



Welcome to Isolate with Resonate!



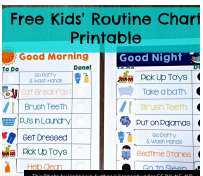
ISOLATE WITH Resonate

Wellbeing & Resilience during Disruption
Presented by True North Leadership – Gabrielle & Wayne Enright

presented by True North Leadership in collaboration with Resonate Consultants

1

What's working?

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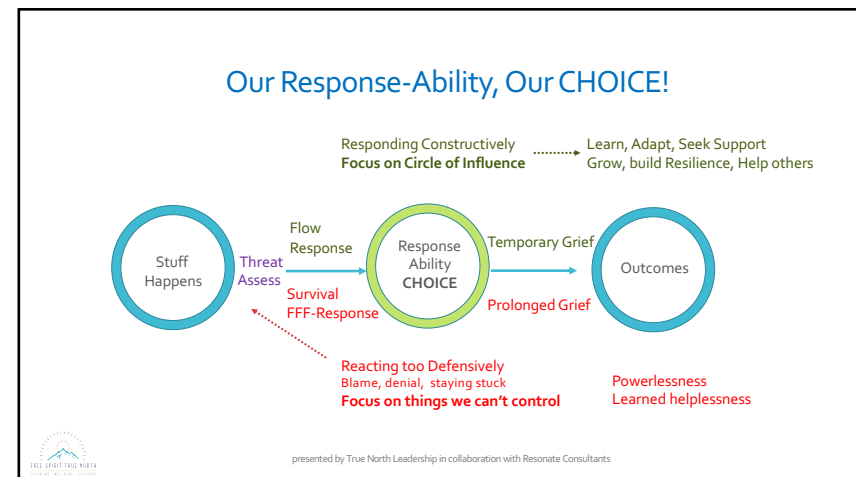
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What's not working?

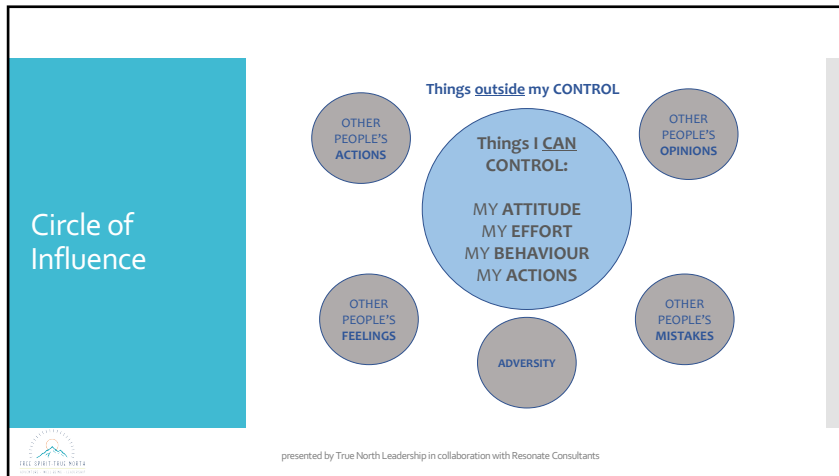


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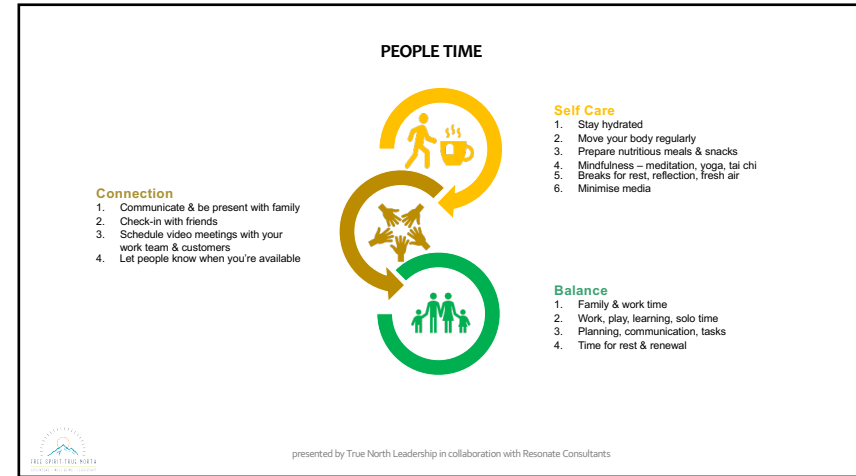
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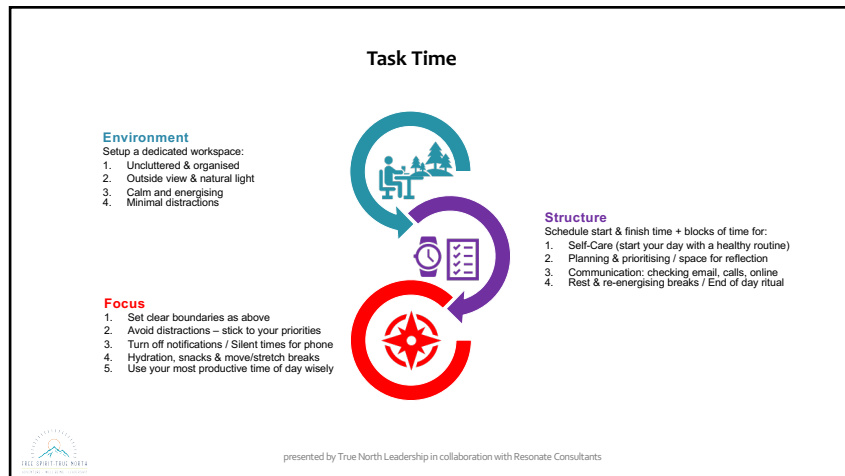
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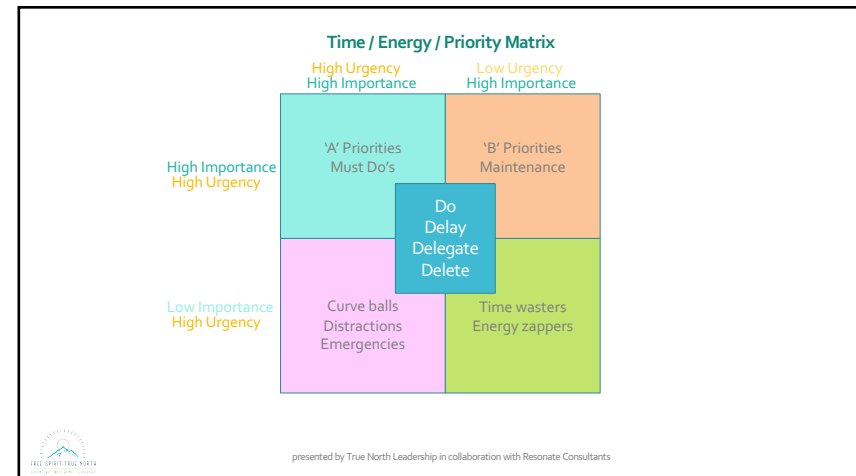
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11



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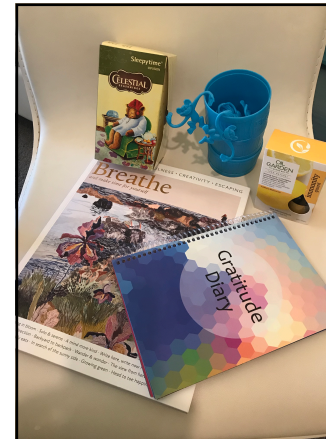
CORE VALUES

- Compassion – for self and others
- Patience – with self and others
- Forgiveness – without judgement, clarify, learn, and let go
- Gratitude – daily 3, reflect, and express out loud



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13



Keep the **Monkey Mind** under effective control with these items:

Breathe magazine ~ aesthetically pleasing magazine packed full of information and ideas for mindful living

Essential oils ~ work on the limbic system [monkey mind] and assist with moods and clarity ~ orange and lemon for uplift; lavender for relaxing; blends for different outcomes

Sleepytime tea ~ for when you want to wind down and soothe your nervous system in preparation for sleep

Gratitude diary ~ choose your own journal or do it visually with photos ~ select 3 things each day to be grateful for and make this part of your daily wellbeing ritual/routine

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14

SLEEP HYGIENE

- Establish a **soothing pre-sleep routine** – include a bath, herbal tea, reading or quiet, device free time 1 hour before bed
- **No devices 1 hour before bedtime** – light from screens can interfere with melanin levels which are part of sleep switch
- **Reduce / avoid caffeine**, nicotine and other stimulants from mid-afternoon onwards
- **Avoid heavy evening meals** 3 hours prior to bed – digestion needs a head start – 12 hours gut rest if possible
- **Regular physical activity** will help you sleep better – not in the 2 hours prior to bed though!
- **Muted lighting** in the evening – helps guide sleep patterns
- Move the **clock out of the bedroom** if possible – or out of sight of bed to avoid clock watching
- Try a **herbal sleep supplement** to soothe the nervous system and give it nourishment for the next day



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15

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Wayne is available for 1:1 coaching sessions; retreats/workshops/webinars; leadership/team development programs and conference keynotes.

A specialist in helping organisations develop self-managed teams and navigate challenging terrain, Wayne is also an adventure guide and wilderness therapist. Author of *The Spirit of Adventure Calls: A Compass for Life, Learning & Leadership*.

Qualifications: B. Ed Physical Education & Biology; Grad Dip Health Counselling & Group Work; Certs in Facilitation Mastery and other accelerated learning methodologies; Wilderness First Aid & Remote Emergency Response.

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Gabrielle is available for 1:1 coaching and counselling sessions, retreats and workshop/webinars.

Drawing from a wide range of modalities, Gabrielle can assist with Mindfulness, Stress management, Relationship Counselling, Naturopathy & Well-being

Qualifications: Dip T, B Ed Biology & Physical Education; Grad Dip Ed Counselling; Cert IV TAE; Adv Dip Naturopathy, Western Herbal Medicine, Nutritional Medicine; Adv Dip Applied Health Breathwork Therapy; Diploma Positive Psychology

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16