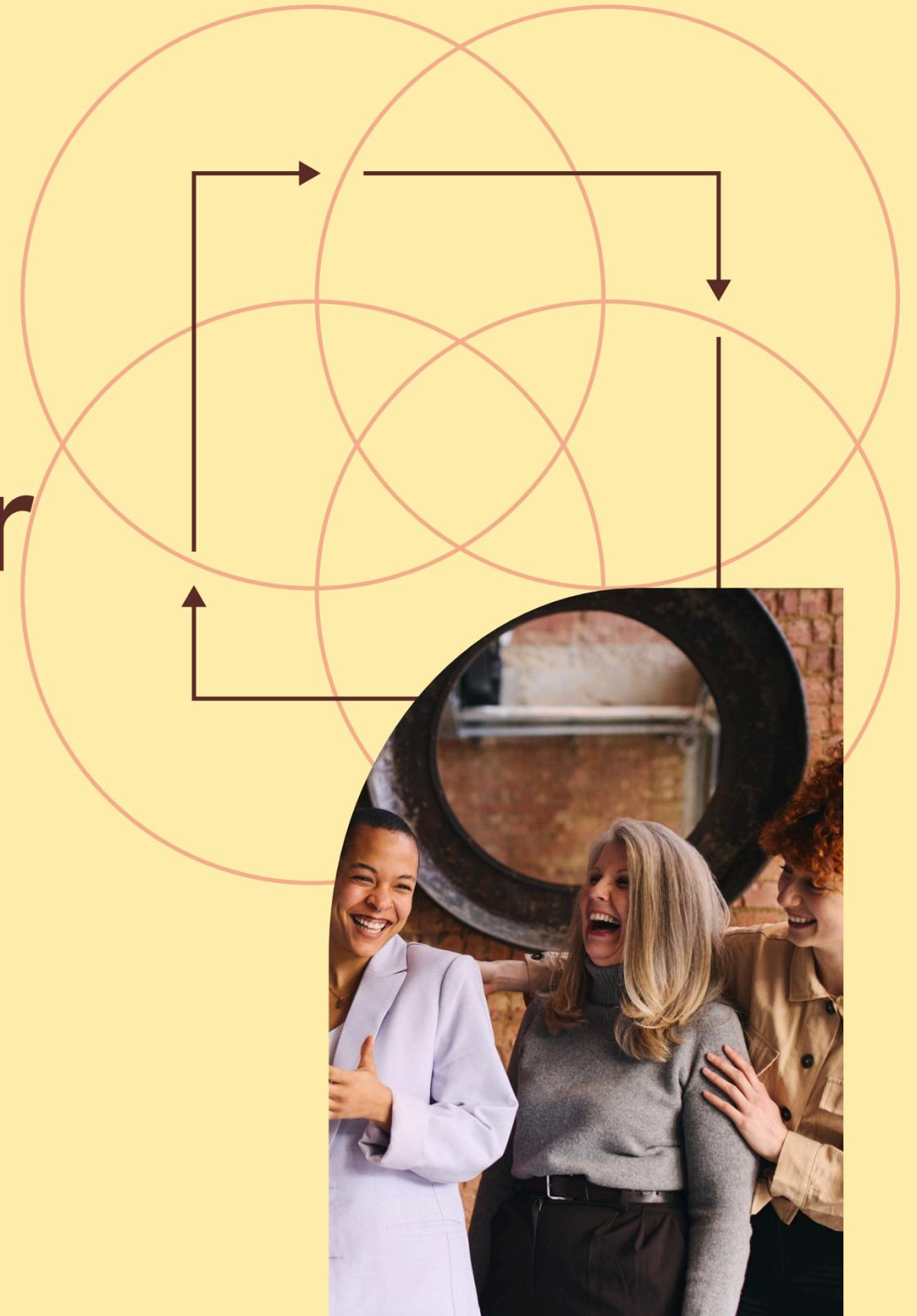


For Empowered Women in Leadership
& Architecture

Unlocking Creativity for Your Wellbeing & High Performance

Anna Wolas | Career Wellbeing Coach & Mentor



Why is it so important to express your creativity...

Share your ideas and perspective,
Innovate projects,
Introduce your new solutions,
Spontaneously draw something that stirs your imagination...

1.

It benefits your performance,
boosts your visibility, brings results to your career
or business by reaching both short and long-term goals.

2.

It impacts your wellbeing...

Because every time you stay put and quiet,
not expressing exciting ideas,
thoughts you came up with during the meeting,
not creating something you want in your projects.

These actions transform into frustration, anger, rage, grief, sadness and anxiety,
Then into energy drain, and overtime to exhaustion and burnout...

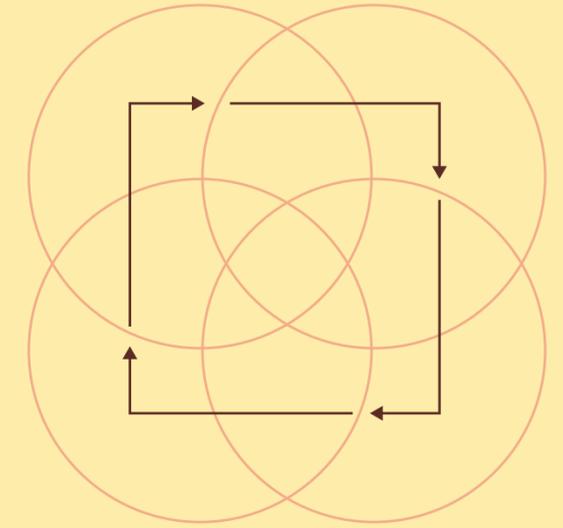
Burnout

- ✓ non stop pressure, no chance to recover
- ✓ body starts to give in
- ✓ mental, physical, emotional exhaustion
- ✓ life balance & work management difficulty

Stress

- ✓ feeling of tiredness at the end of the day
- ✓ taking time for recovery
- ✓ act of bouncing back
- ✓ energy and creativity to face next working day

High Sensitive People more prone to burnout -up to 30% population is HSP



- ✓ depth of feeling emotions, noticing detail, depth of analysing and processing
- ✓ great empathetic leaders
- ✓ creative, innovative, problem solvers, noticing others needs, intuitive
- ✓ natural personality trait that can become advantage or disadvantage
- ✓ need emotional management, emotional intelligence tools to THRIVE
- ✓ tools for emotional and mental boundaries
- ✓ wellbeing strategy
- ✓ to increase performance, strengthen leadership skills and get to the higher level

Top signs of burning out

Psychological

- A feeling of hopelessness
- Forgetfulness, lack of clarity, brain fog
- Anxiety & Sensitivity to criticism

Physical

- Chronic fatigue: sleep change & pain (back ache)
- Worsening menstrual / menopausal symptoms
- Stomach / gut issues

Behavioural

- Highly emotional & acting out
- Change in diet - binge eating or not eating, skipping meals
- Keeping obsessive control

Occupational

- Reduced job satisfaction / losing passion for work
- Making more mistakes - attention to detail is slipping
- Losing confidence - not speaking up or sharing ideas

Personal

- Less social engagement
- Sense of not doing a good job at work and at home
- Breakdown in relationships

Causes of Burnout



- ✔ Organisational change, workload
- ✔ Lack of compatibility with environment
- ✔ Feeling invisible, unheard, unseen
- ✔ Bureaucracy and control
- ✔ Fear based performance, presentism
- ✔ Workplace bullying
- ✔ Lack of recognition and reward
- ✔ Conflict in personal and professional relationships

The Burning out Architect Leader tries to solve this by....



Counting on wellbeing initiatives at work



Waiting for Holidays and Weekends to finally catch up with rest and recharge



Waiting for project deadline



Ignoring it & pushing-through



Changing the job..not going for the promotion

Unlocking your creativity for your wellbeing and performance

Tools to support burnout recovery & prevention (that easily fit into your lifestyle)

Tools to manage stress and emotional intelligence

Wellbeing Strategy that has you feeling lit up and energised by work again

Re-discover your creativity & innovation as per your personality type



What needs to get involved in unlocking your creativity:



01 MIND

Your beliefs about you and your creative potential and skills based on truth and your personality traits not someone else opinions

02 BODY

Body needs movement for processing emotions that lock mind capacity from accessing creative areas

03 ENVIROMENT

Surrounding yourself with people who are creative, positive and having growth mindset - that will pull you up and encourage

Creative Rest

The fourth type of rest is creative rest. This type of rest is especially important for anyone who must solve problems or brainstorm new ideas. Creative rest reawakens the awe and wonder inside each of us. Do you recall the first time you saw the ocean or a waterfall? Allowing yourself to take in the beauty of the outdoors — even if it's at a local park or in your backyard — provides you with creative rest.

But creative rest isn't simply about appreciating nature; it also includes enjoying the arts. Turn your workspace into a place of inspiration by displaying images of places you love and works of art that speak to you. You can't spend 40 hours a week staring at blank or jumbled surroundings and expect to feel passionate about anything, much less come up with innovative ideas.

[Click HERE for FREE rest Quiz](#)

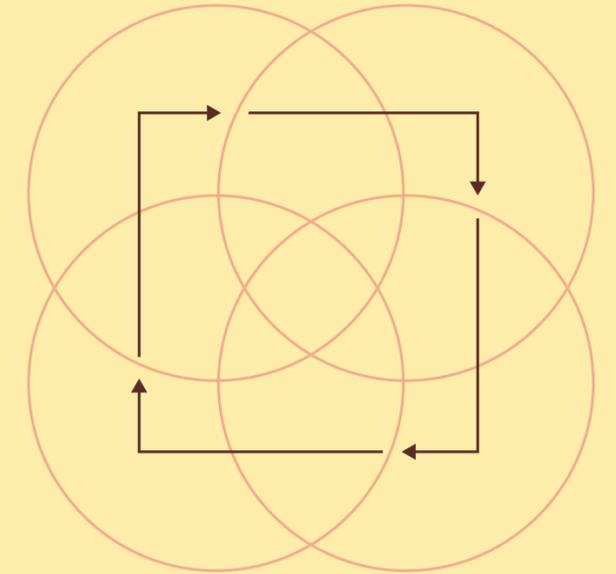
[Click here to watch TedTalk: Sandra Dalton-Smith MD “7 types of rest that every person needs”](#)

Are you Highly Sensitive? Self-Test

Instructions: Answer each question according to the way you personally feel. Highlight T (true) if it is at least somewhat true for you; or F (false) if it is not very true or not at all true for you.

1. I am easily overwhelmed by strong sensory input T / F
2. I seem to be aware of subtleties in my environment T / F
3. Other people's moods affect me T / F
4. I tend to be very sensitive to pain T / F
5. I find myself needing to withdraw during busy days, into bed or into a darkened room or any place where I can have some privacy and relief from stimulation T / F
6. I am particularly sensitive to the effects of caffeine T / F
7. I am easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by T / F
8. I have a rich, complex inner life T / F
9. I am made uncomfortable by loud noises T / F
10. I am deeply moved by the arts or music T / F
11. My nervous system sometimes feels so frazzled that I just have to go off by myself T / F
12. I am conscientious T / F
13. I startle easily T / F
14. I get rattled when I have a lot to do in a short amount of time T / F
15. When people are uncomfortable in a physical environment I tend to know what needs to be done to make it more comfortable (like changing the lighting or the seating) T / F
16. I am annoyed when people try to get me to do too many things at once T / F
17. I try hard to avoid making mistakes or forgetting things T / F
18. I make a point to avoid violent movies and TV shows T / F
19. I become unpleasantly aroused when a lot is going on around me T / F
20. Being very hungry creates a strong reaction in me, disrupting my concentration or mood T / F
21. Changes in my life shake me up T / F
22. I notice and enjoy delicate or fine scents, tastes, sounds, and works of art T / F
23. I find it unpleasant to have a lot going on at once T / F
24. I make it a high priority to arrange my life to avoid upsetting or overwhelming situations T / F
25. I am bothered by intense stimuli, like loud noises or chaotic scenes T / F
26. When I must compete or be observed while performing a task, I become so nervous or shaky that I do much worse than I would otherwise T / F
27. When I was a child, my parents or teachers seemed to see me as sensitive or shy T / F

Scoring:



If you answered more than fourteen of the questions as true of yourself, you are probably highly sensitive. But no psychological test is so accurate that an individual should base his or her life on it. We psychologists try to develop good questions, then decide on the cut off based on the average response.

If fewer questions are true of you, but extremely true, that might also justify calling you highly sensitive. Also, although there are as many men as women who are highly sensitive, when taking the test highly sensitive men answer slightly fewer items as true than do highly sensitive women.