Nervous System Regulation is The Holy Grail to Recovery, Leadership & Collective Impact

Survival Mode Dysregulation Self Regulation		lation
Recovery	Leadership	
 Day-to-Day Looks Like: Completely disconnected from the body. Oversharing personal or professional concerns in search of validation. Overreacting to minor issues due to heightened emotional sensitivity. Overcommitting to projects, tasks, or relationships to prove worth. Overworking as a distraction or coping mechanism. Overthinking every decision, leading to analysis paralysis. Hyper-defensiveness in response to feedback or perceived criticism. Intense and reactive behavior, often driven by emotional overwhelm. Constant firefighting mode, feeling like crises never end. Frequently changing directions, unable to settle on a clear course. Treating everything as urgent, struggling to prioritize effectively. Micromanaging due to lack of trust in others' capabilities. Operating at an unsustainable, breakneck pace. Spinning in circles, feeling stuck despite constant effort. 	 Day-to-Day Looks Like: 1. Recognizes and listens to their body's prompts, responding with self-care. 2. Makes inspired, confident decisions with ease. 3. Delegates with trust and clarity, empowering others to succeed. 4. Demonstrates long-term commitment and consistent follow-through. 5. Remains emotionally regulated, even in chaotic or high-stress situations. 6. Maintains a constant big-picture perspective, regularly validating progress toward goals. 7. Balances accountability, owning responsibilities while fostering team collaboration. 8. Embodies tangible empathy that builds trust and connection. 9. Models consistency and reliability, building trust and stability within the team. 10. Actively seeks constructive feedback, viewing it as an essential tool for personal and professional growth. 11. Communicates with clarity and precision, ensuring alignment and minimising misunderstandings in teams and organisations. 	Day-to-Da 1. Life is body-s 2. Exhibit all situ 3. Demon deep, 4. Empow while f 5. Values forwar 6. Follow actions 7. Relies and de 8. Leads openn contrik 9. Cultiva safe to withou 10. Focuse that le organi







Nervous System Continuum: Your Inner State

Nervous System Expression How It Expresses In Real Life

Co-regulation

Collective Impact

Day Looks Like:

- is lived with and through a holistic mind-/-soul perspective.
- oits calm, steady, and poised leadership in tuations.
- onstrates relational intelligence, building o, meaningful connections.
- owers others to achieve measurable results e fostering independence.
- es guidance from mentors and pays it ard by mentoring others.
- ows a strong moral compass, ensuring ons align with integrity.
- es on foresight to guide long-term planning decision-making.
- ds with humility, balancing confidence with nness to create space for others to ribute and shine.
- vates environments where individuals feel to express ideas, take risks, and grow out fear of failure.
- uses on collective impact, prioritising actions leave a lasting, positive influence on teams, nisations, and communities.

