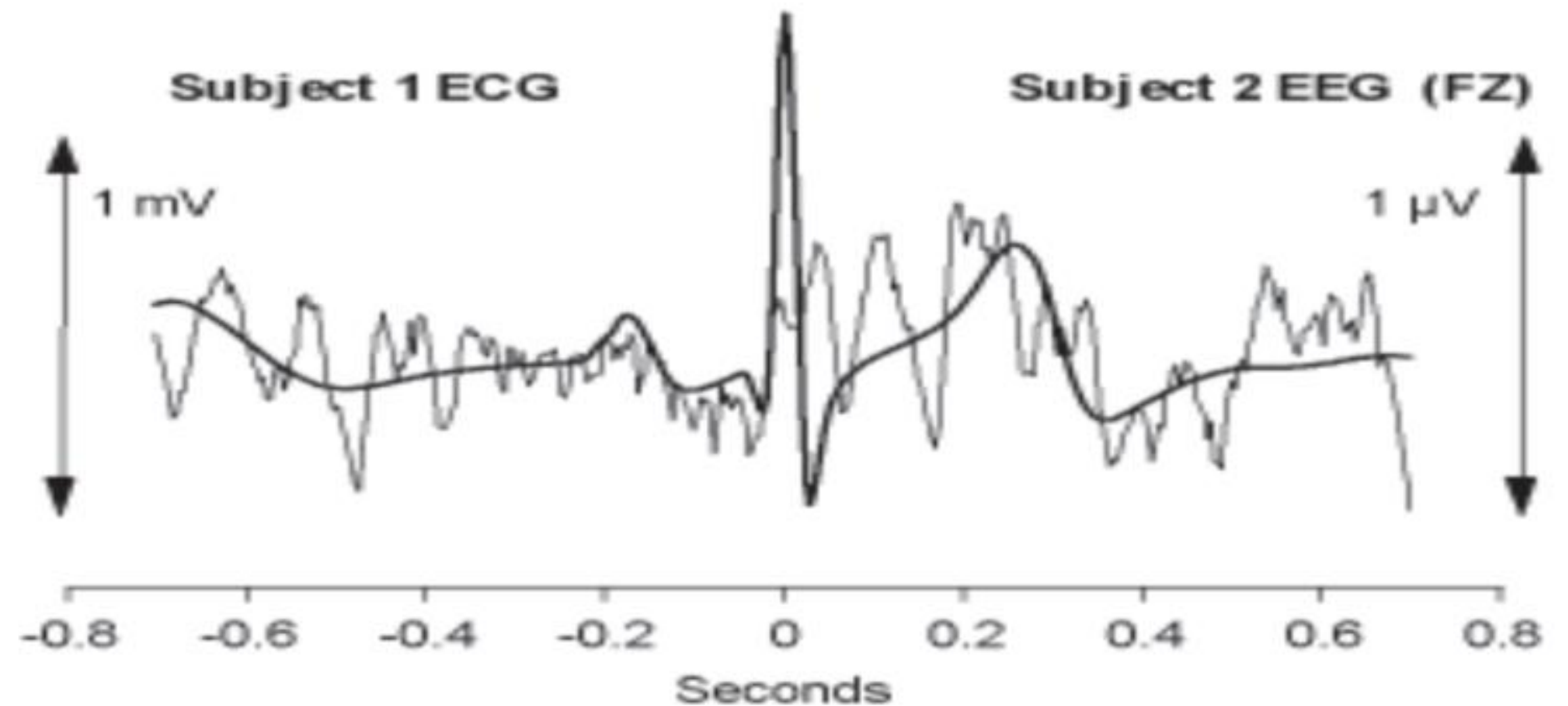
# Ascending Heart Signals



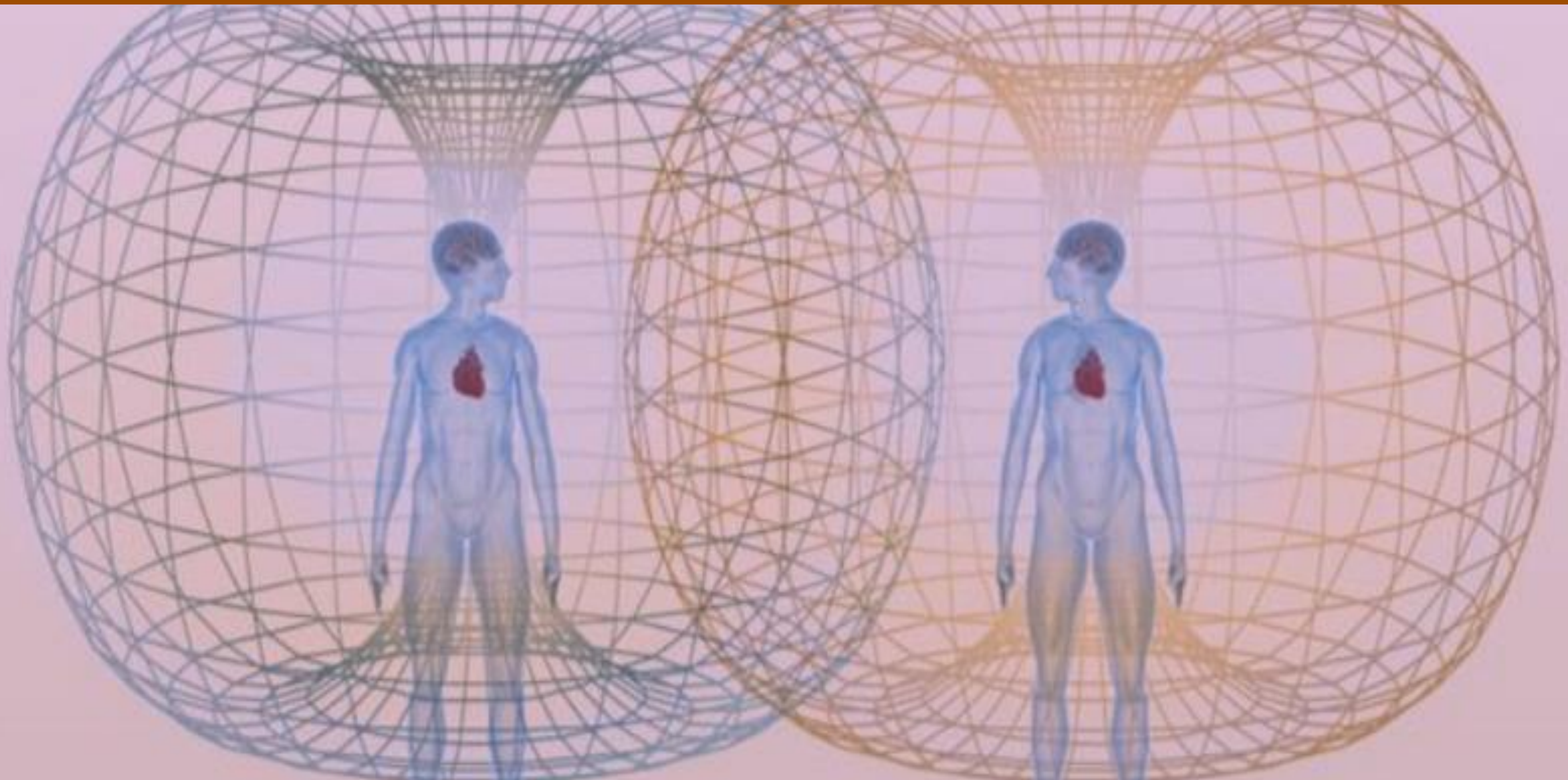




# HEART – BRAIN SYNCHRONIZATION



# THE HEART'S MAGNETIC FIELD





# TYING IT ALL TOGETHER

- ✓ 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**



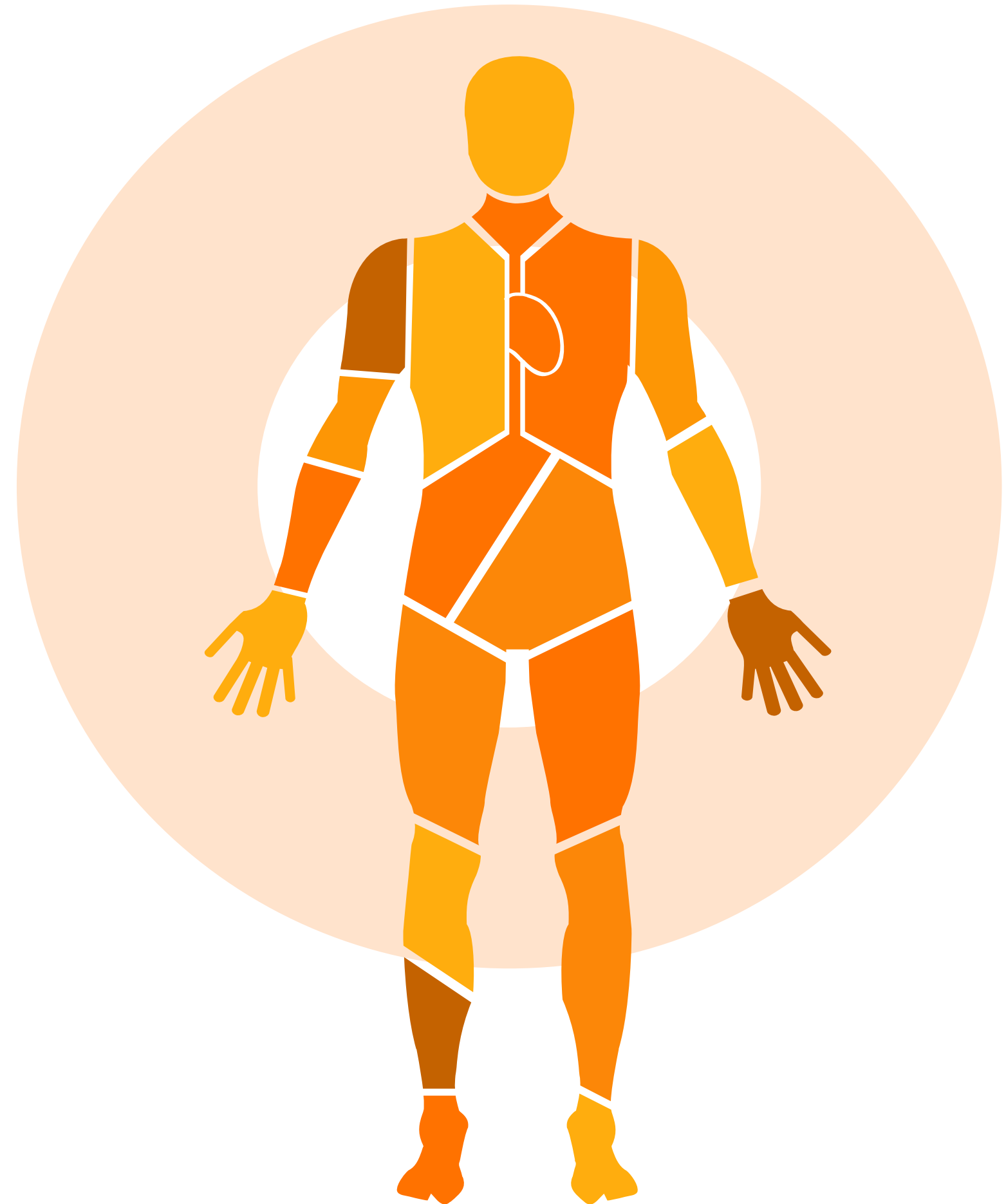
# EMOTION

Emotion is used to describe a state of a person. Examples include:



# MOLECULES OF EMOTION

- 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

hormones

functions

health

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)*



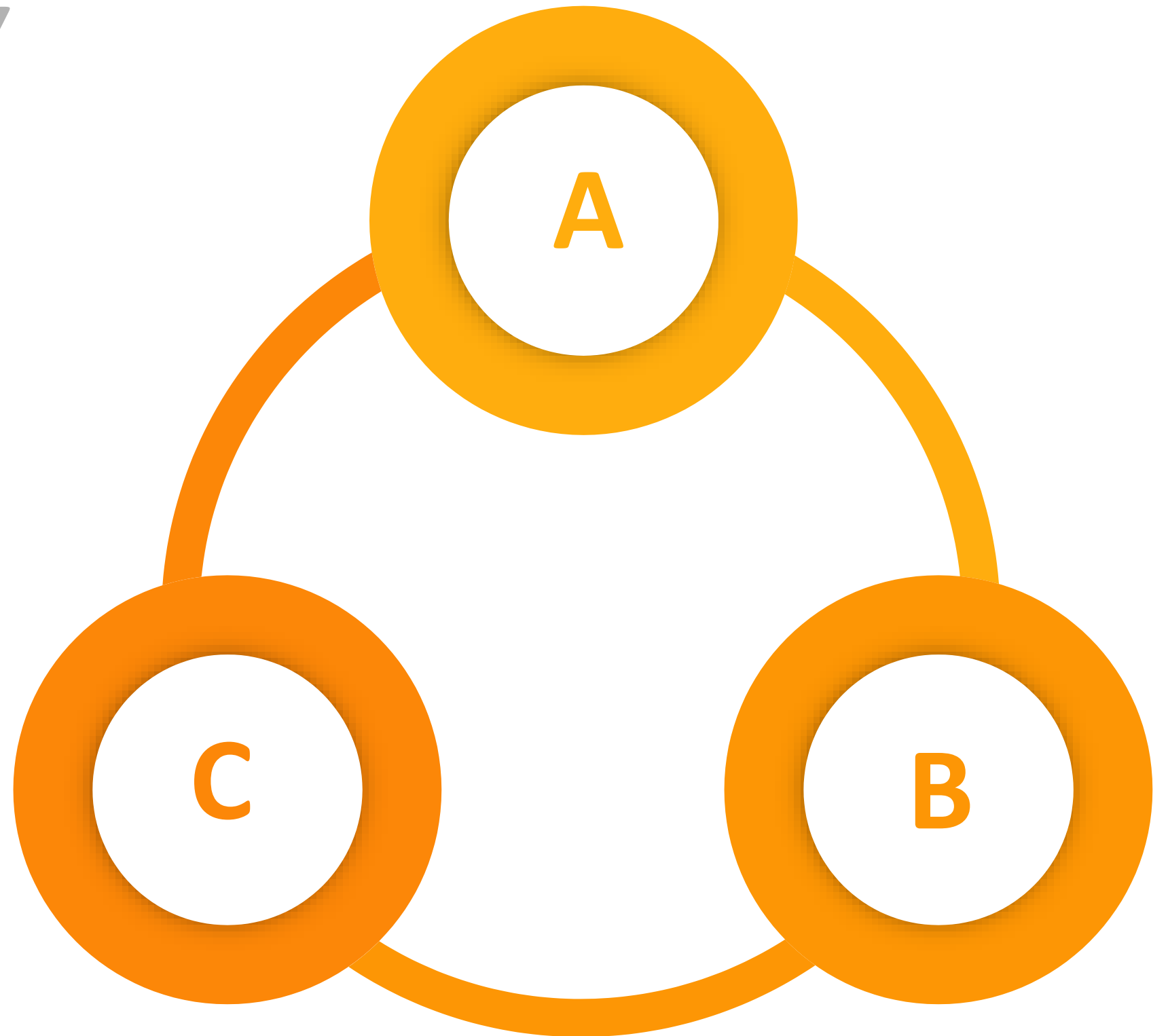


# EMOTIONS ARE THE LINK BETWEEN THE MIND AND THE BODY

**A** **THOUGHTS**  
WHAT WE THINK

**B** **BEHAVIOR**  
WHAT WE DO

**C** **EMOTIONS**  
WHAT WE FEEL



A woman with dark hair tied back, wearing glasses and a white button-down shirt, is smiling and gesturing with her right hand while talking to a man. The man, wearing a light blue button-down shirt, is leaning over a desk, holding a blue tablet. On the desk are several papers, including one with a bar chart. The background is a bright, modern office with a potted plant on the left.

# BENEFITS OF POSITIVE EMOTIONS

## 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.

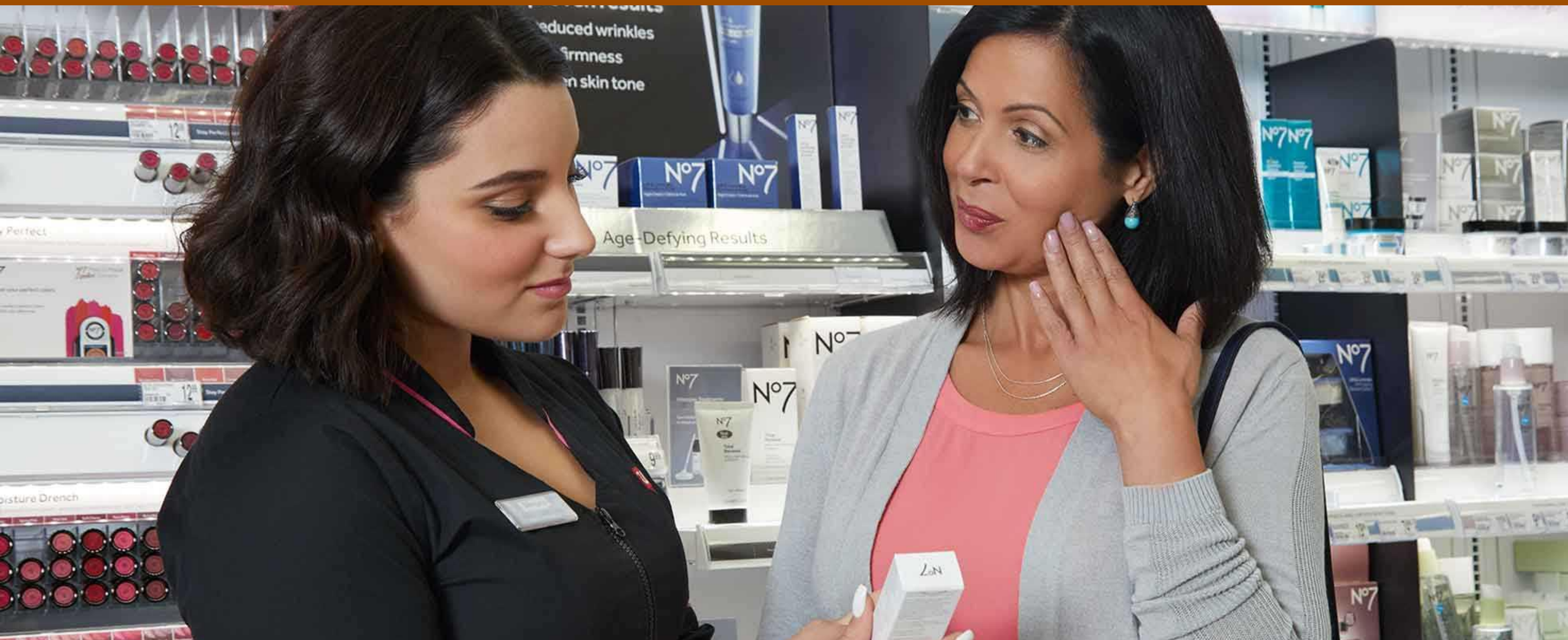


“When women reassert their relationship with the wildish nature, they are gifted with a permanent and internal watcher, a knower, a visionary an oracle, an inspiratrice, an intuitive, a maker, a creator, an inventor and a listener who guide, suggest and urge vibrant life in the inner and outer world”

*Clarissa Pinkola Estes, Psychoanalyst & Artist*



# WALKING INTO WALGREENS...





A woman is shown from the chest up, holding a white mug with both hands. She is wearing a white tank top and a light-colored cardigan with a floral pattern. The background is a blurred indoor setting. A large orange triangle is overlaid on the right side of the image, containing the text.

**WHEN WOMEN SUPPORT  
EACH OTHER, INCREDIBLE  
THINGS HAPPEN.**





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