

Coffee with the Coach 2/15/2023

Vision 2023, the first 30 days

UNC Wellness Centers

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Here is the recap from the February Coffee with the Coach, **Vision 2023, the first 30 days**. We focused on checking in on our New Year's intentions to see how things were going and stay energized towards what is important to us.

- First, I led the group through the [4-7-8 breathing exercise](#).
- Next, we explored what was set forth in the past month with some coaching conversations.
 - What is *going well*?
 - What *challenges* have come up?
 - What *have you learned* since the start of the year?
- Then, I posed the question: How will you keep yourself *accountable* to what you want to do/how you want to show up this year?
 - Some ideas:
 - Set a time/place for journal check-ins with yourself
 - Find an accountability partner (who will support you on this?)
 - Post your vision board/intentions/word of the year and commit to it each day
- With additional discussion on how *journaling* can help, I promised I would share some questions that help me:
 - What am I mad, angry, or frustrated about? (Bring to light what is "stewing")
 - What am I avoiding? (Bring to light procrastination or conflict avoidance)
 - What's the next best action? (To get clear and focused)
 - How can I feel connected today?
 - How can I feel healthy today?
 - How can I feel purposeful today?

Join me next month!

Coffee with the Coach– Topic: Burnout: How to recognize it and what to do about it

March 15, 2023, 2:00 – 2:45 pm via Webex

Join Coach Julie to explore the symptoms of burnout, how it impacts your life, and explore options to prevent and heal from burnout. [Click here to register](#). Learn more [here](#).

Did you know? UNC Wellness Centers has a full calendar of health and well-being webinars. Check out the schedule [here](#).

Contact Julie.McNamara@unchealth.unc.edu with questions or for permission to use this content beyond personal use.