



Led by Megan Gilmore

NEUROSCIENCE, TRAUMA AND BELONGING

A VIRTUAL TRAINING FOR LARK'S SONG CERTIFIED COACHES AND COACHES-IN-TRAINING

With these freakin' amazing panelists:



Katara
McCarty



Terrie
Valentine



Torri
Williams



Navar
Watson

GLAD YOU'RE HERE!
IF YOU HAVE ANYTHING TO
CLEAR, TYPE IT IN THE
CHAT WINDOW!



PULSE CHECK - HEAR AND TICKIN'



- **INTRODUCTIONS**

Name

Joining from?

LSCC Training Cohort...

Bottomline _____ Your hope for today?



STRIKE A POSE



WHERE ARE WE GOING FROM HERE?



- **LOGISTICS**
- **ALLIANCE**
- **NEUROSCIENCE + TRAUMA EDUCATION**
- **TRAUMA & BELONGING PANEL**
- **INTEGRATIVE COACHING PRACTICE**
- **COMPLETION THROUGH EMBODIED EMPATHY**



DESIGNED ALLIANCE



ASSUMPTIONS

Naturally CRWR
Unique & Valuable
Worthy of Being Championed
Capable of Solving Complex Problems
Ready to Live at Choice



AGREEMENTS

Confidentiality
Challenge by Choice
Fierce Wonder
Authentic Presence
Wholehearted

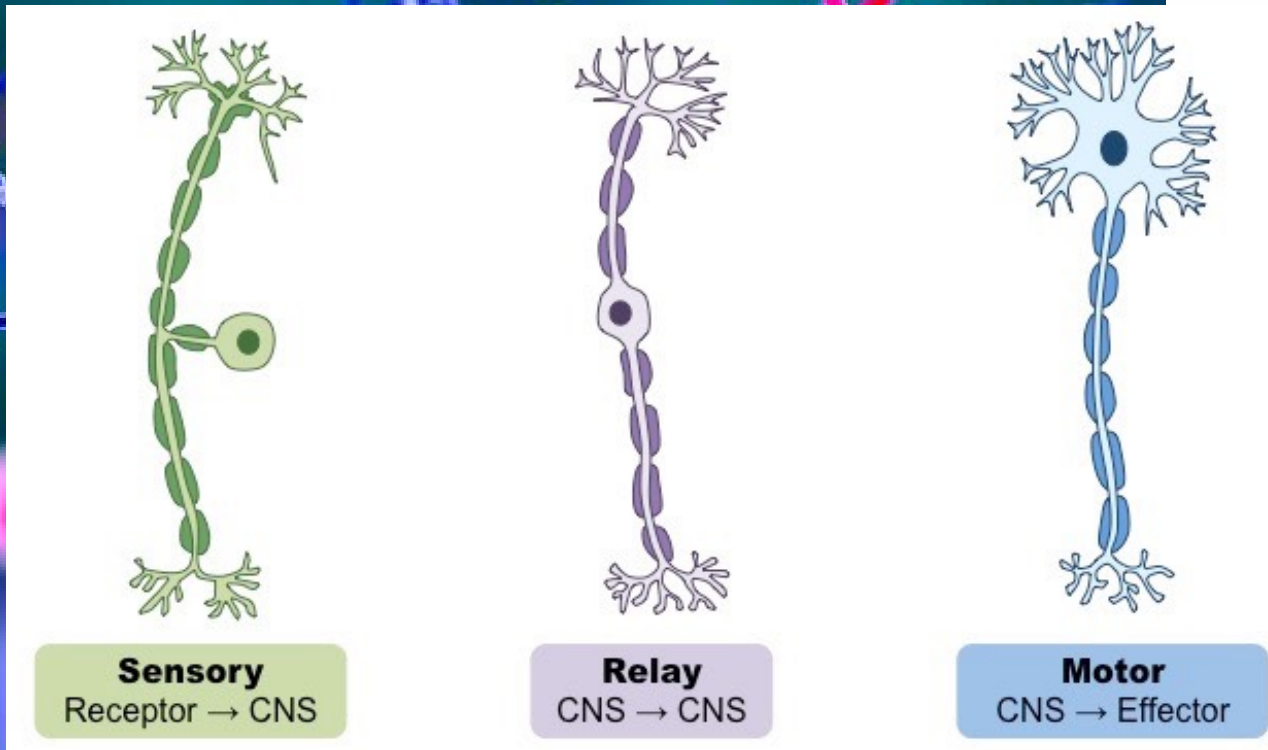
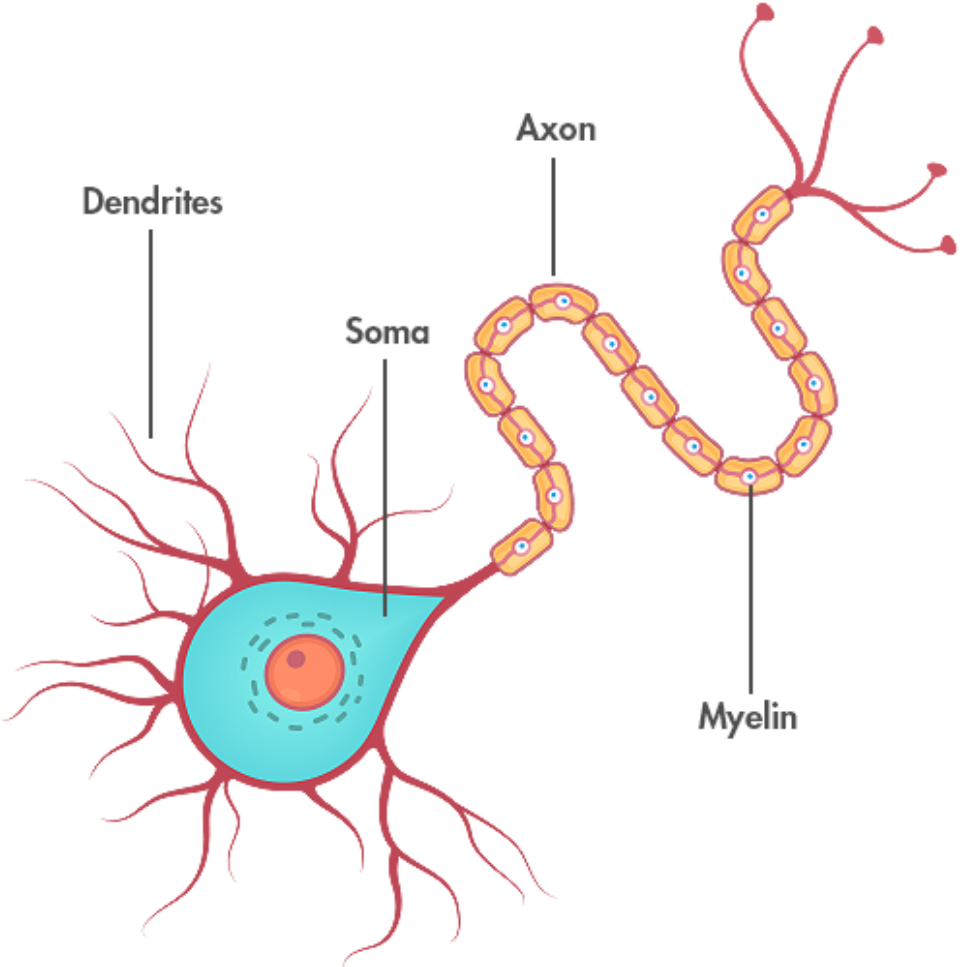


SAFETY NORMS

Emotionality
Rapid Recovery
Coming and Going
Virtual Parking Lot - (317) 509-2609



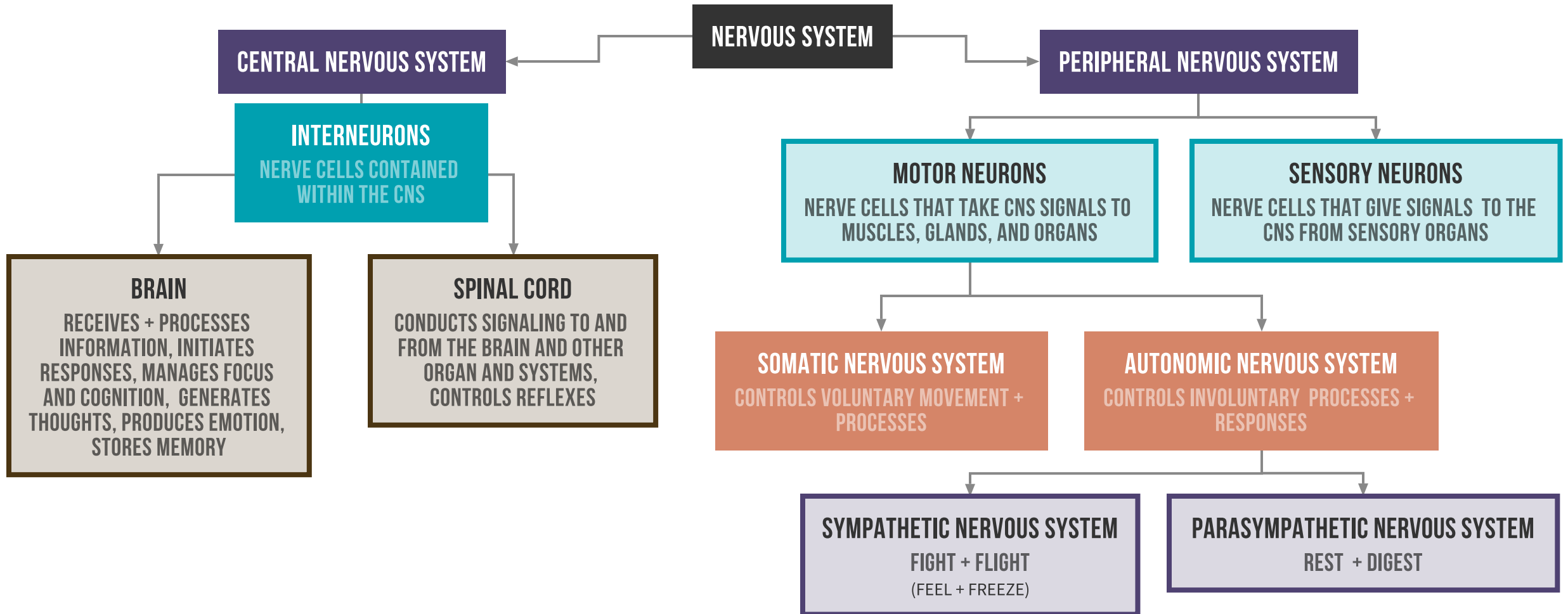
NEURONS = NERVE CELLS

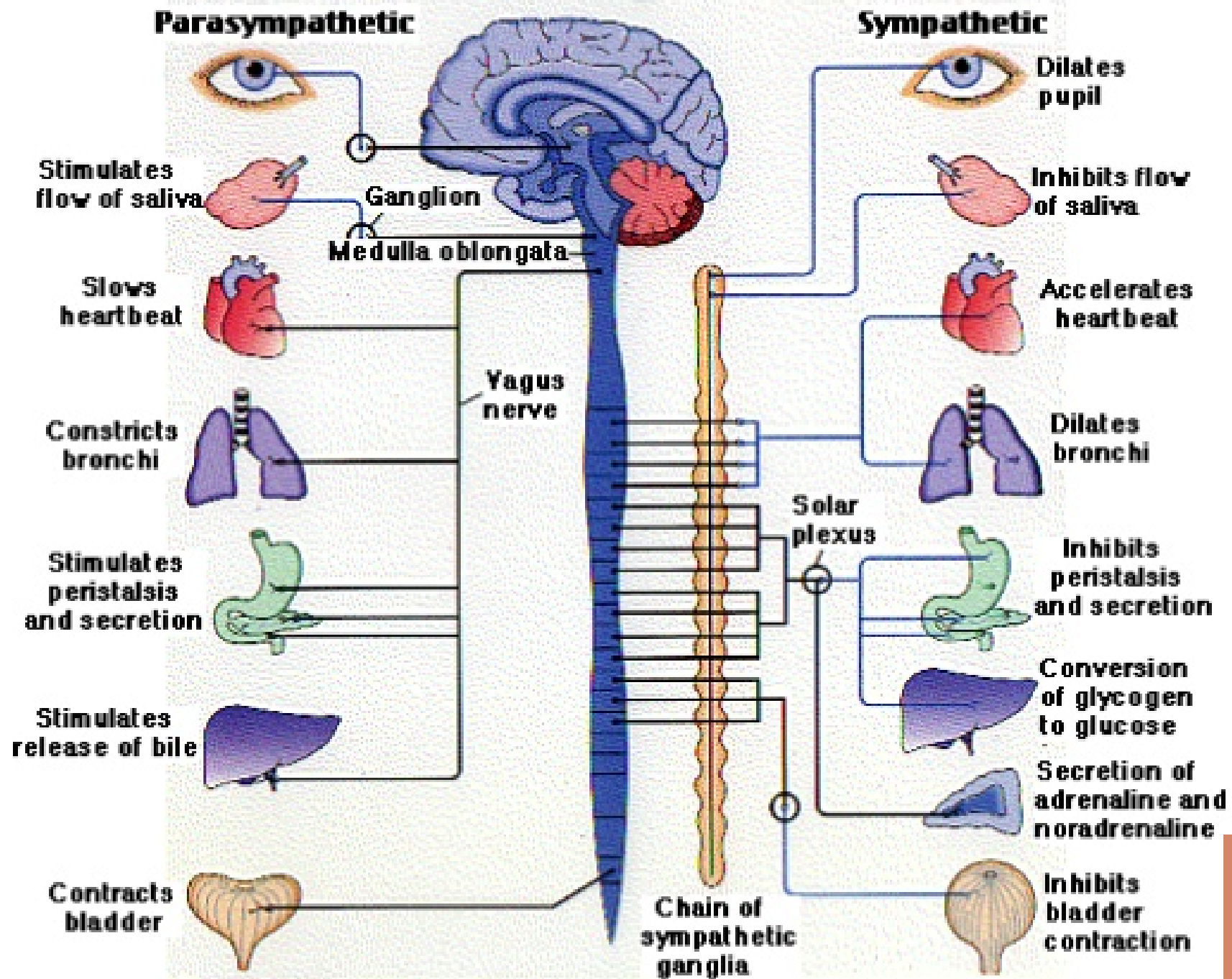


CRAZY TOWN:

Depending on the type of neuron it can mature in 3-6 weeks
.001 inches of dendritic growth in a week is considered very rapid
It takes 400 repetitions to create a new synaptic connection (neural pathway) or 12 repetitions in play

THE NERVOUS SYSTEM

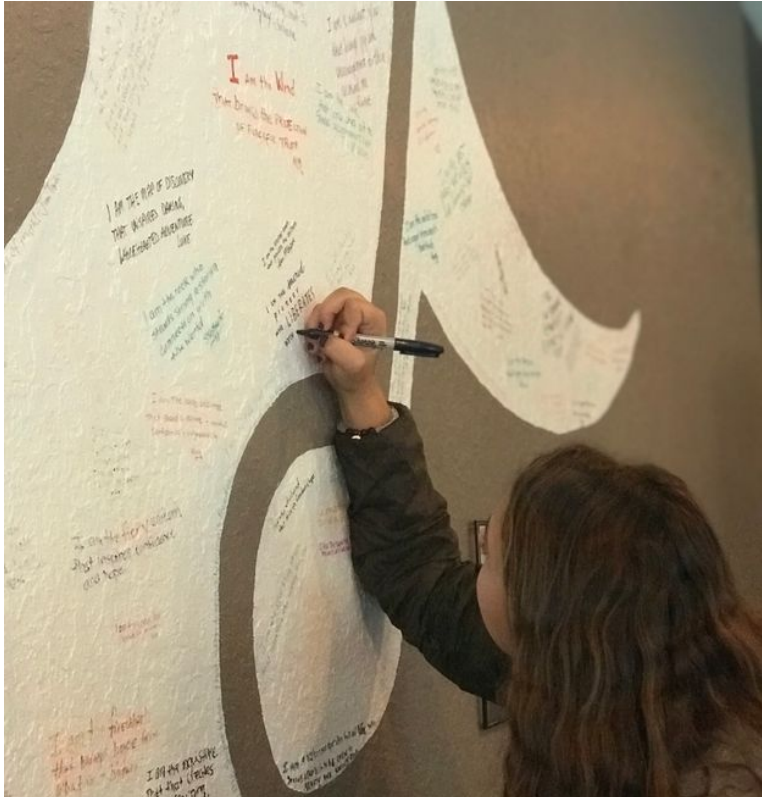




AUTONOMIC TONE = THE BALANCE OF PARASYMPATHETIC AND SYMPATHETIC ACTIVITY
 FOR MOST PEOPLE A HEALTHY AUTONOMIC TONE IS 80% PARASYMPATHETIC AND 20% SYMPATHETIC

THE MOST EFFECTIVE WAY TO IMPACT AUTONOMIC TONE IS BY TONING THE VAGUS NERVE

WHY IT MATTERS FOR COACHES



WE EVOKE TRANSFORMATION...
(NEUROPLASTICITY)



THROUGH INSIGHT/NEW LEARNING...
(CENTRAL NERVOUS SYSTEM)



**AND CONSCIOUS, RESONANT
CHOICE/ACTION**
(PERIPHERAL NERVOUS SYSTEM)



NOW LET'S TALK ABOUT TRAUMA...



ACUTE

trauma results from a single incident



CHRONIC

trauma is repeated and prolonged



COMPLEX

exposure to varied and multiple traumatic events



THINGS TO KNOW:

SOURCES: NADINE BURKE HARRIS & STEVE COLE

ASSESSMENT

Adverse Childhood Experiences (ACE) Questionnaire

In 1998, a landmark study was done by Kaiser Permanente and the Center for Disease Control and Prevention (CDC), in which they found 10 ACE categories that significantly impacted health and well-being across a lifetime.

The categories include: physical, emotional, and sexual abuse; physical and emotional neglect; growing up in a household where a parent was mentally ill, substance-dependent, incarcerated; where there was parental separation or divorce, or domestic violence.

IMPACT

About 50% of the risks of harm are damaging behaviors.

But even if you avoid all of the behaviors/make the best choices you can with the cards you've been dealt, the long-lasting impact of continuous activation of your sympathetic nervous system, releasing adrenal and cortisol, increasing blood pressure and the immune system's response to threat, and decreases executive functioning in our central nervous system (brain).

Inflammation is responsible for over 80% of fatal disease.

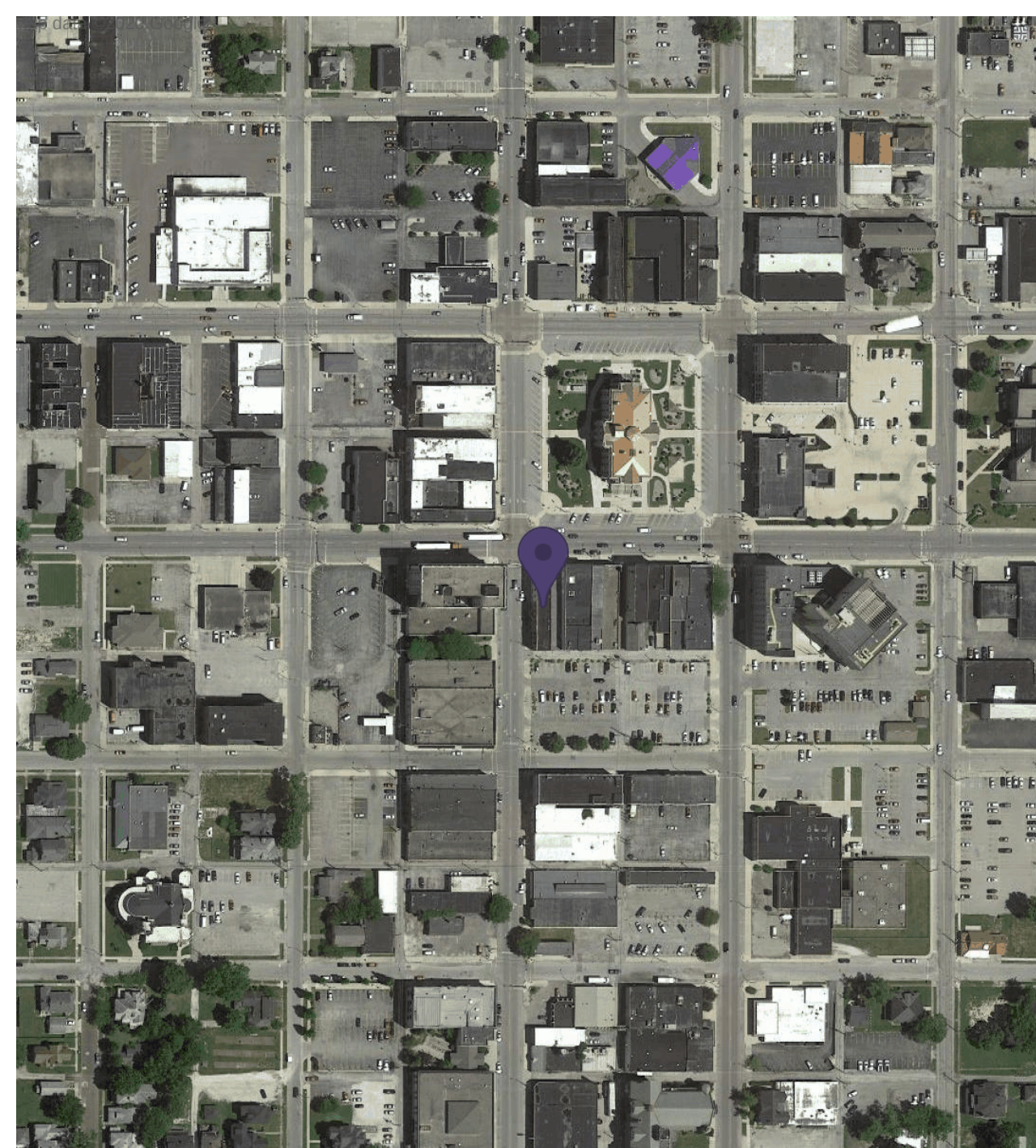
GOOD NEWS GUYS! YOU CAN SLOW YOUR SNS RESPONSE TIME WITH VAGAL TONING AND HEAL INFLAMMATION IN YOUR GENETIC CODE WITH EUDAMONIC WELL-BEING INTERVENTIONS.



REFLECTION: WHAT DO YOU WANT TO BE SURE TO REMEMBER FROM PART 1?

Video





SEND US SOME LOVE

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#LARKSSONG #LSCCPROUD



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GLAD YOU'RE BACK!
TAKE SOME DEEP
BREATHS, DO A LITTLE
DANCE AND GET READY
FOR THESE PANELISTS

