

integrity • people • vision



VELVET COVERED STEEL

Mastering Resilience Against All Odds

DESIGNED TO EMPOWER YOU FROM THE INSIDE OUT!

Presenter: Michelle L Steffes, CPS, CPLC, AHE, CDT



FOUR PARTS

Rewiring Your Brain for Resilience

1. Inner Sabotage: The Enemy of Your Potential
2. Addressing the “FEAR Factor”
3. Retrain Your Brain – Manage Your State
4. 5 Methods for Communicating Under Pressure



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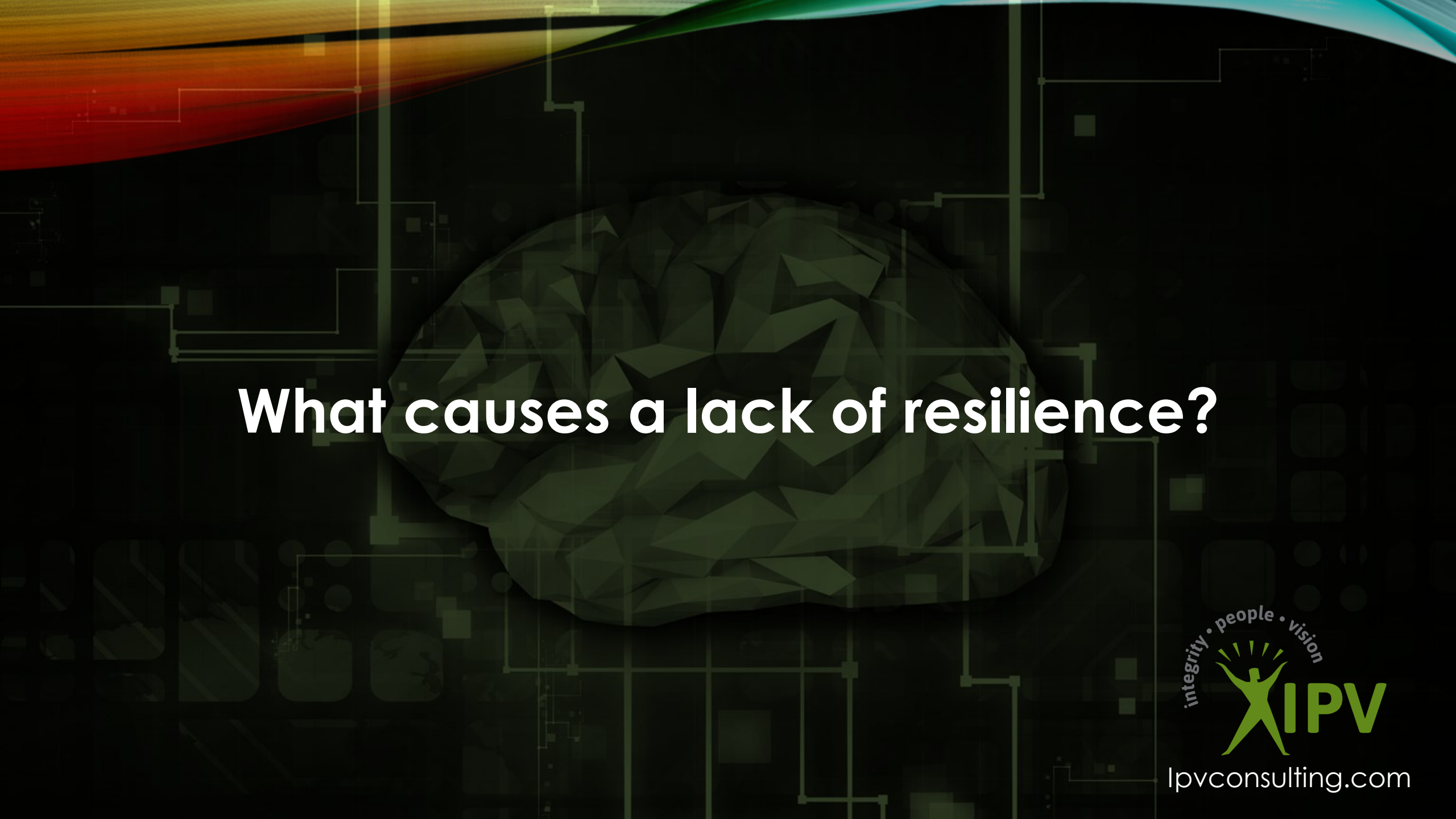
FOUR PARTS

Rewiring Your Brain for Resilience

Inner Sabotage: The Enemy of Your Potential



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What causes a lack of resilience?



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A lack of resilience occurs when
thoughts and reactions
develop into
patterns and mindsets
that we are not
willing or able to let go of



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“Rewiring” the Brain for Resilience

A CHANGE of lifestyle . . .

- shift in perceptions
- rewire your brain
- alter your state



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Full Potential

High Resilience

**Inhibited
Potential**

Low Resilience



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What is the #1 Reason we Struggle



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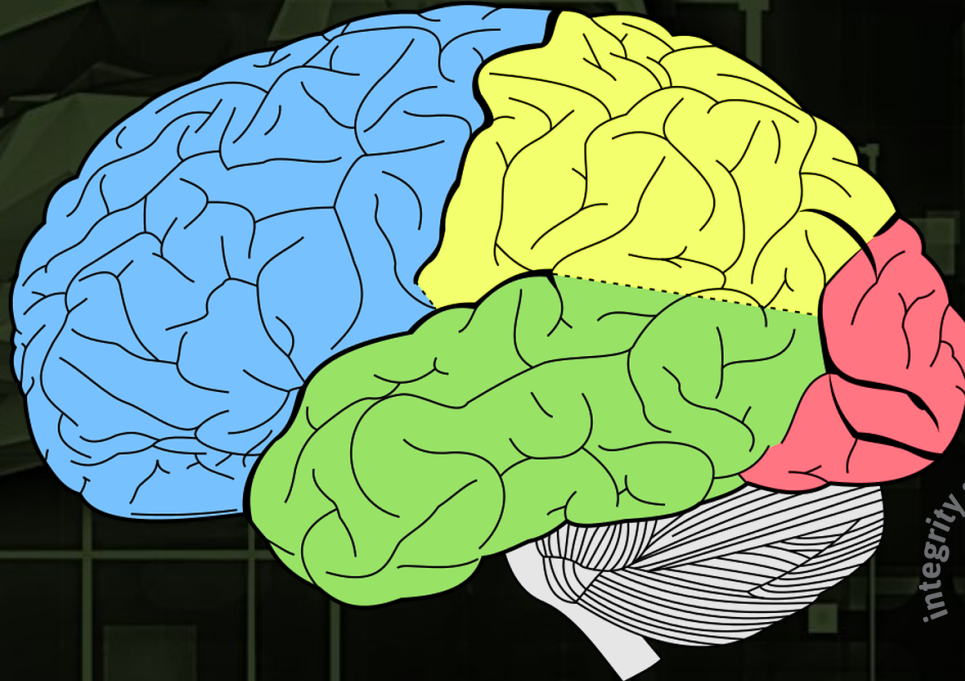


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Stress & Fear

Chronic Stress or High Stress Raises Cortisol
Frontal Cortex (Executive Center) Becomes Paralyzed

Reduced Attention
Lower Perception
Emotional Distress
Poor Health
Poor Performance
Sleeplessness



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Stress & Fear

Chronic Stress or High Stress Raises Cortisol
Cellular Changes in the Brain

Shrinks Hippocampus
(memory center)
Amygdala Hijack
(emotional center)



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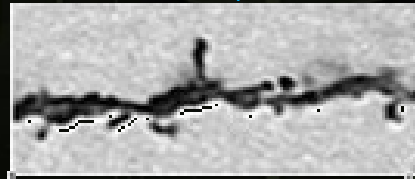
Resilient

Unstressed

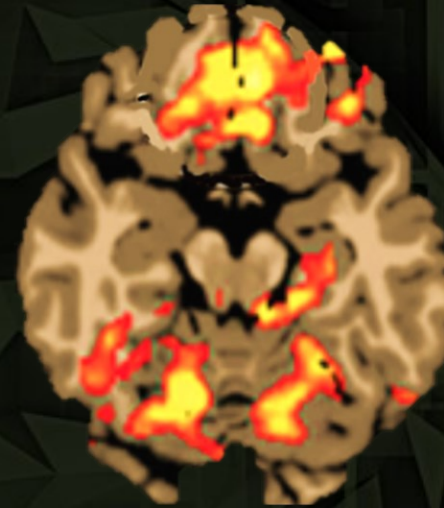


Stressed

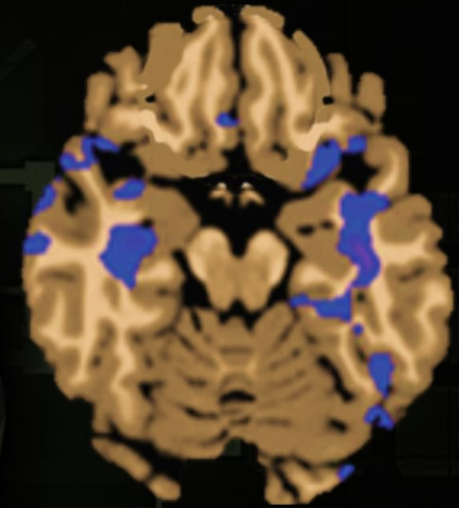
Stressed



**Healthy
Resilient**



**Anxious
Depressed**



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FOUR PARTS

Rewiring Your Brain for Resilience

Addressing the “FEAR Factor”



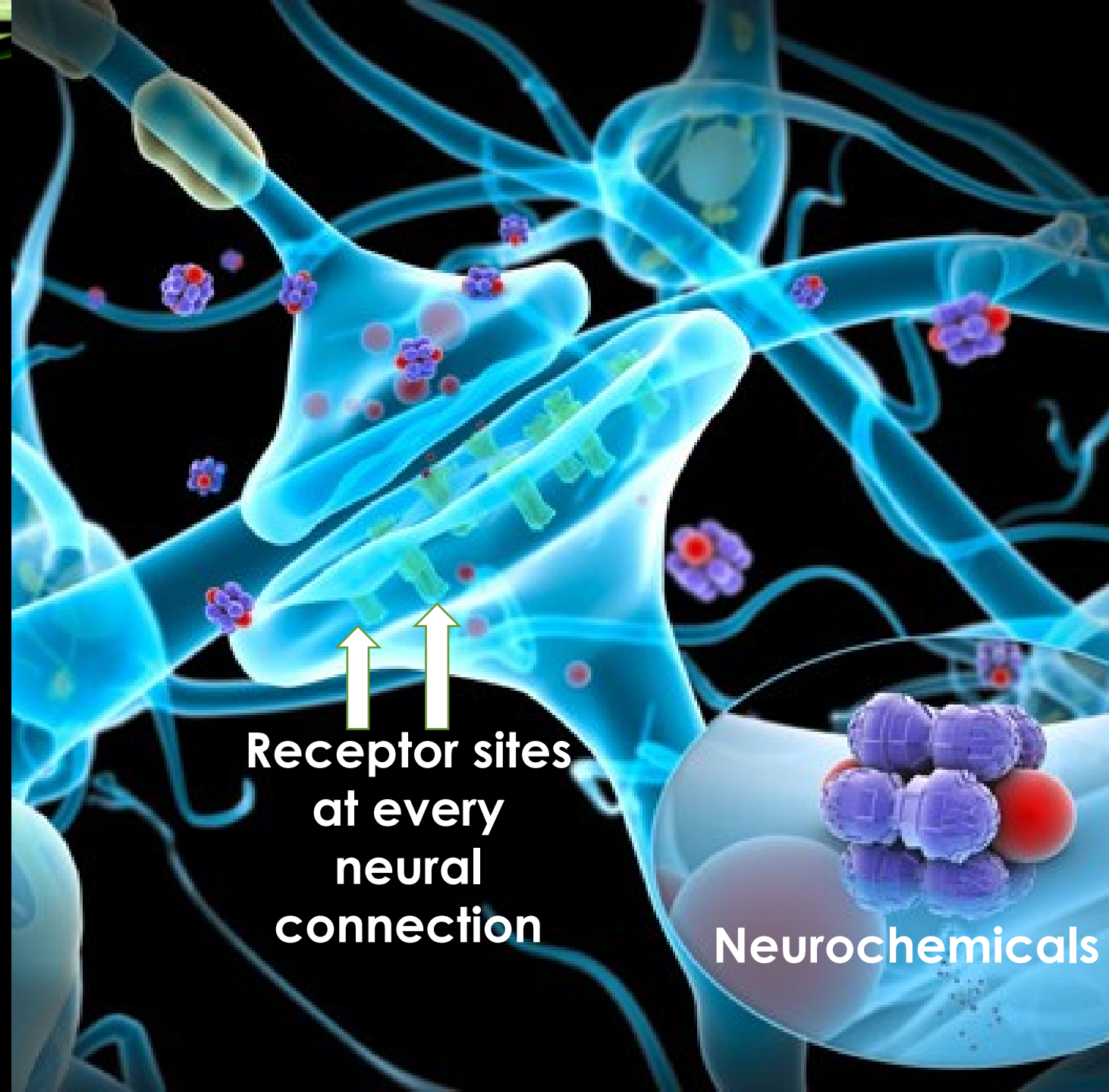
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We all have 60 different
Neurochemicals

*Like Adrenaline, Cortisol and
Melatonin (mentioned earlier)*

Each is released with

**EVERY THOUGHT &
ACTION**



Receptor sites
at every
neural
connection

Neurochemicals

Examples of 3 Very Positive Neurochemicals



**Dopamine = the “feel good”
neural chemical**



**Serotonin = Regulates mood
and reduces anxiety**



**GABA = Creates stability & well-
being**



A Few Ways To Release Positive Neurochemicals

Gratitude

Kindness

Empathy

Smiling

Laughter

Encouraging Others

Creating Progress

Winning!



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Create More Inner Awareness

Choose to Release Positive
Neurochemicals

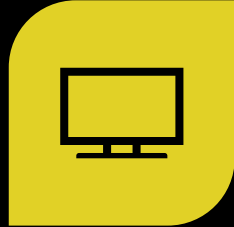


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Sources of Negativity Affecting Resilience



MEDIA & NEWS



ENTERTAINMENT



**YOUR
FOCUS**



INFLUENCES



FEARS

Ask Yourself . . .

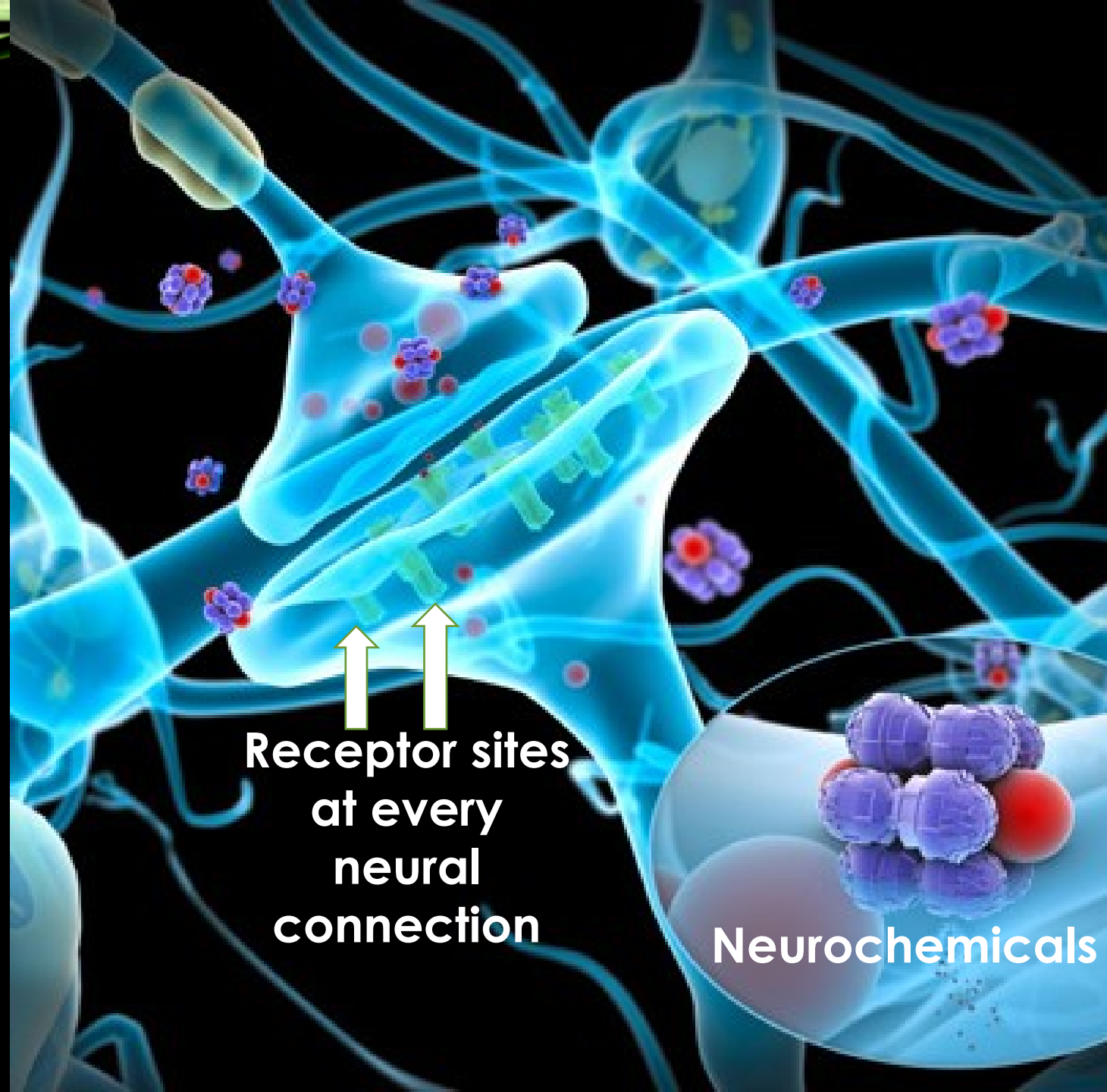
What are the Benefits?

Good Use of Time?

Affects on You (neurochemicals)?

We all have 60 different
Neurochemicals

Each is released with
**EVERY THOUGHT
& ACTION**



Receptor sites
at every
neural
connection

Neurochemicals

Where will you
spend your
energy?



Things I
Can't
Control

Things I Can
Control

Choices/Actions
of Others

Feelings/Opinions
of Others

Adversity and
Societal Chaos

VS

My Choices &
Actions

My Attitude &
Behavior

My Schedule &
Efforts

My Response to
Adversity



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Meditation on Fear, Bad Feelings & Experiences

Days = Mood

Months = Temperament

Years = Personality Trait



FOUR PARTS

Rewiring Your Brain for Resilience

Retrain Your Brain – Manage
Your State

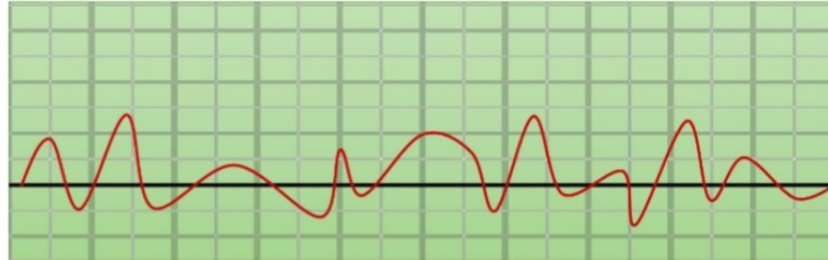


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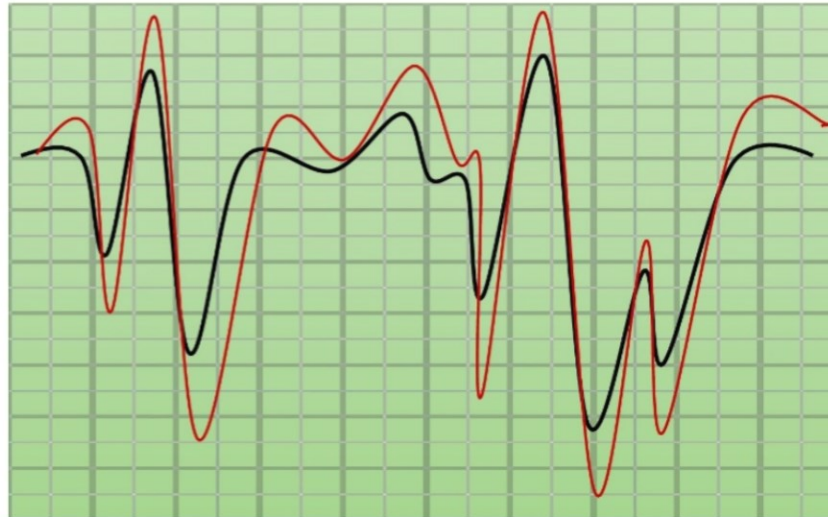
Retrain Your Brain → Manage Your State™

Black = State of Mind

Red = Emotions



When your State of Mind (inner self) is stable, your emotions are in check and you CHOOSE to be less reactive regardless of circumstance.



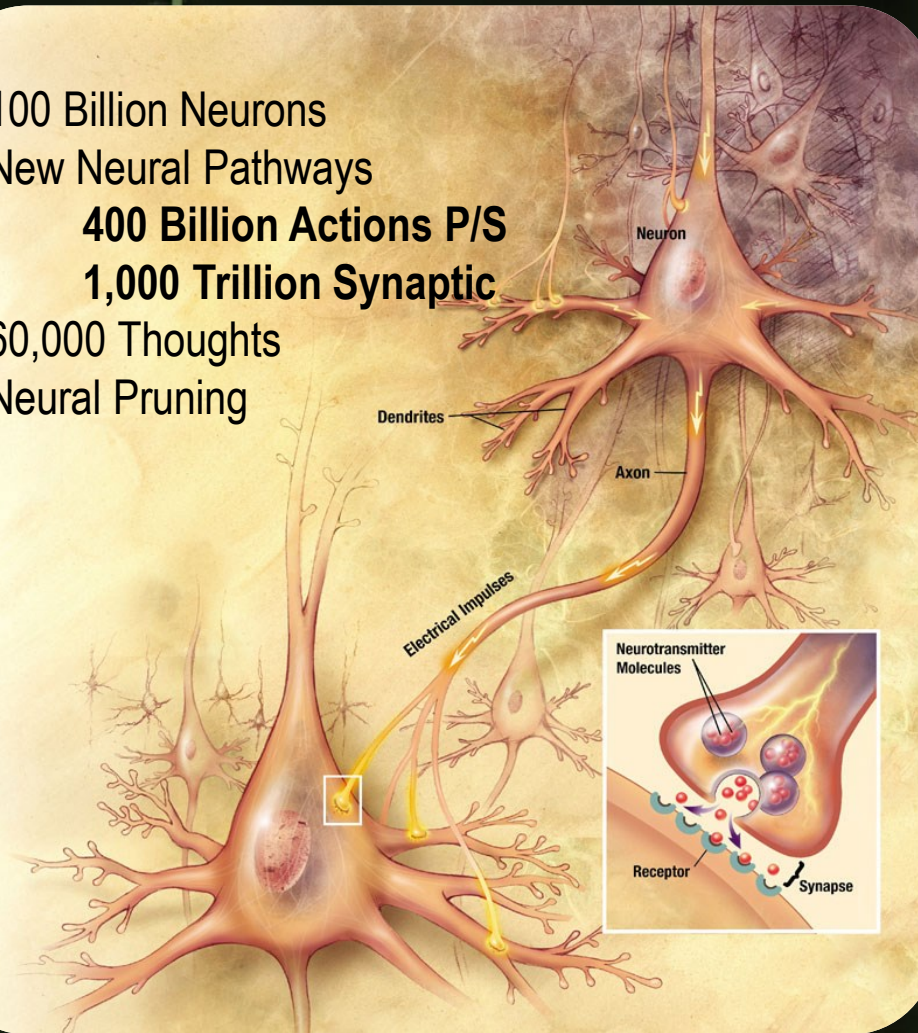
When your State of Mind (inner self) is unstable, your emotions are out of control and reactive in all circumstances.



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Retraining Your Brain (neuroplasticity)

100 Billion Neurons
New Neural Pathways
400 Billion Actions P/S
1,000 Trillion Synaptic
60,000 Thoughts
Neural Pruning



“Neurons that fire
together, wire together.”
— Hebbs Law

What if we could change . . .



- How we handle our emotions & state of mind?
- How we see ourselves or how others see us?
- Would it open NEW doors of opportunity or heal relationships?

60,000 Thoughts Per Day

Pinpoint inhibiting thought patterns
that come up again and again

Consider a 3-Day Thought Journal



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Word Bubble Activity

Share one inhibiting **thought pattern** that comes up again and again



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Wordcloud poll

Share one inhibiting thought pattern that comes up again and again

029



In the “**Garden of Your Mind**” . . .

Are you tending to
Weeds.... Or **Seeds**?

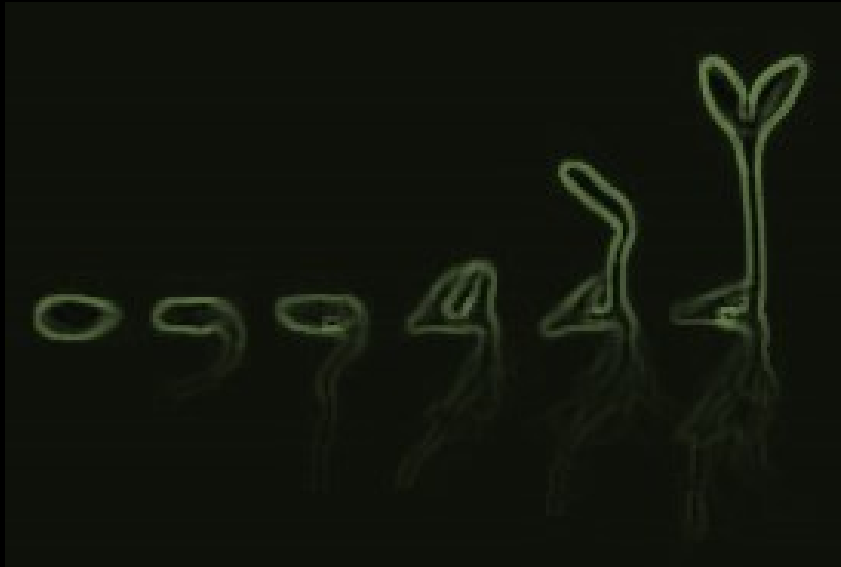
Tending to Weeds . . .



- Rehearsing
- Un-forgiveness
- Victim Mentality
- Offense
- Comparing/Inadequacy
- No Vision – No Goals
- Stuck



Tending to **Seeds** . . .



- Brush the “Dust” off
- Forgive
- Take Responsibility
- Ignore the Critics
- Seek Daily Growth
- Coach/Mentor



Meditation on Fear, Bad Feelings & Experiences

Days = Mood

Months = Temperament

Years = Personality Trait



Meditation on Love, Gratitude & Success

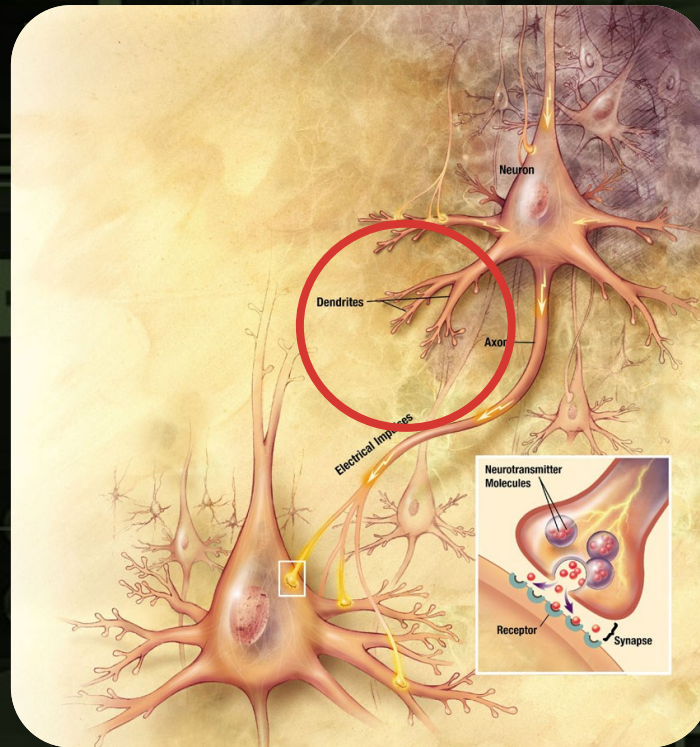
Days = Mood

Months = Temperament

Years = Personality Trait



Will You Work on Rewiring Your Brain DAILY?



**A New
Dendrite
Denatures in
Only 48hrs**



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FOUR PARTS

Rewiring Your Brain for Resilience

Five Methods for Communicating
Under Pressure



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One: Listen to Learn

ASK YOURSELF . . .

Is this intended as an **ATTACK?**

Is this a legitimate **REQUEST?**

Is this a **TEST?**



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Two: Altering Physiology

Clench & Release Invisible Muscles

Thighs – Fists – Toes – Buttocks

2-3 Deep Breaths

*Lowers Cortisol - Releases Oxytocin &
Improves Cognitive Response*



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Three: Stall

- Repeat it back to them
- Ask them to Break it Down
- Ask for Clarification
- Silence – Thinking Face



Four: Prep & Rehearse

- Predict & Solve
- Brainstorm Potential Powder Kegs
- Answer the “Why’s”
- Rehearse HOW You will Present

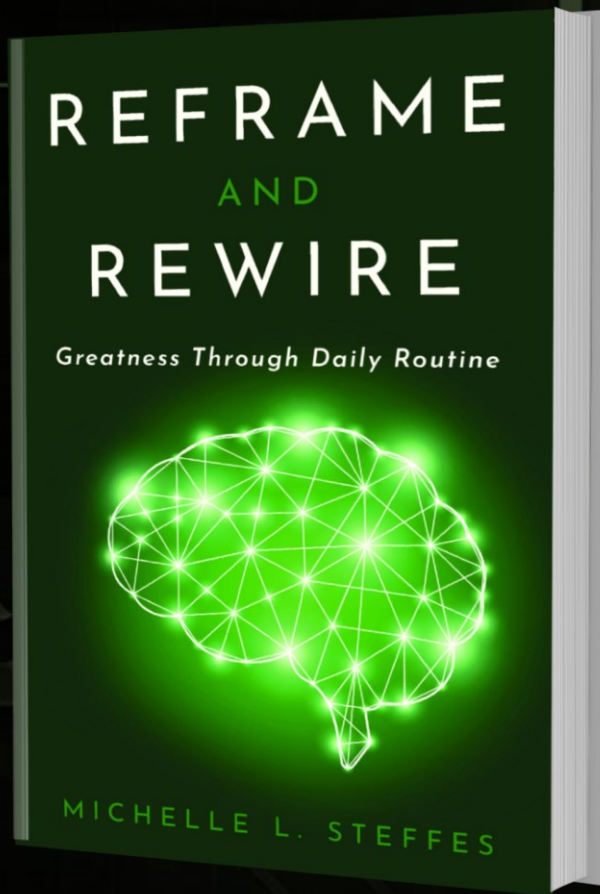


Five: Know When to STOP

Be Discerning
Refuse to Get Caught Up In it
Get Help or Walk Away



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“Life will produce what you create,
accept and pursue.”

– **Michelle L Steffes, Reframe & Rewire**



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When we work to CHANGE our PERCEPTIONS



IT CHANGES US

Physiologically, Neurologically, Socially, Intellectually



Which CHANGES how others SEE US



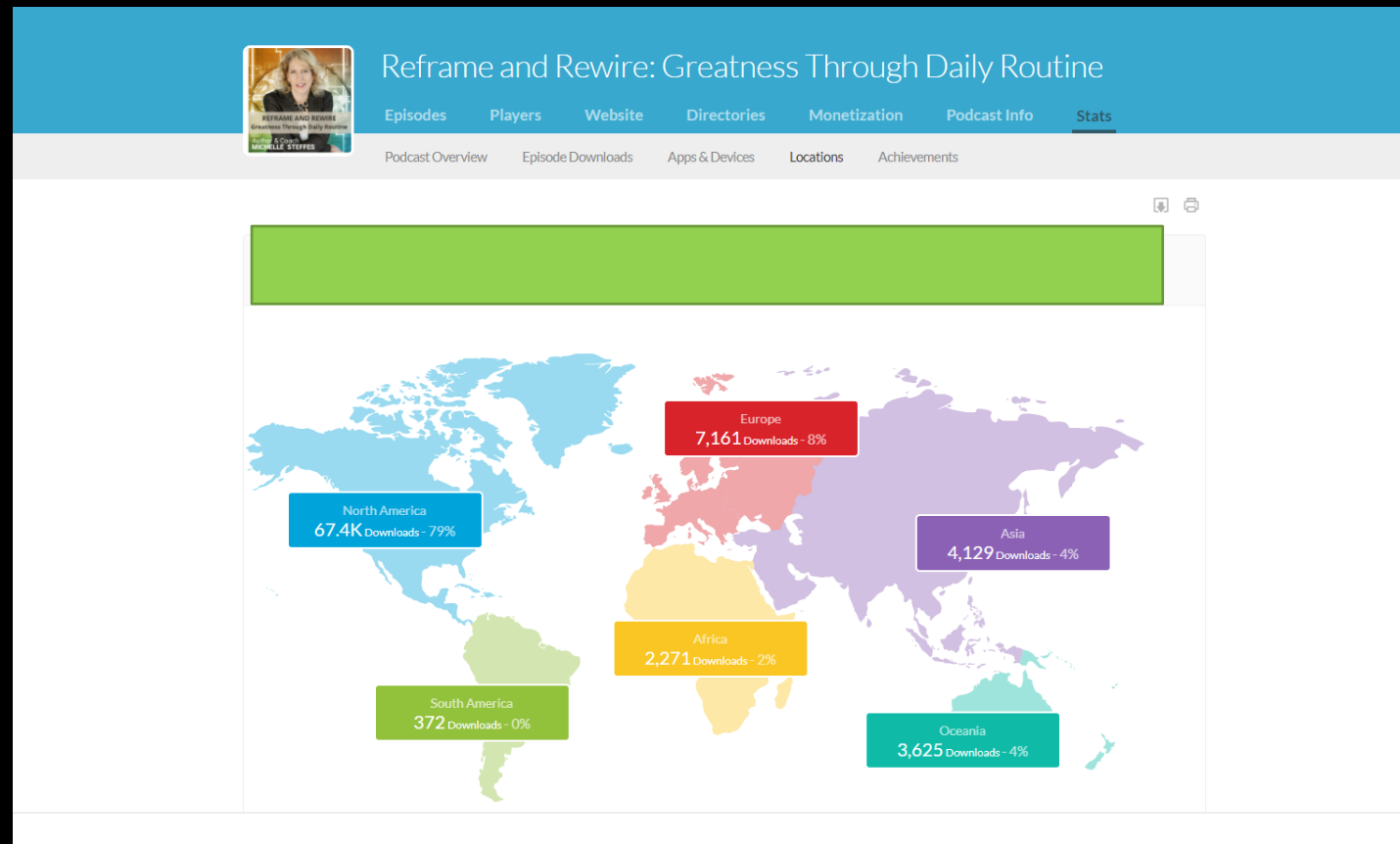
Ultimately CHANGING our CULTURE



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Join me on my Daily Podcast – Reframe and Rewire

Found on multiple platforms including Spotify, Apple, Google, Podbean, Castbox, PlayerFM, Listen Notes, Odyssey, Stitcher and many others



Thank You! Questions?

More info? Email: michelle@ipvconsulting.com or Visit: ipvconsulting.com



Google Reviews

“Michelle and her team are a pleasure to work with. High energy, engaging, and very responsive. The IPV Group Leadership Mastery Training was a huge success for our team.” – **Dan Geissbuhler, Area President, Northern CA, US Foods**



“With Michelle’s direction the Gemini Media sales team was able to overcome challenges with corporate change both personally and professionally. I highly recommend her corporate training for teams of all sizes.” – **Jennifer Maksimowski, Director, Gemini Media Group**



“Michelle is a top-notch professional. I highly recommend her for individual and group coaching.” – **Lisa Wideman, CEO, WMMOW**



“I engaged her to speak at several events for a professional group and conference I am a part of. Hands down, her track was the best attended and had the most responses with amazing feedback!” – **Derek Wood, CFO, West Michigan Transport, LLC**

