

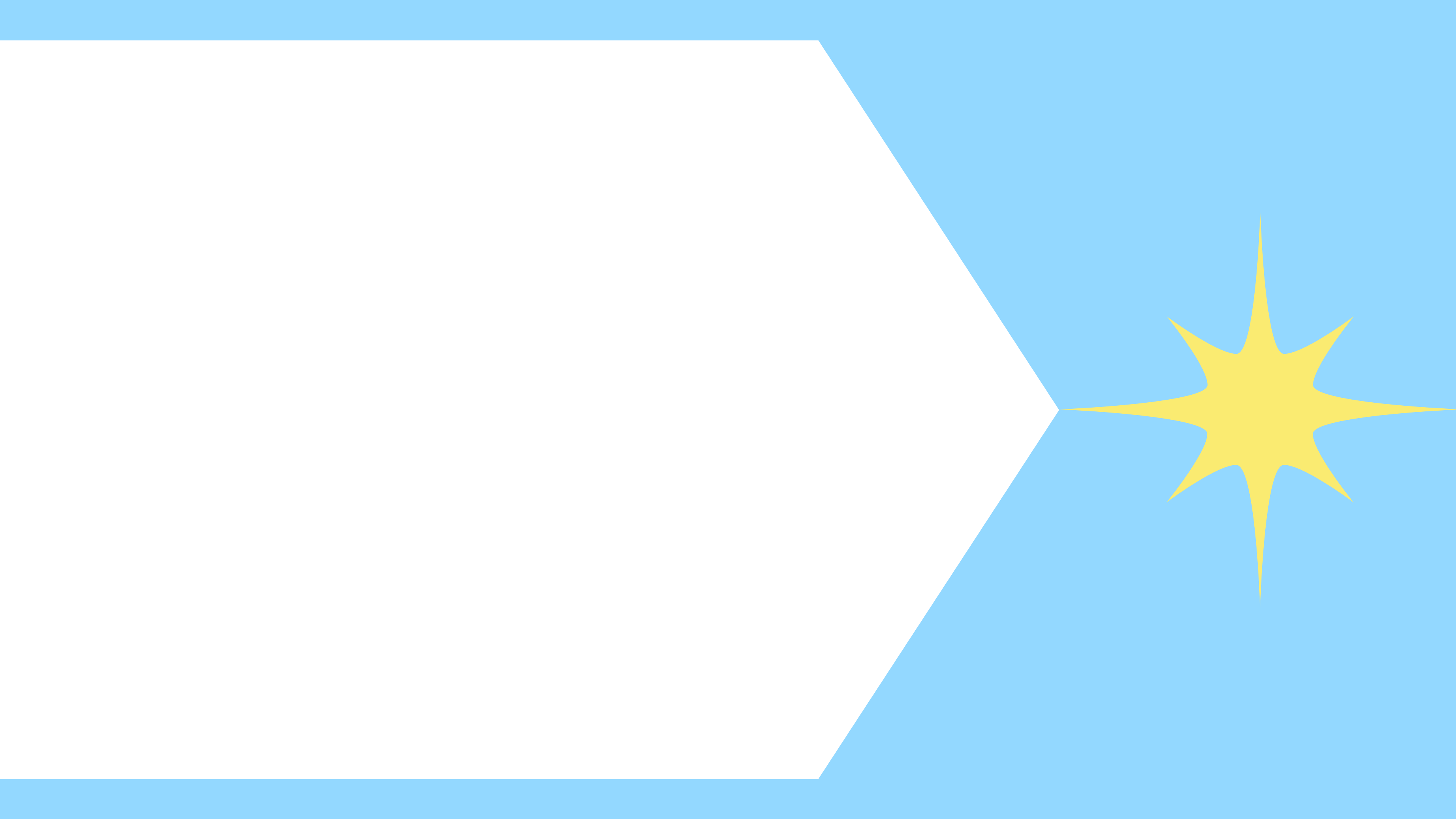


# TrueNorth

Jody Tom, ACC  
Coach, Consultant

## **CREATING CLARITY FROM CHAOS**

Personal Growth & Development



# **THE GREAT RESIGNATION**



# **THE GREAT RESIGNATION**

**1 IN 5 ARE THINKING OF  
QUITTING IN 2022~**



# **THE GREAT RESIGNATION**

**1 IN 5 ARE THINKING OF  
QUITTING IN 2022~**

**"QUIET QUITTING"**



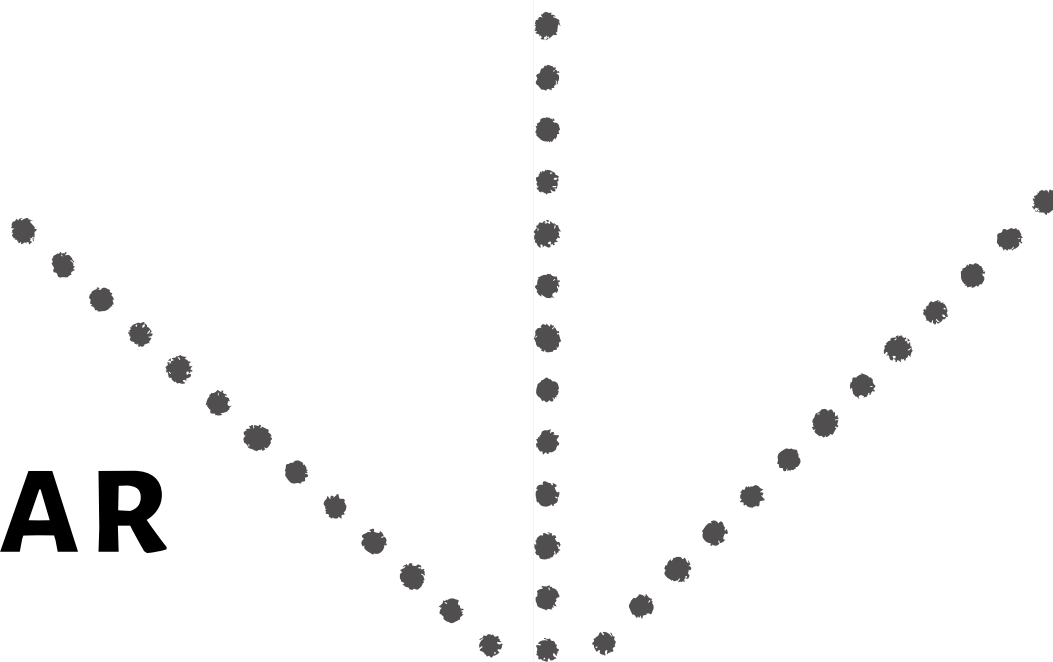


**"MEH"**

**FATIGUE**

**WEAR & TEAR**

**SEARCHING**



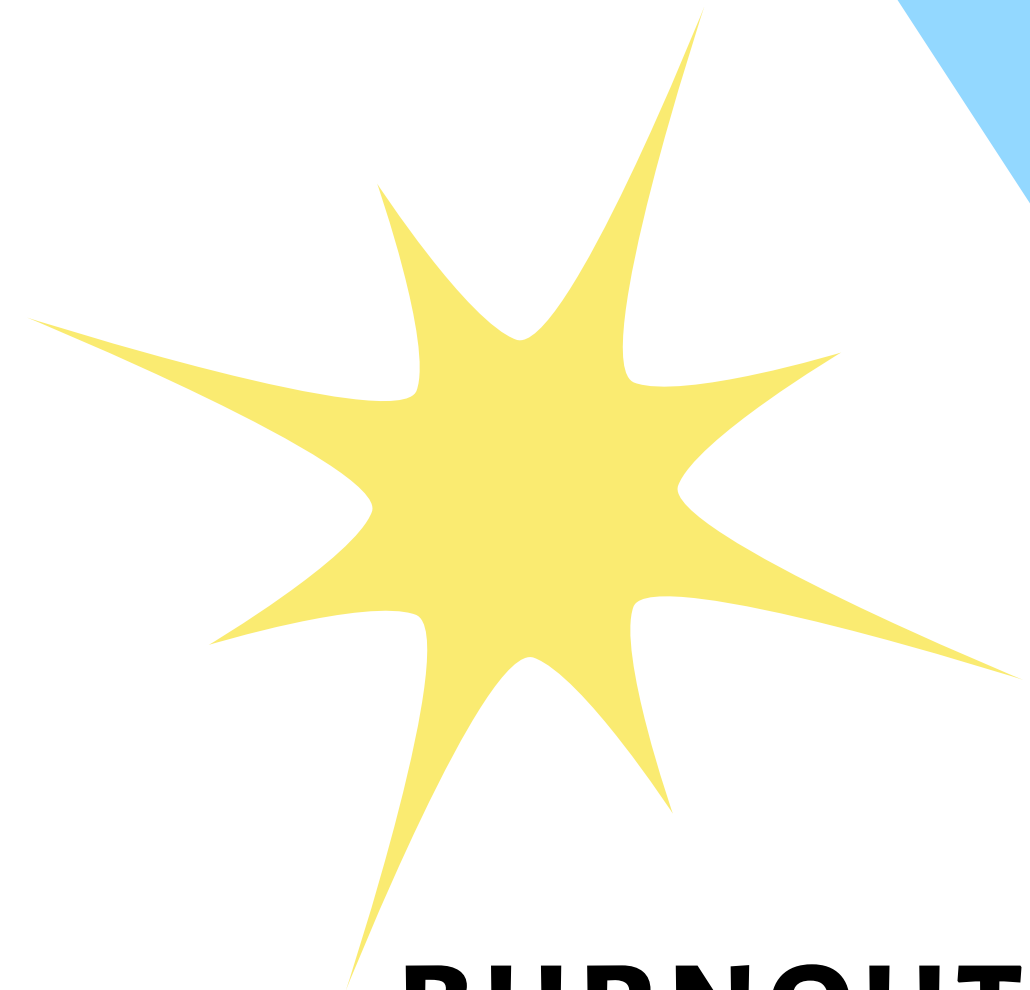


**"MEH"**

**FATIGUE**

**WEAR & TEAR**

**SEARCHING**

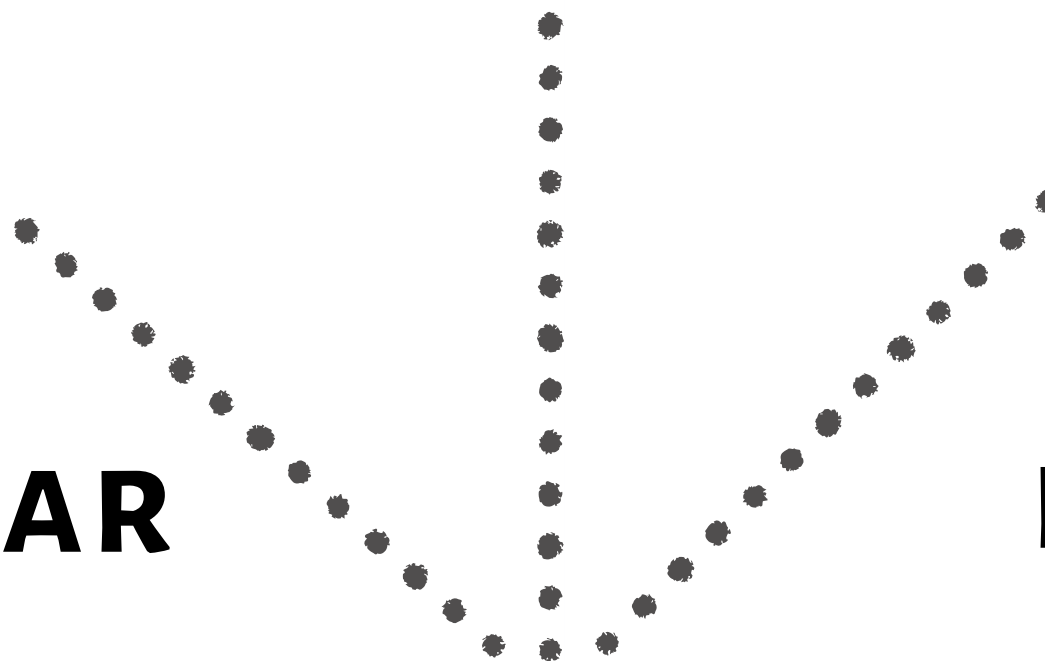


**BURNOUT**

**AGITATION**

**INSOMNIA**

**STRESS**



**CHAOS**

**"MEH"**

**FATIGUE**

**WEAR & TEAR**

**SEARCHING**

**BURNOUT**

**AGITATION**

**INSOMNIA**

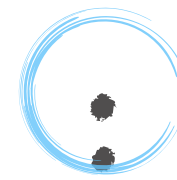
**STRESS**



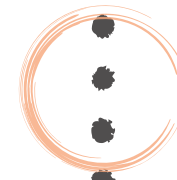


# **MY INTENTION**

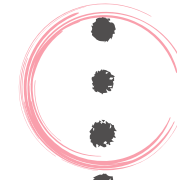
*A Glimpse  
of Goodness*



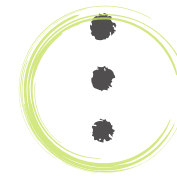
**CLARITY**



**INSPIRATION**



**MOTIVATION**



**IMPACT**

# **TODAY**



# **CHAOS**

**TODAY**



**CHAOS**



**CLARITY**

# **TODAY**



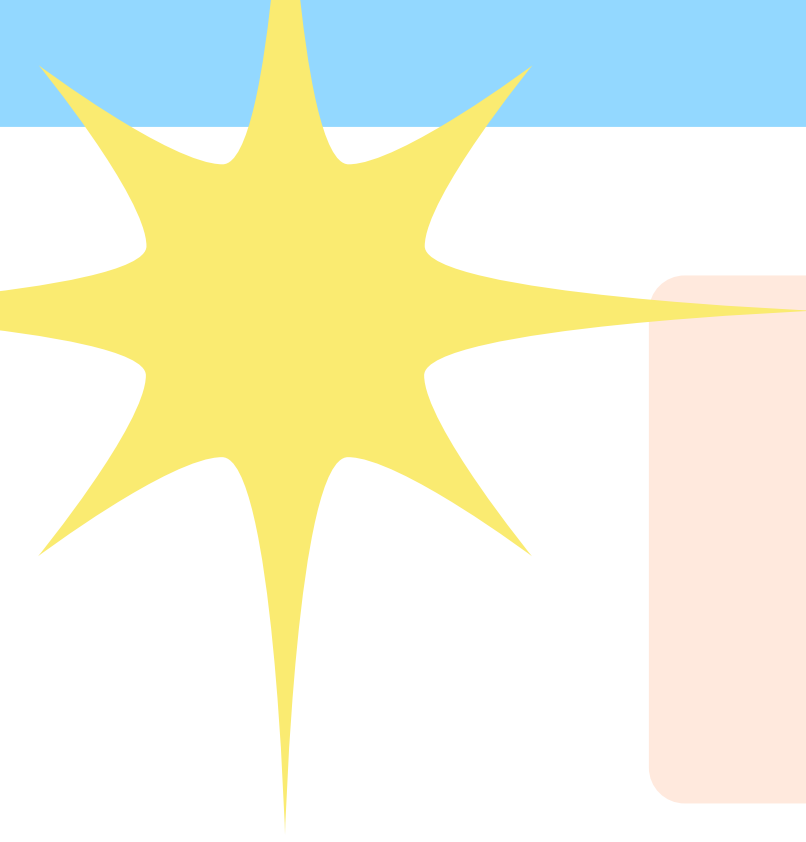
**CHAOS**



**CLARITY**

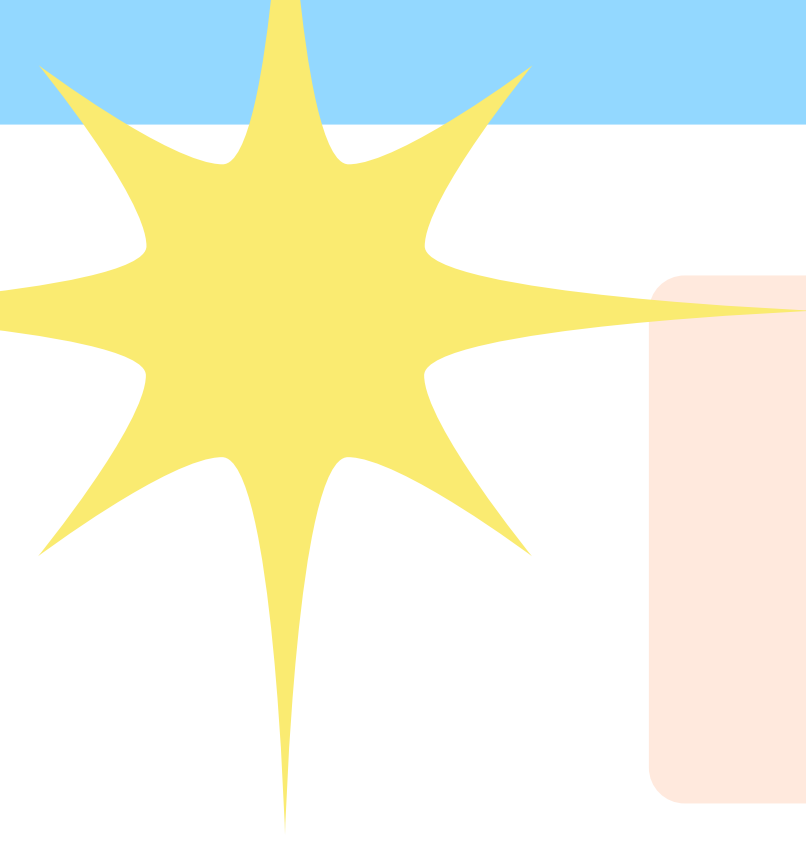


**SHIFT AND REFOCUS**



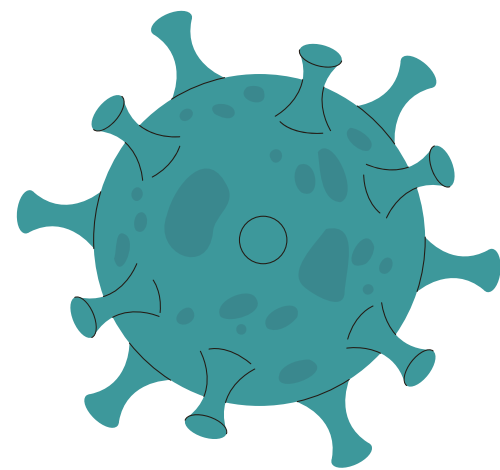
# **CHAOS**

"a state of utter confusion"

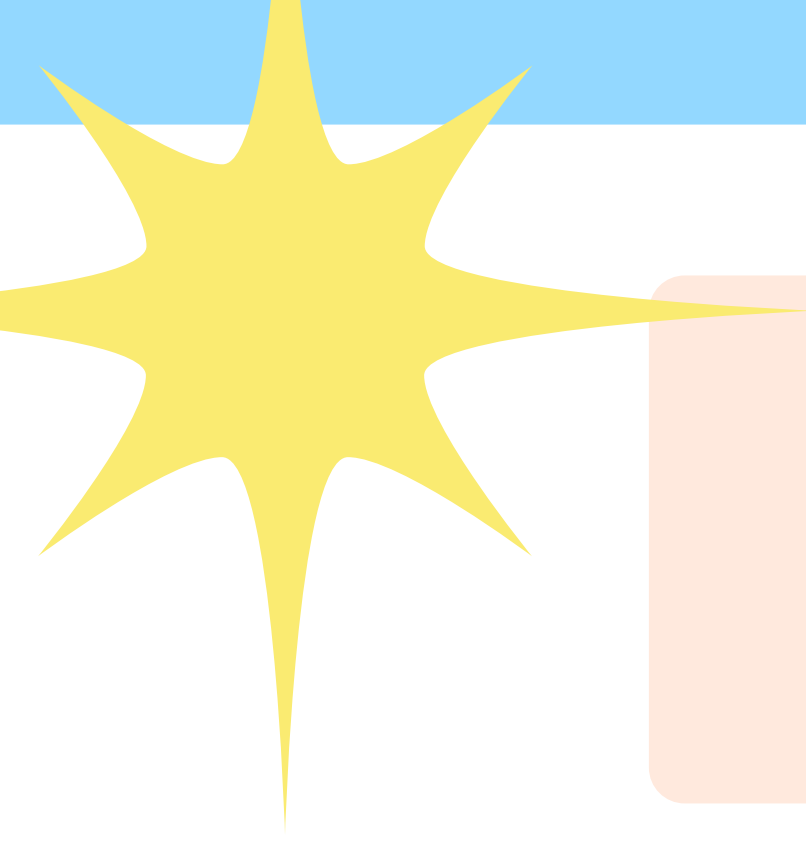


# **CHAOS**

"a state of utter confusion"

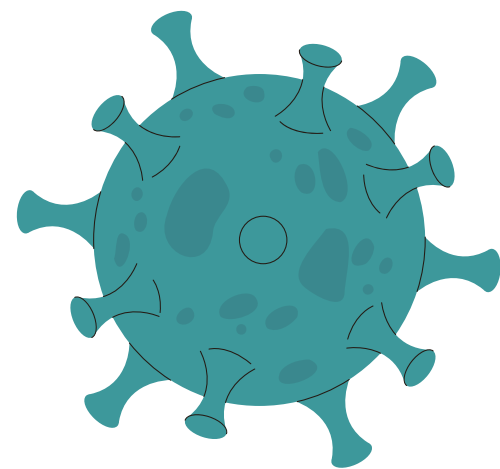


**CoVid Uncertainty**



# CHAOS

"a state of utter confusion"

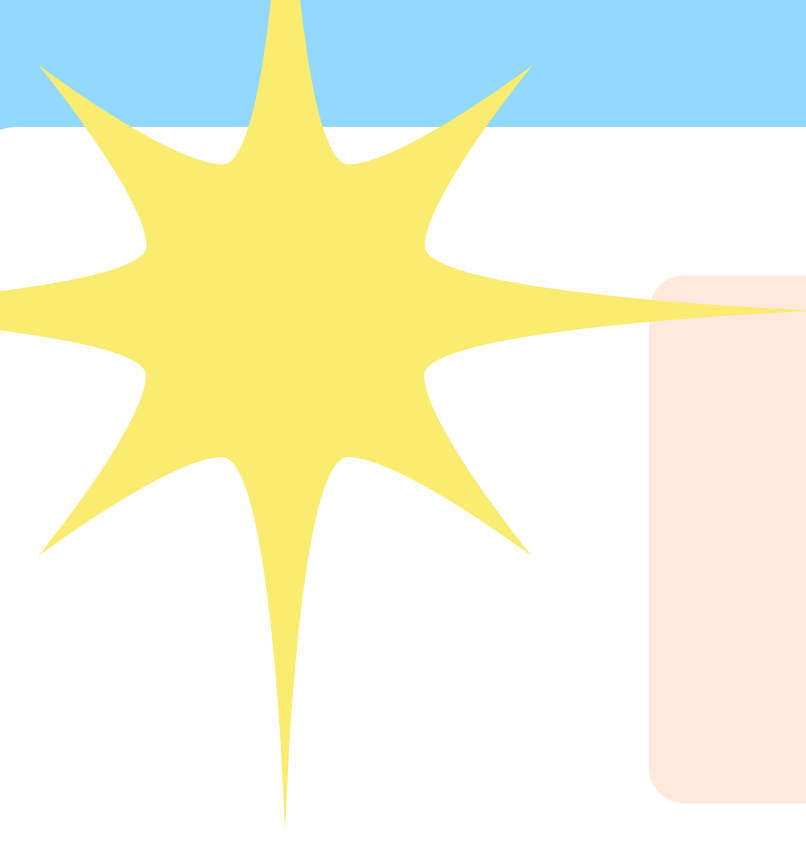


CoVid Uncertainty



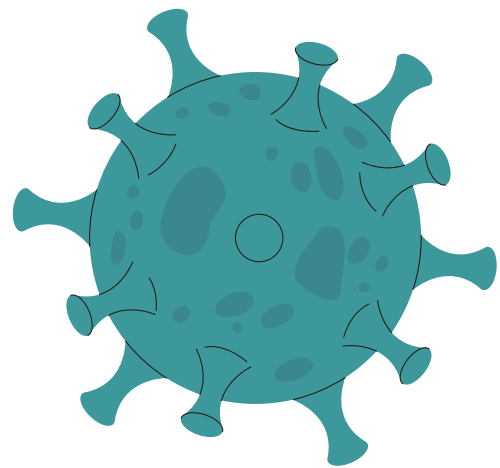
Toilet Paper Shortage





# CHAOS

"a state of utter confusion"



CoVid Uncertainty



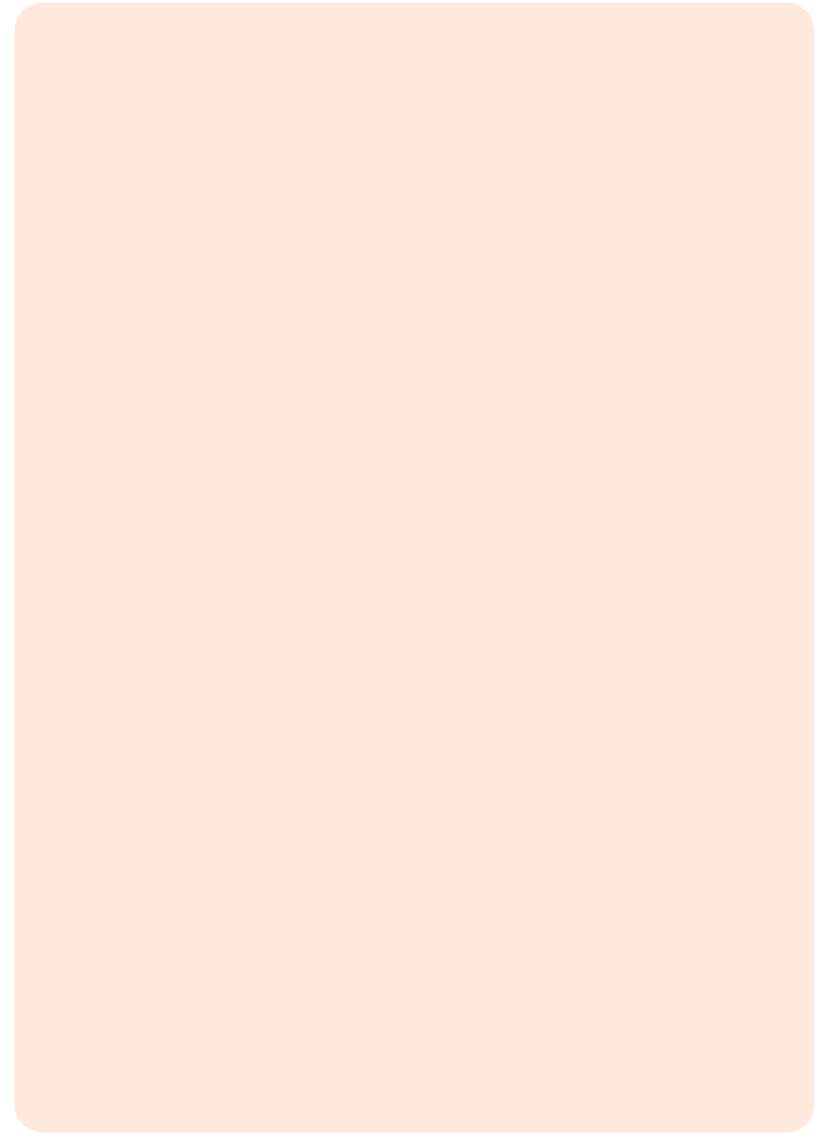
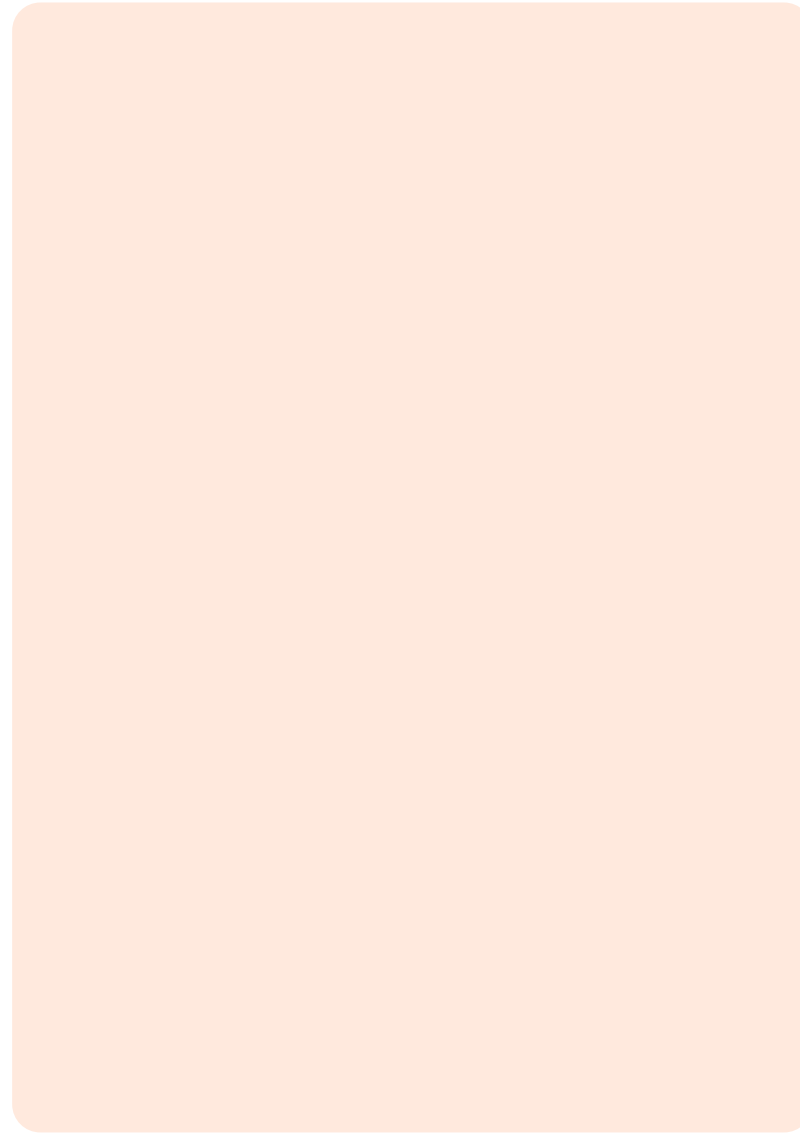
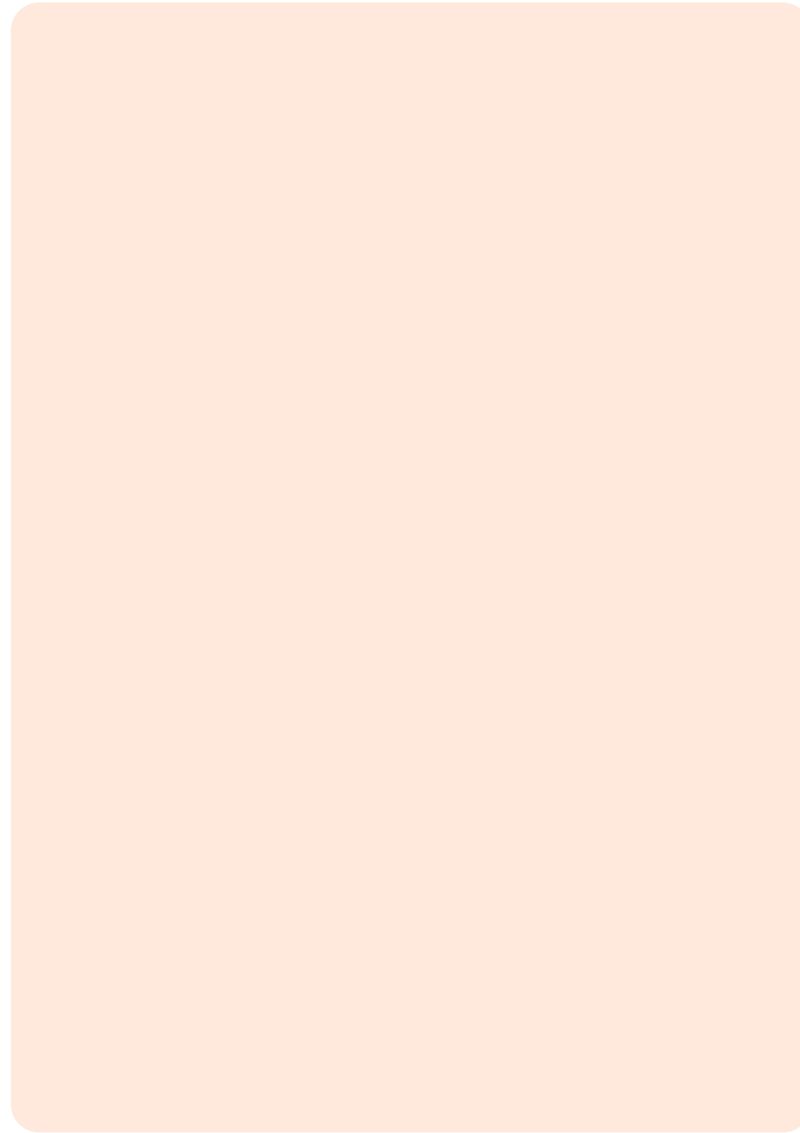
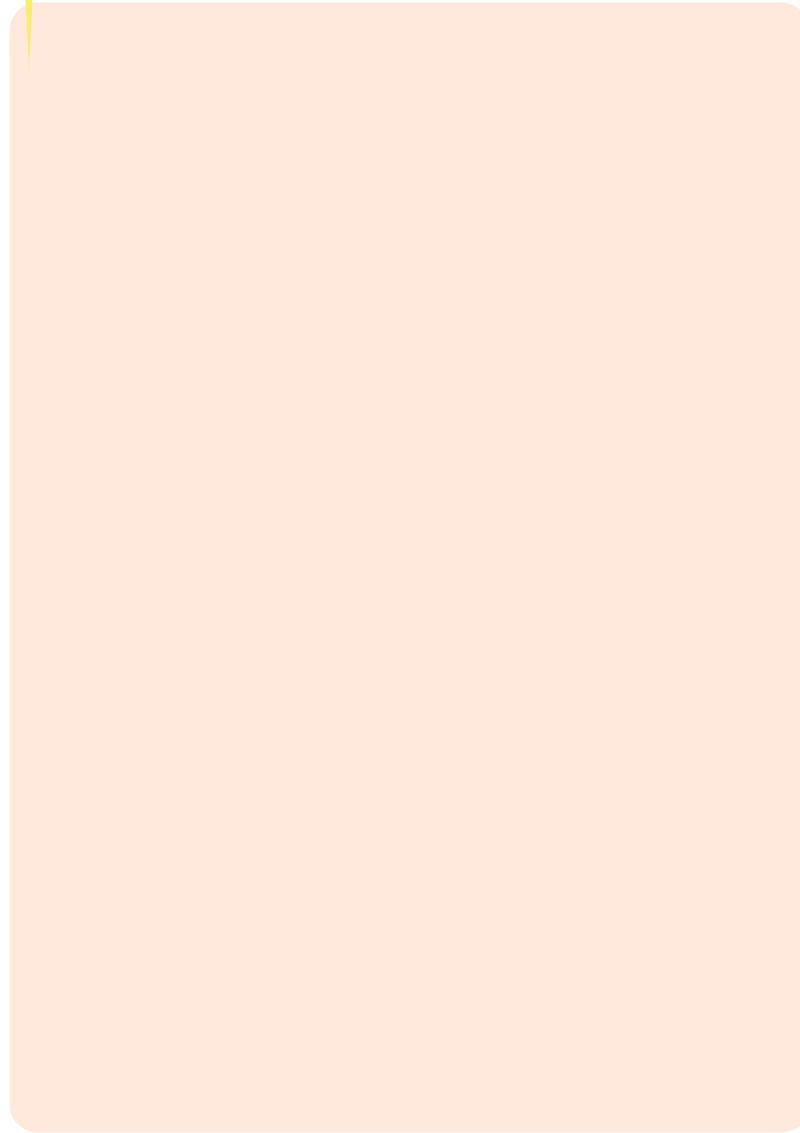
Toilet Paper Shortage



The Unexpected



# **SIGNS OF CONFUSION**





# **SIGNS OF CONFUSION**

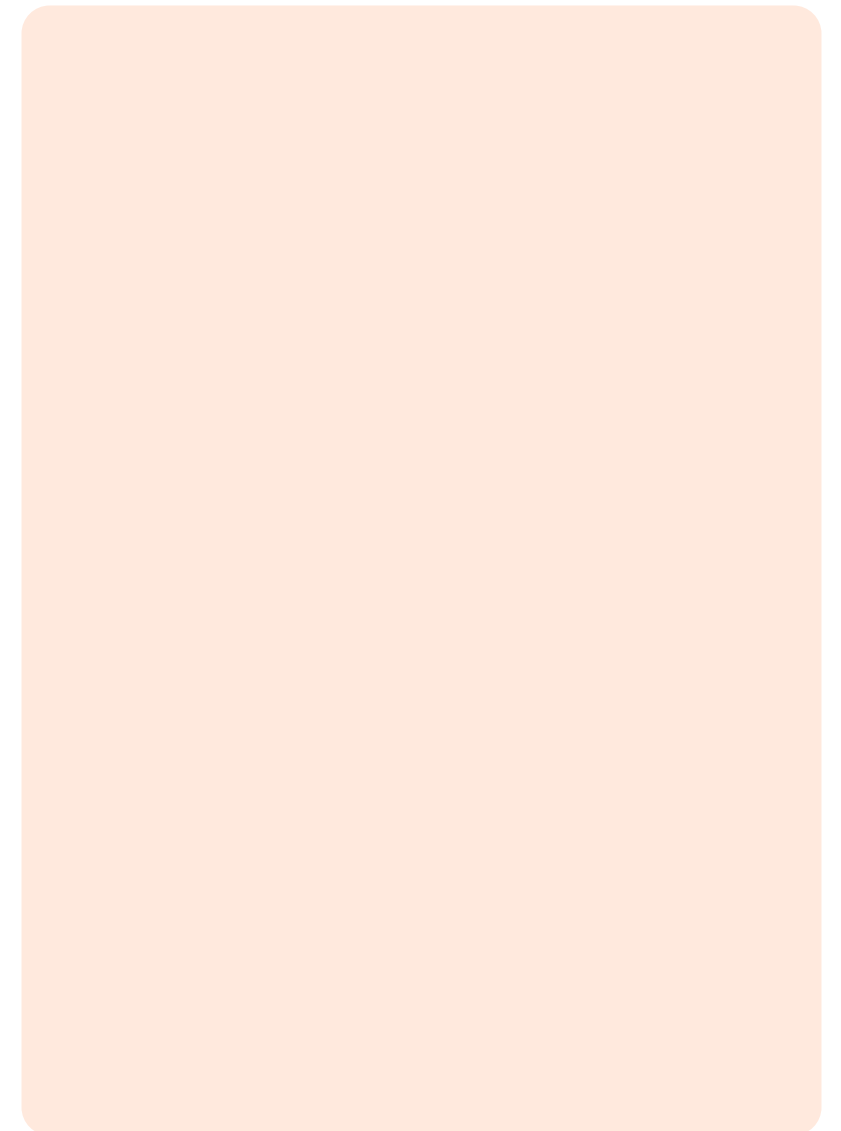
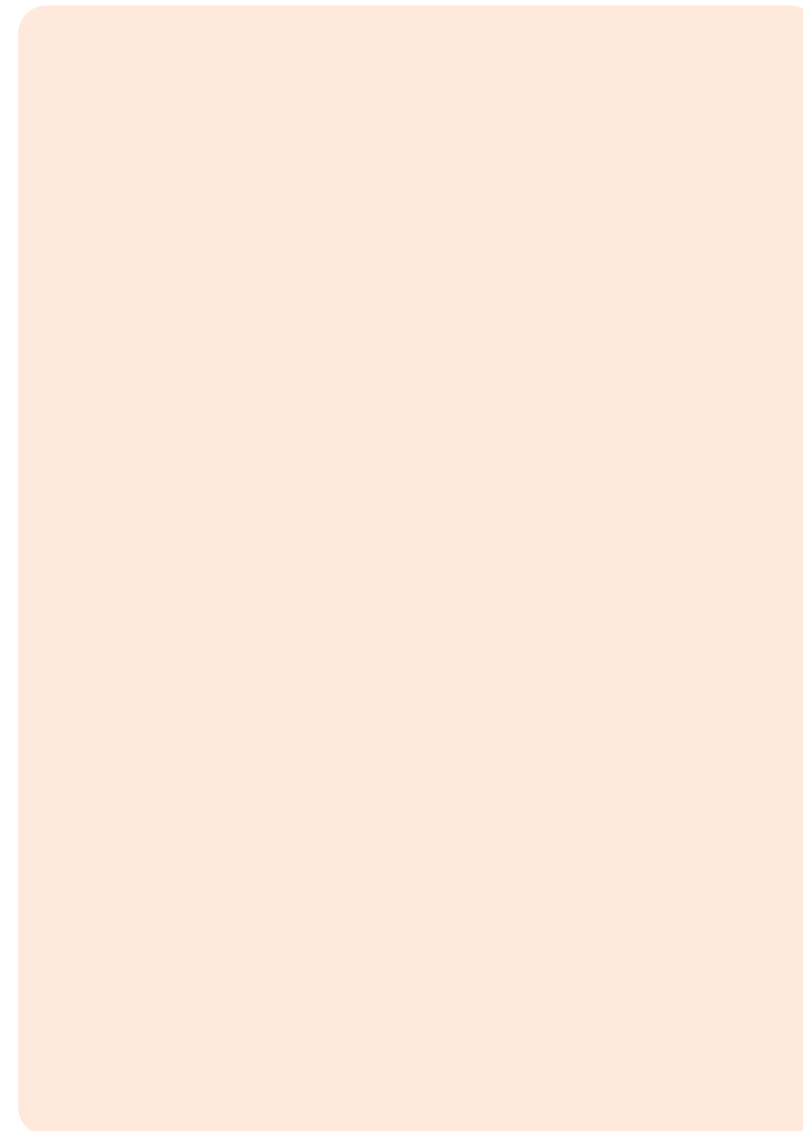
I'm so  
busy/not  
busy I can't  
keep  
anything  
straight.



# **SIGNS OF CONFUSION**

I'm so  
busy/not  
busy I can't  
keep  
anything  
straight.

I make  
unnecessary  
mistakes. I  
seem to be  
accident  
prone.



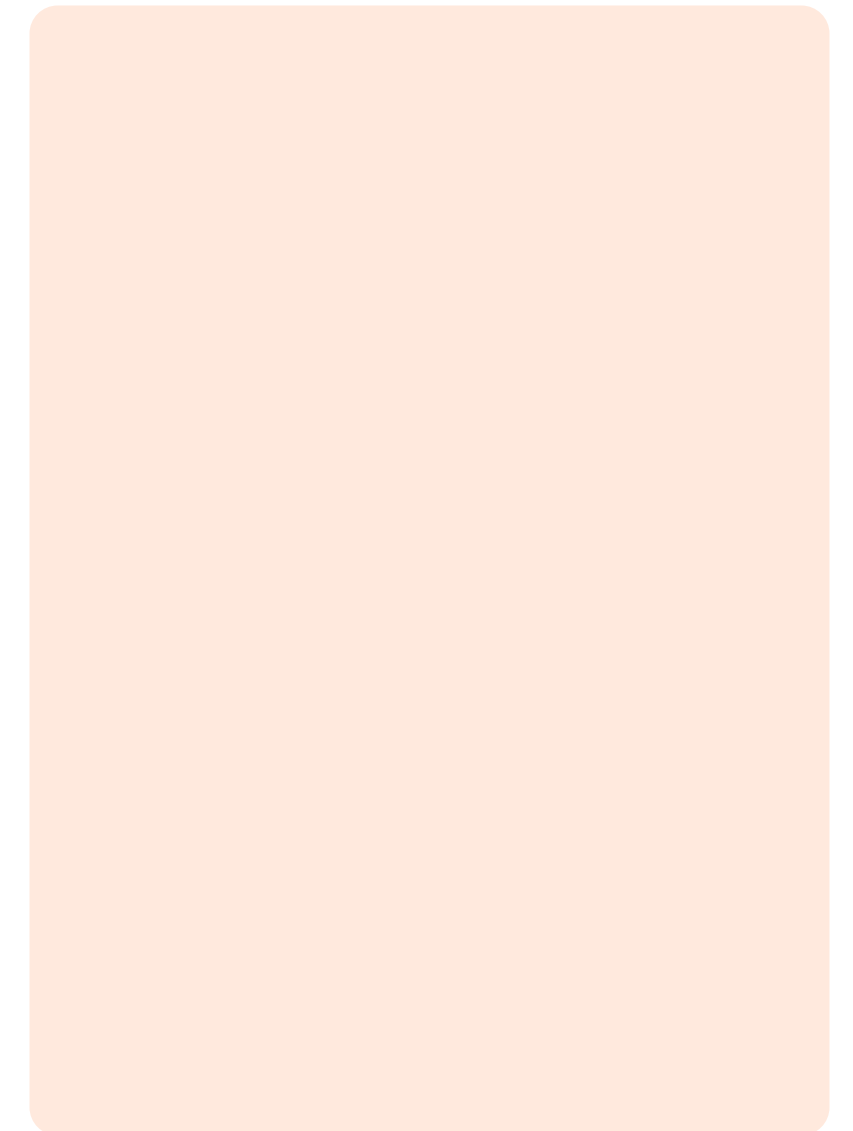


# **SIGNS OF CONFUSION**

I'm so  
busy/not  
busy I can't  
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straight.

I make  
unnecessary  
mistakes. I  
seem to be  
accident  
prone.

I feel  
uncertain or  
unsure most  
of the time.





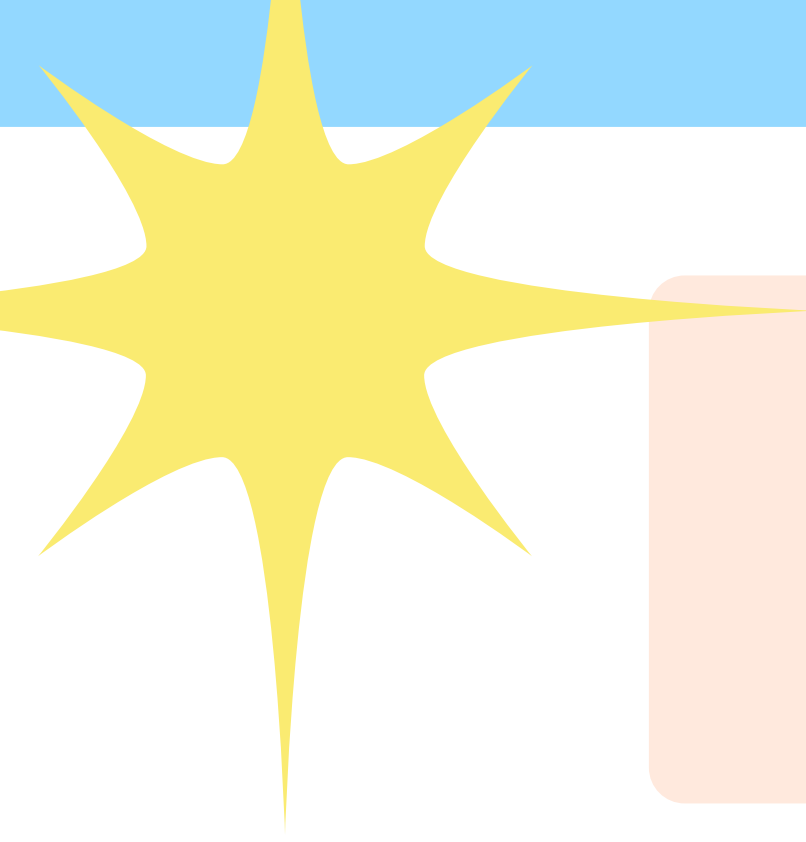
# **SIGNS OF CONFUSION**

I'm so  
busy/not  
busy I can't  
keep  
anything  
straight.

I make  
unnecessary  
mistakes. I  
seem to be  
accident  
prone.

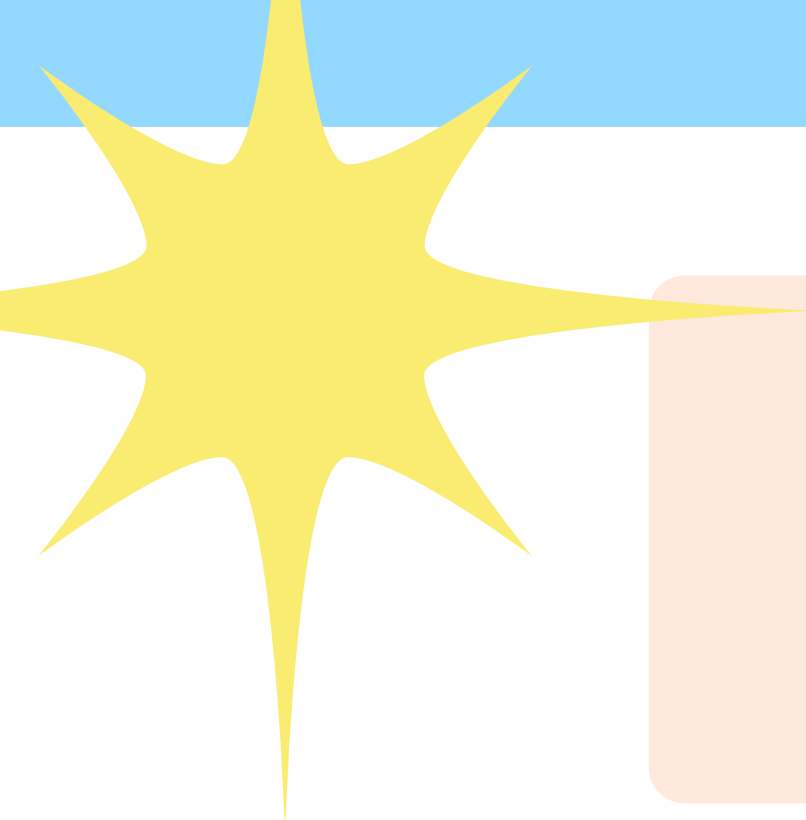
I feel  
uncertain or  
unsure most  
of the time.

I am  
overwhelmed.  
I am under-  
whelmed.



# **CHAOS**

"chasm, abyss" "void"



# CHAOS

"chasm, abyss" "void"



CoVid Puppy Surge  
*void = loneliness*





# CHAOS

"chasm, abyss" "void"



CoVid Puppy Surge  
*void = loneliness*



Nurse  
*void = job fulfillment*



# CHAOS

"chasm, abyss" "void"



CoVid Puppy Surge  
*void = loneliness*



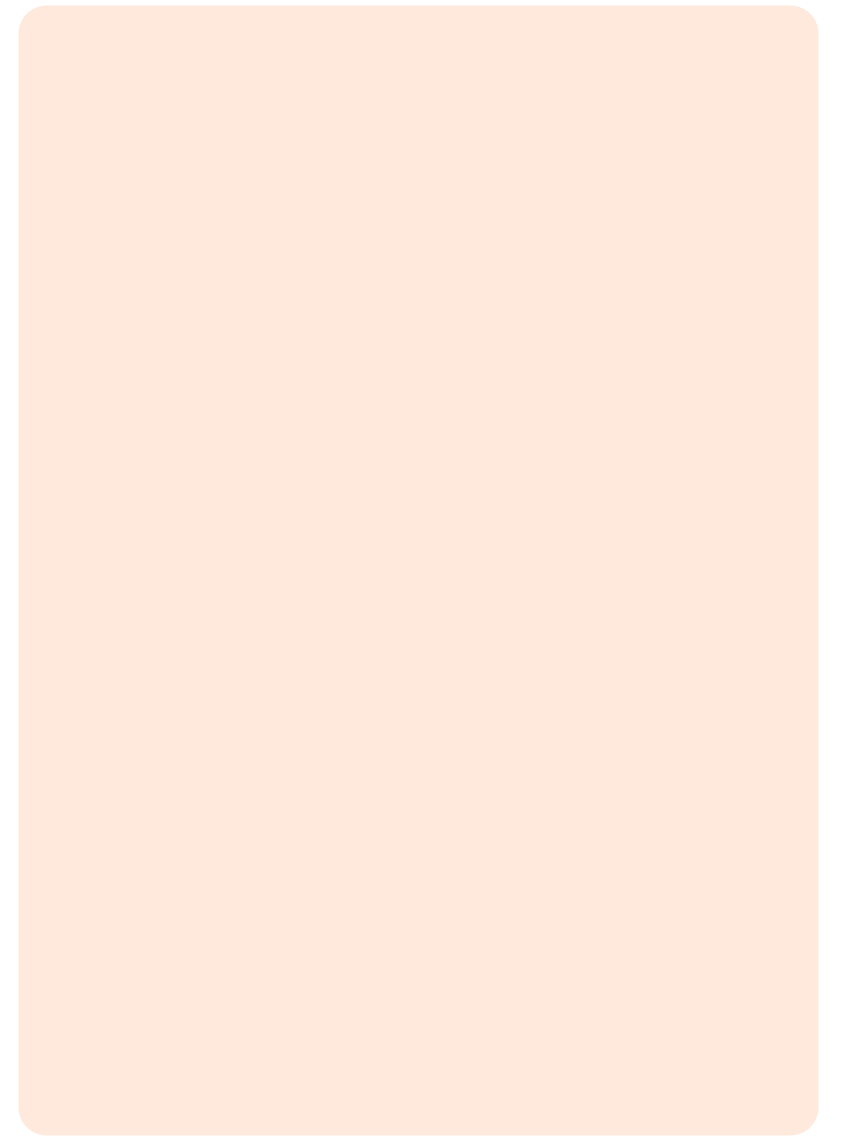
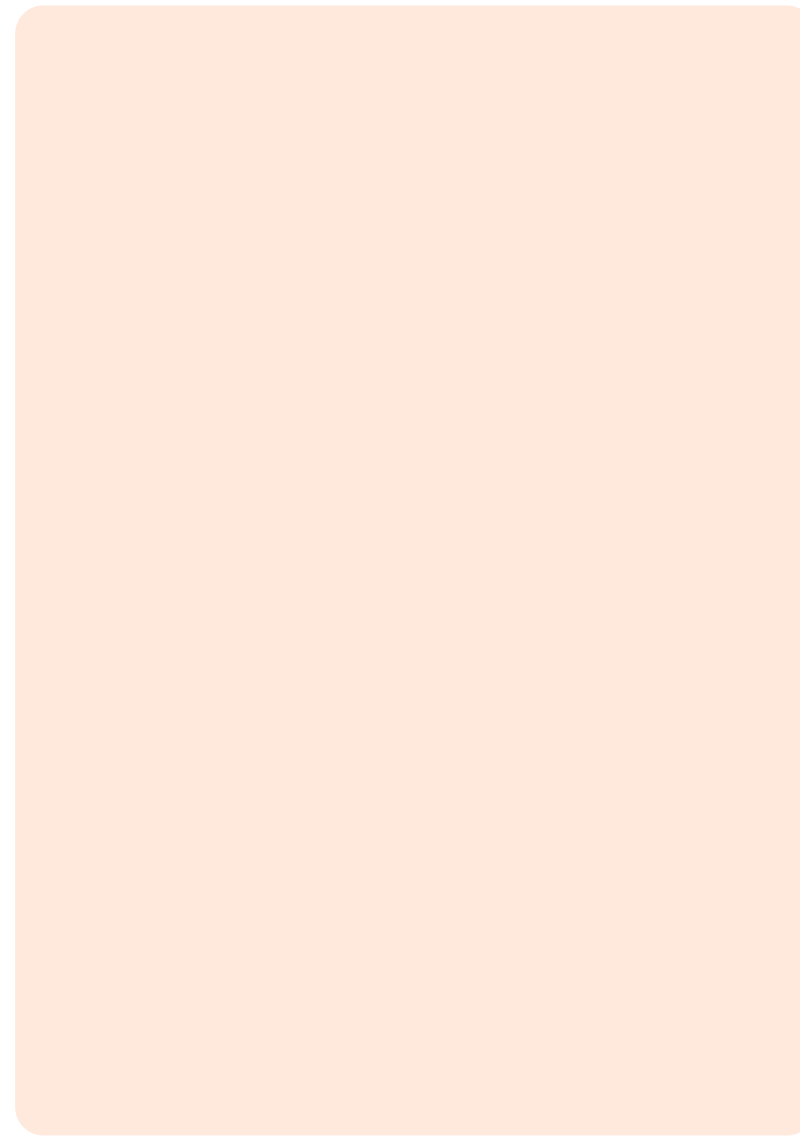
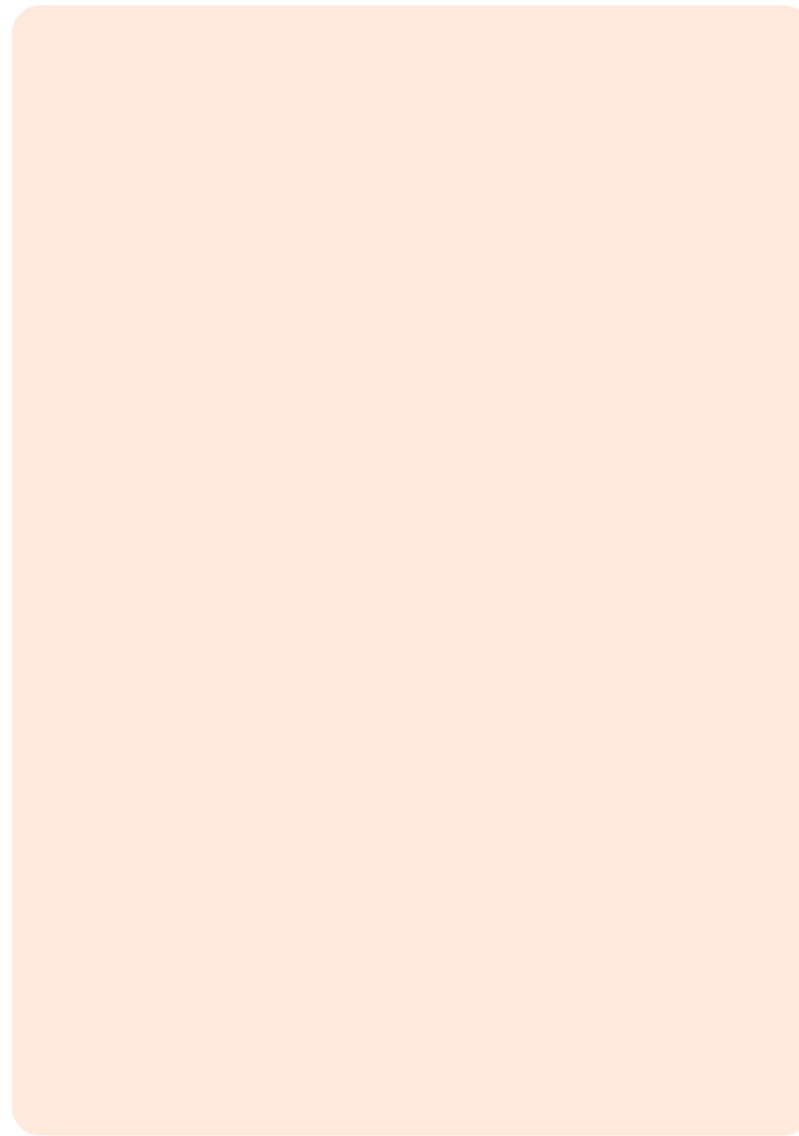
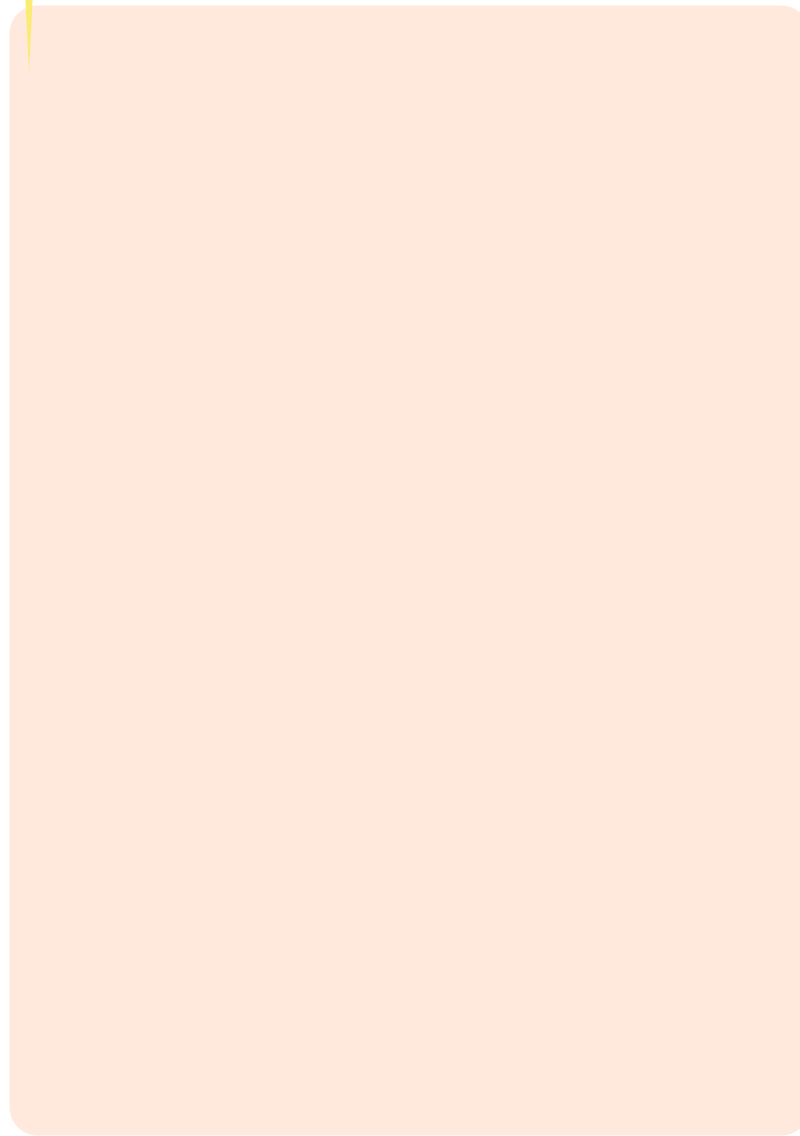
Nurse  
*void = job fulfillment*



Mother-in-Law  
*void = leisure*



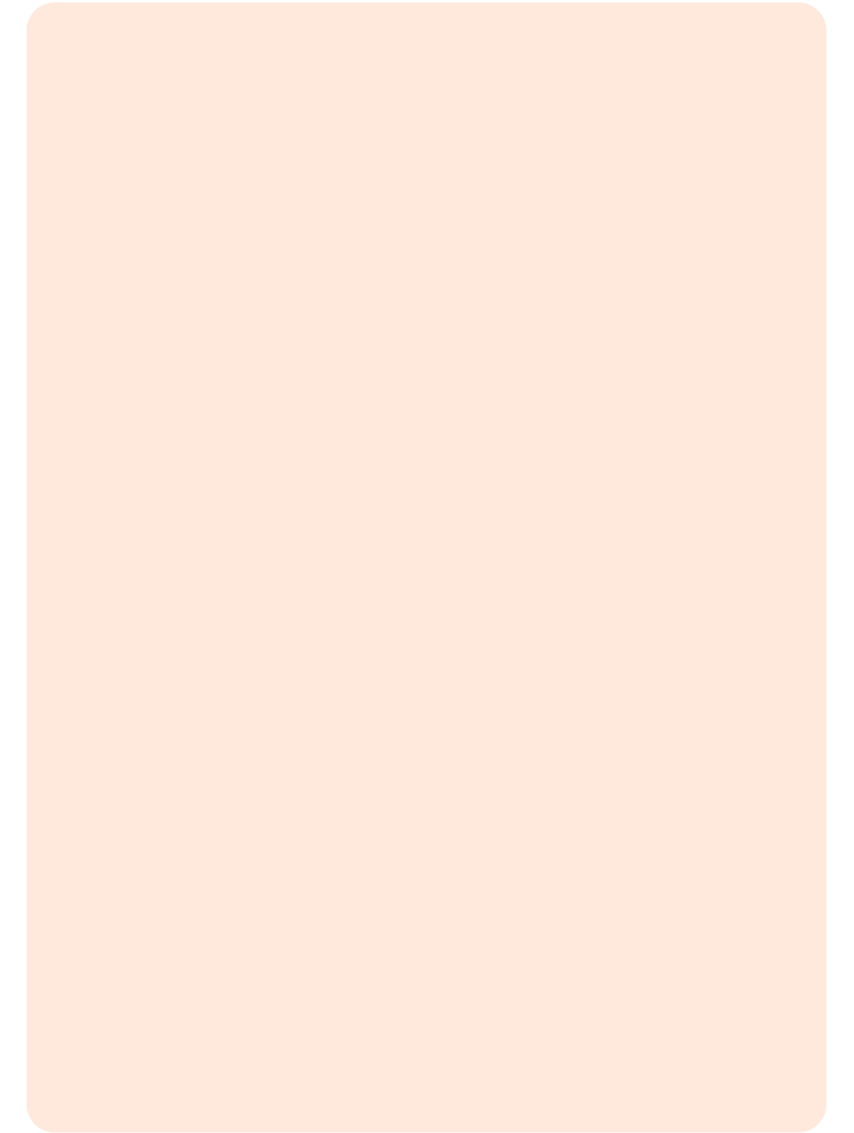
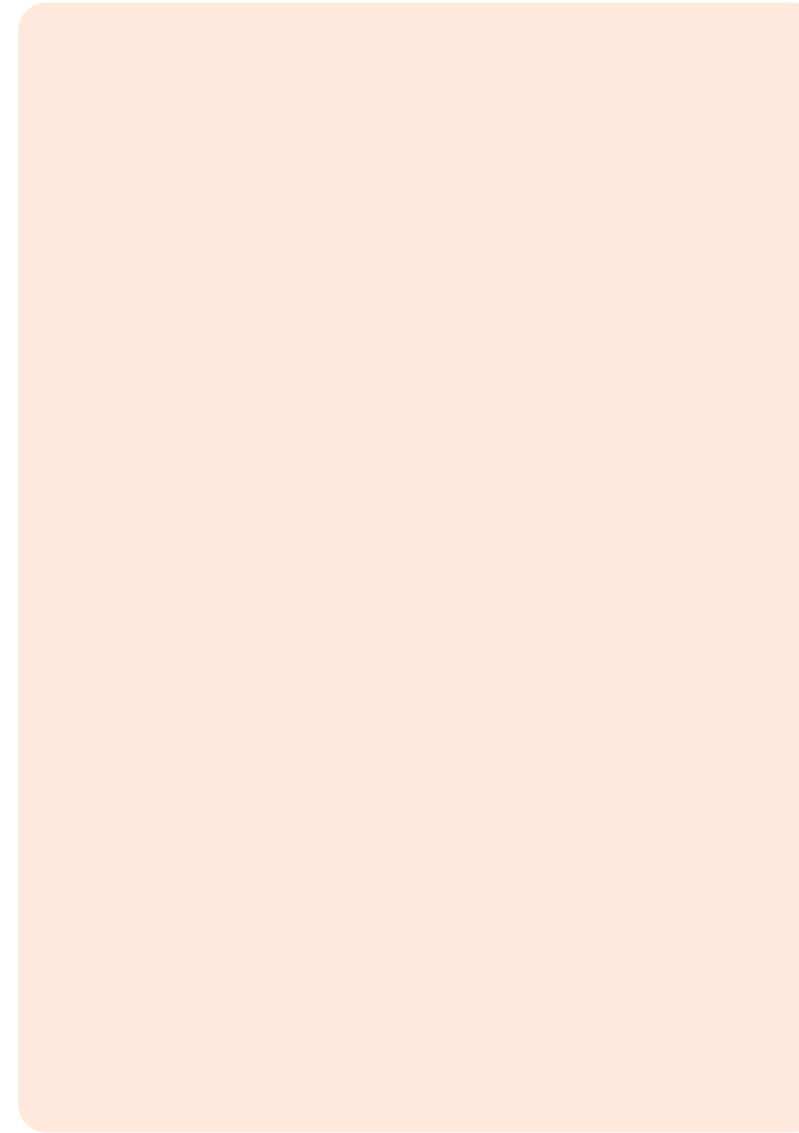
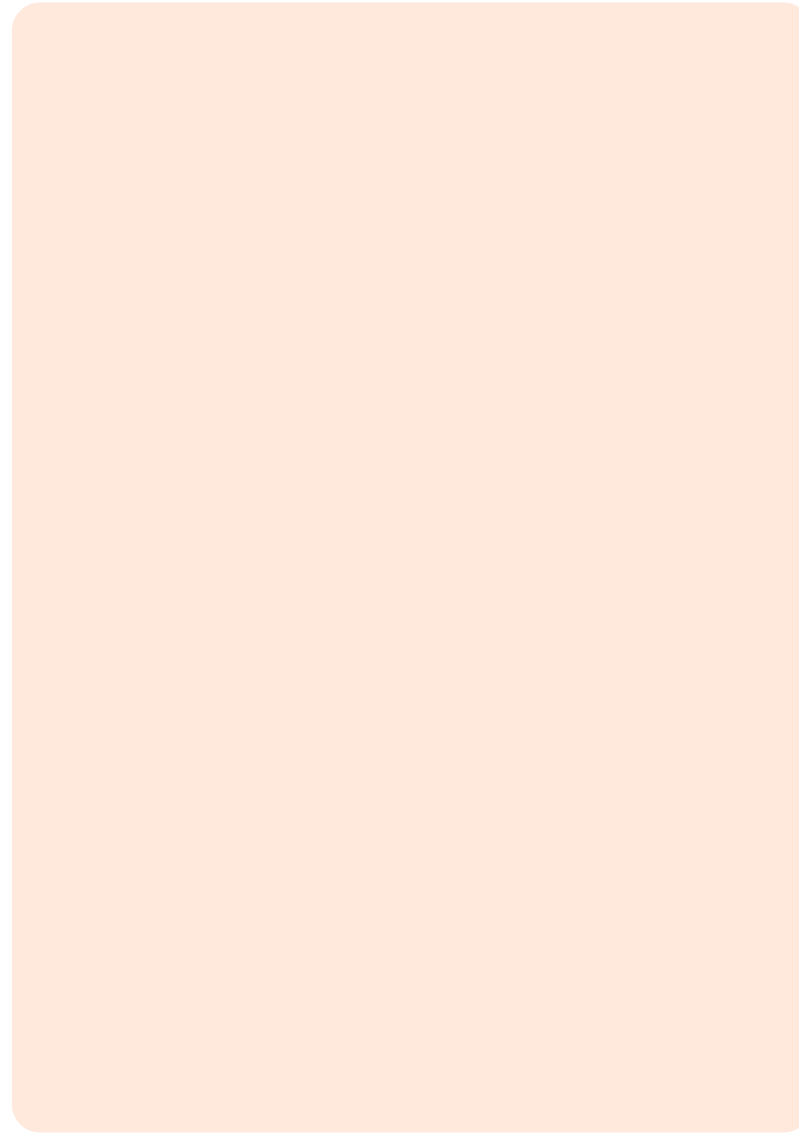
# **SIGNS OF A VOID**





# **SIGNS OF A VOID**

Life is  
good/fine,  
but it could  
be so much  
better.

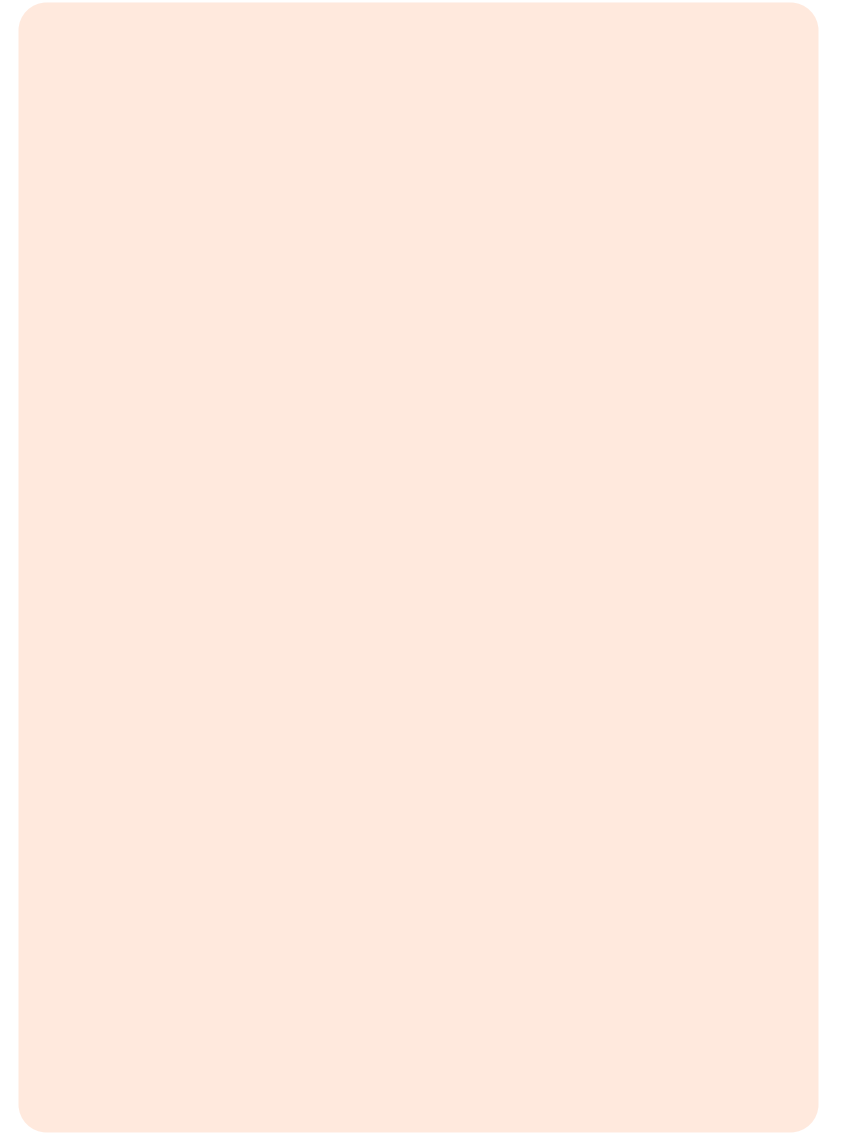
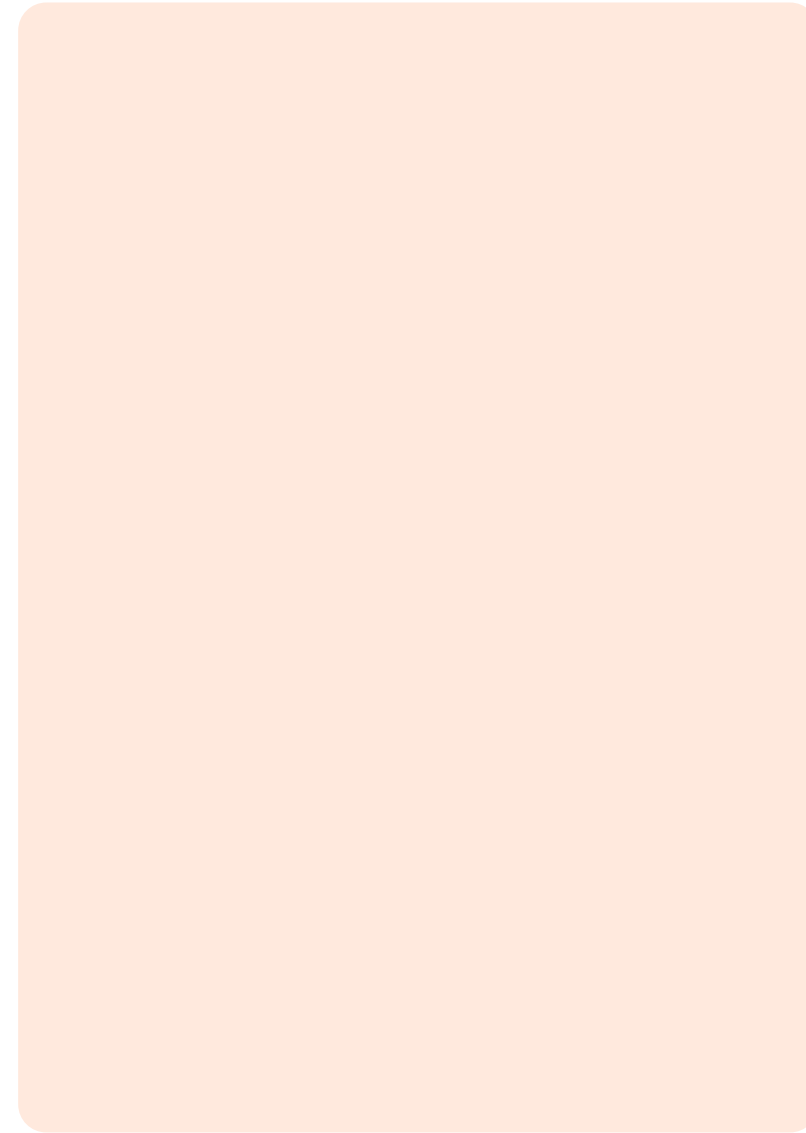




# **SIGNS OF A VOID**

Life is  
good/fine,  
but it could  
be so much  
better.

I'm not  
making the  
impact I  
could be.



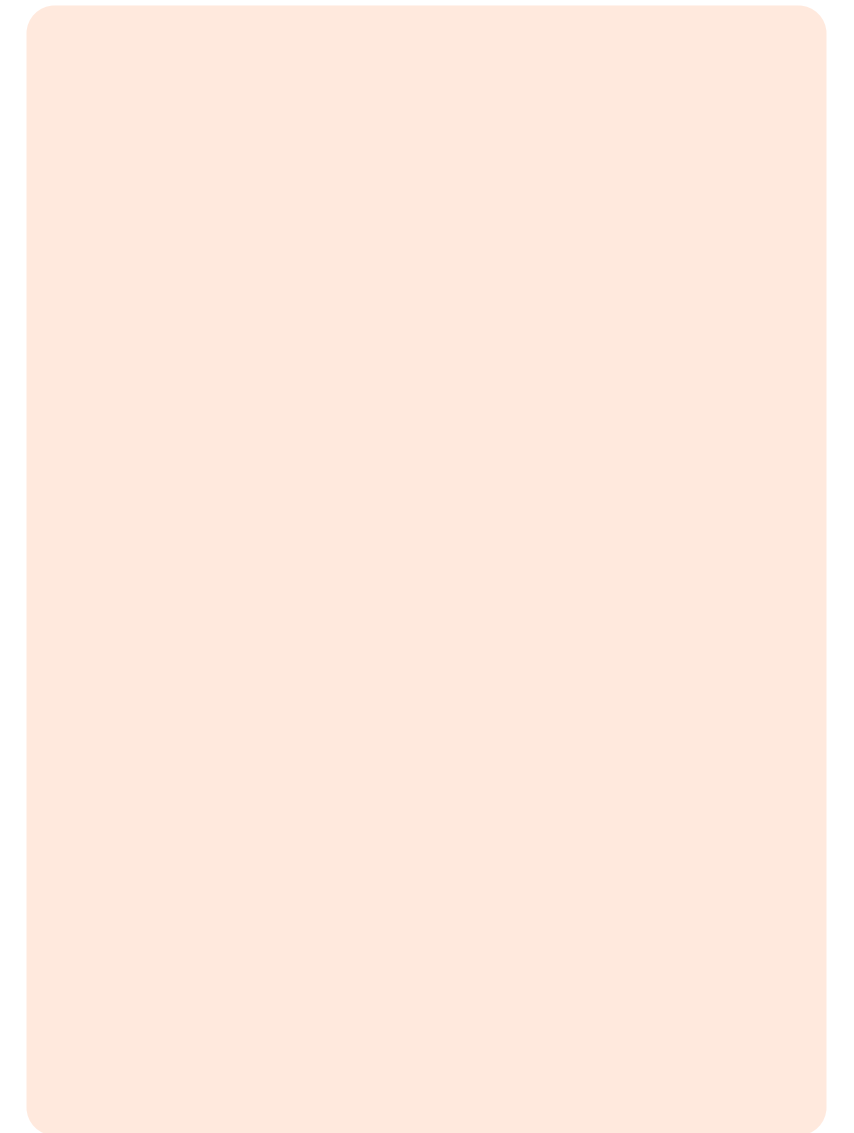


# **SIGNS OF A VOID**

Life is  
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but it could  
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I'm not  
making the  
impact I  
could be.

I am waiting  
for  
something  
good to  
happen.






# **SIGNS OF A VOID**

Life is  
good/fine,  
but it could  
be so much  
better.

I'm not  
making the  
impact I  
could be.

I am waiting  
for  
something  
good to  
happen.

I can't seem  
to find my  
place. I don't  
seem to "fit."



**TO GET CLEAR ON WHERE  
WE WANT TO GO,  
WE HAVE TO KNOW WHERE  
WE ARE RIGHT NOW.**







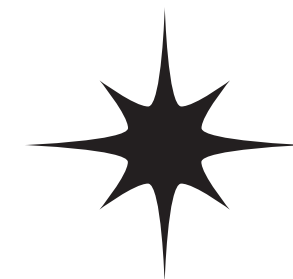
# **SACRED PAUSE**





# **SACRED PAUSE**

Where does chaos exist in my life?





# **SACRED PAUSE**

Where does chaos exist in my life?

Where do I feel confused, uncentered or unsure?





# **SACRED PAUSE**

Where does chaos exist in my life?

Where do I feel confused, uncentered or unsure?

Where do I feel a void?





# SACRED PAUSE

Where does chaos exist in my life?

Where do I feel confused, uncentered or unsure?

Where do I feel a void?

**1**



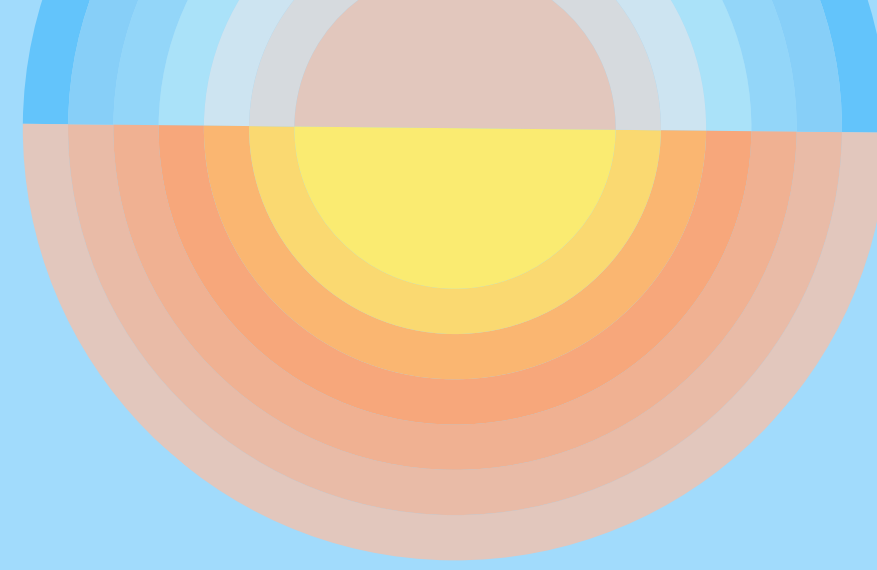
**10**



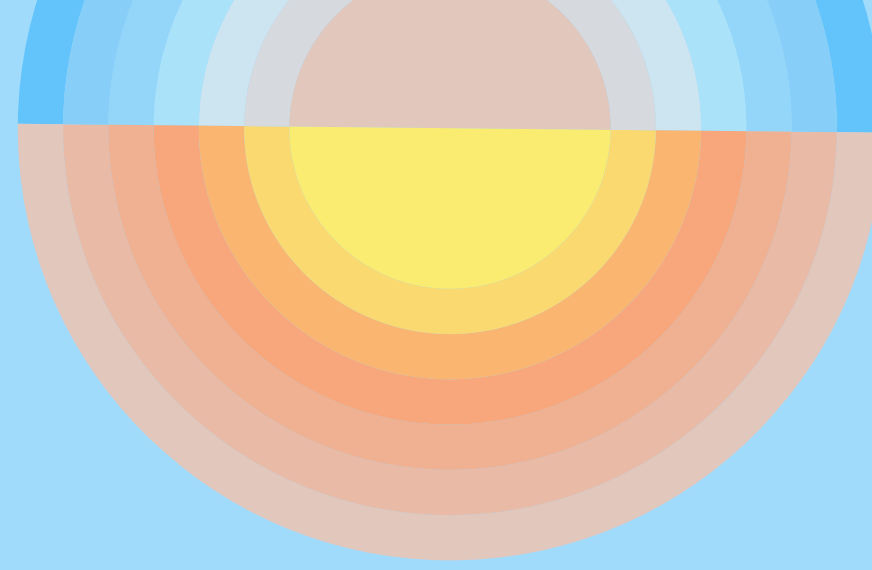


**"ALL GREAT CHANGES ARE  
PRECEDED BY CHAOS."**

**~DEEPAK CHOPRA**



**CLARITY**

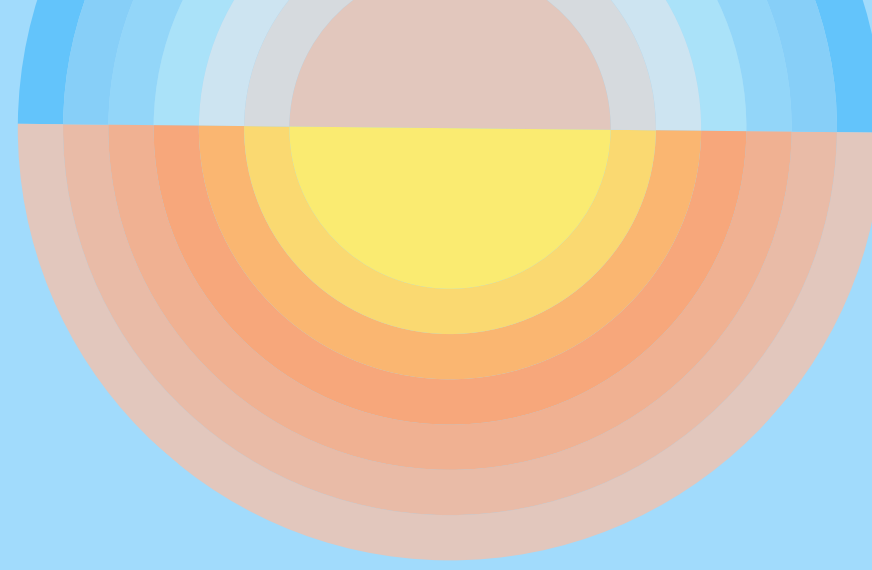


# **CLARITY**

**"PEOPLE DON'T BUY WHAT YOU DO,  
THEY BUY WHY YOU DO IT"**

**~SIMON SINEK**



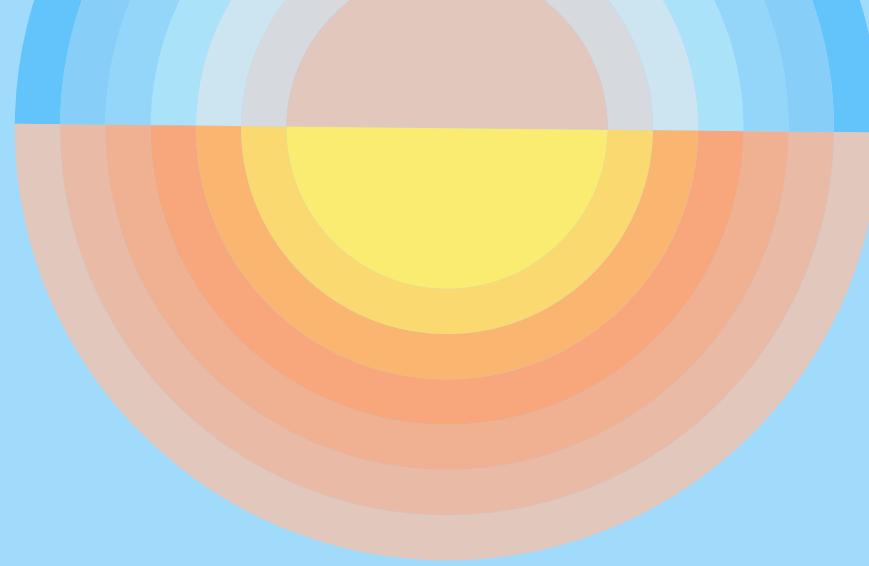


# **CLARITY**

**"PEOPLE DON'T BUY WHAT YOU DO,  
THEY BUY WHY YOU DO IT"**

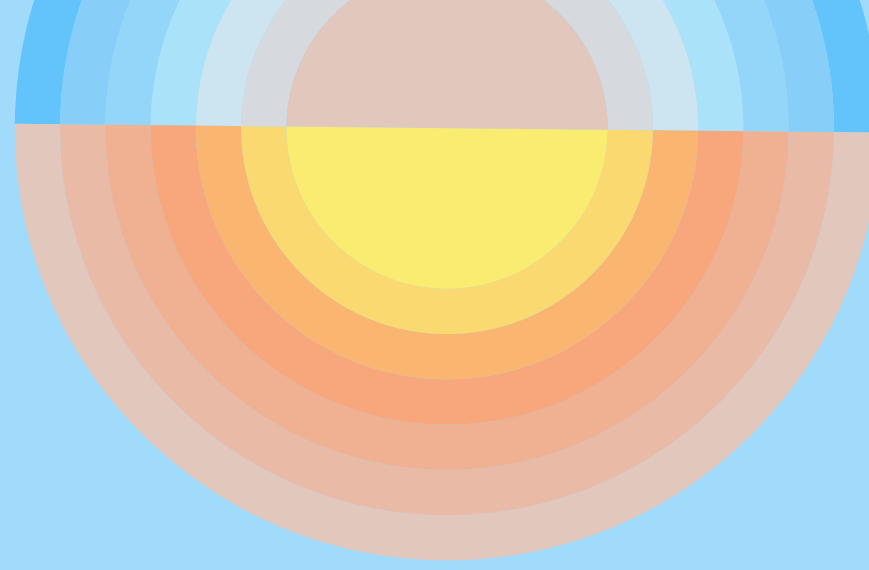
**~SIMON SINEK**

***"IT'S NOT WHAT I DO. IT'S WHY I DO IT."***



# KNOWING OUR "WHY"

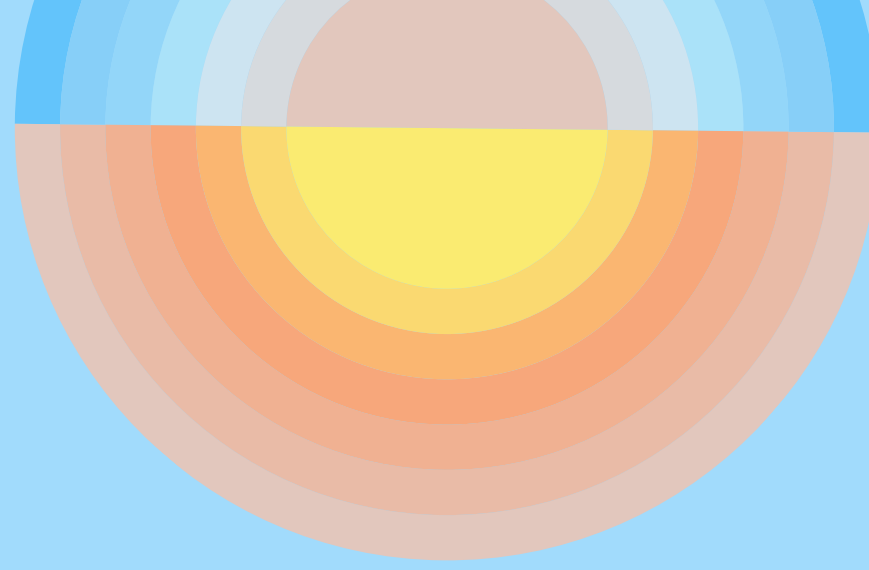
I see the good  
that is  
happening in  
my life.



# KNOWING OUR "WHY"

I see the good  
that is  
happening in  
my life.

I feel capable  
of handling  
the unknown.

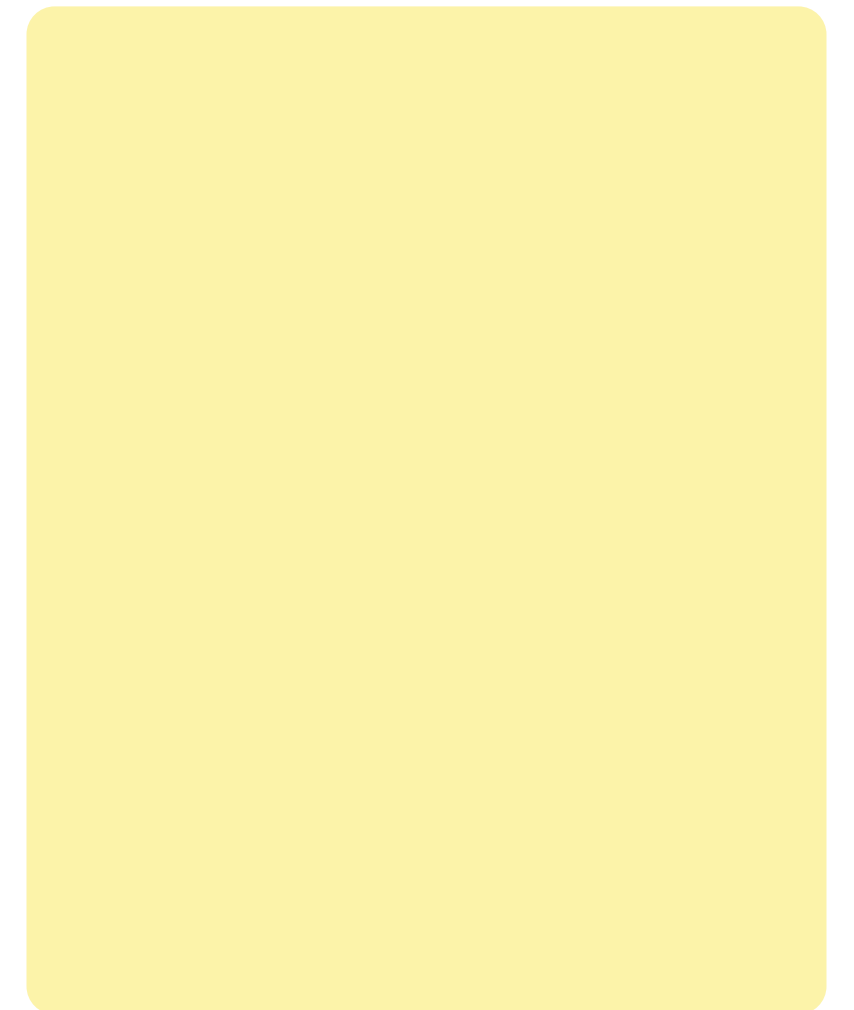


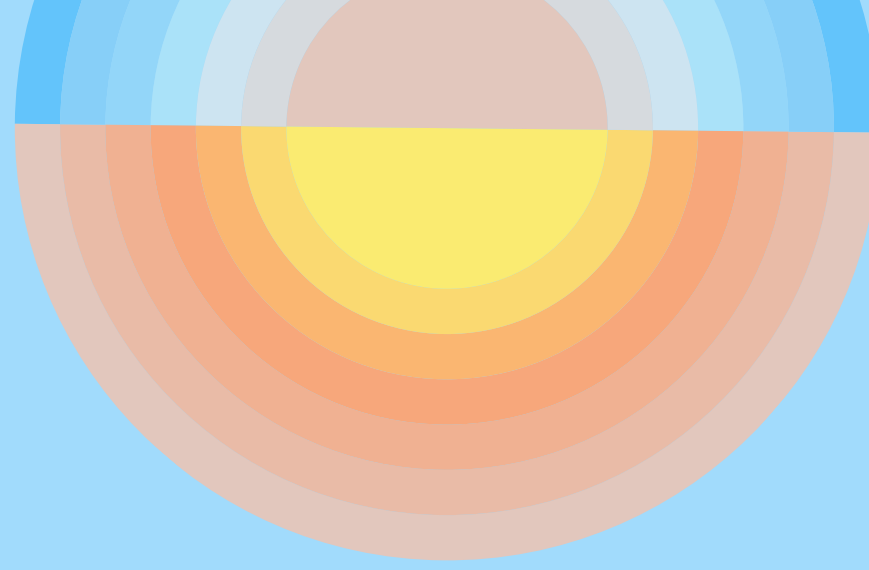
# KNOWING OUR "WHY"

I see the good  
that is  
happening in  
my life

I feel capable  
of handling  
the unknown

I feel in "flow"  
with my life  
and I see the  
impact I  
have.





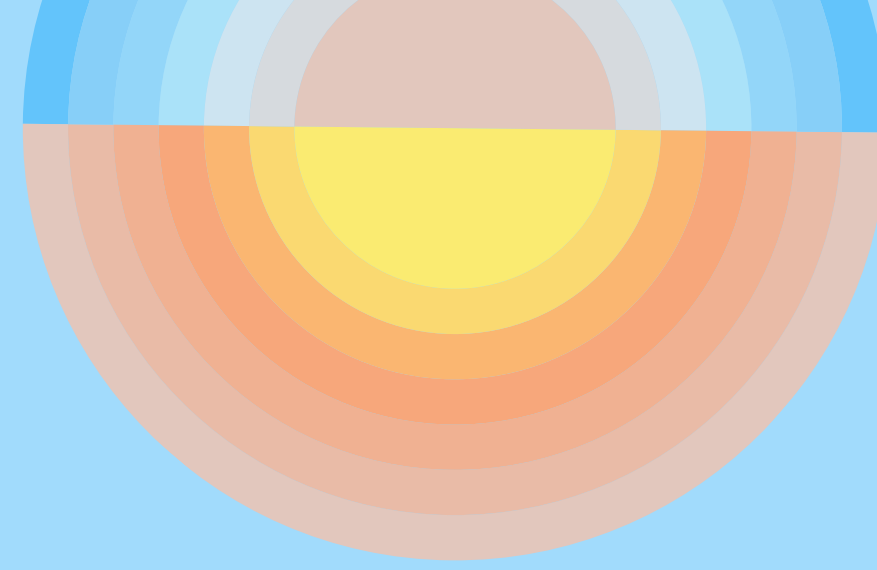
# **KNOWING OUR "WHY"**

I see the good  
that is  
happening in  
my life.

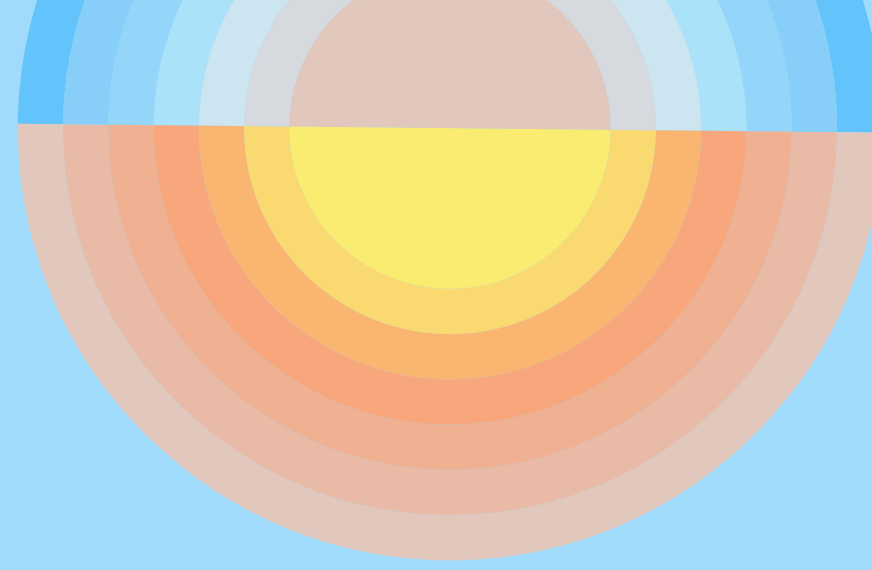
I feel capable  
of handling  
the unknown.

I feel in "flow"  
with my life  
and I see the  
impact I  
have.

I feel  
grounded in  
who I am and  
what I am  
doing.

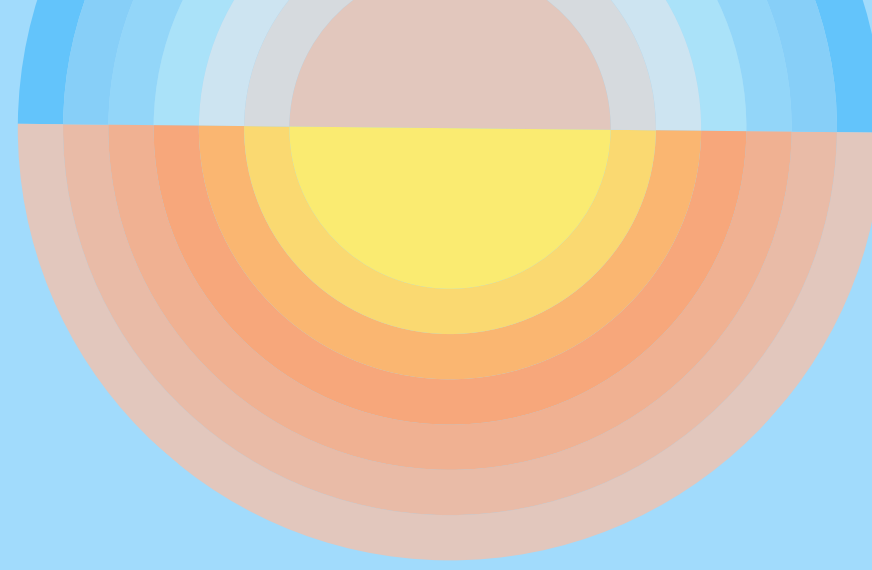


# CLARITY



# **CLARITY**

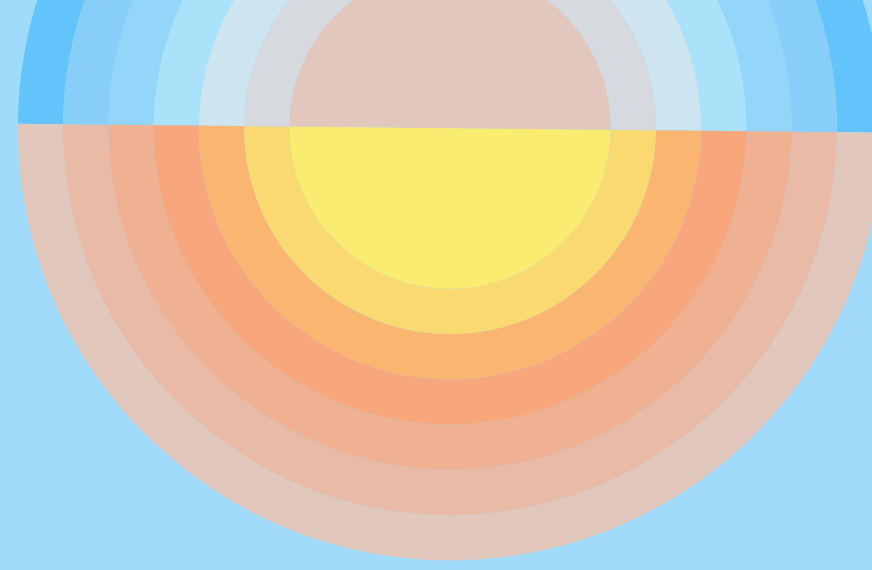
*Identifying core values  
that inspire core desired feelings*



**CLARITY**

**VALUES** *give meaning*



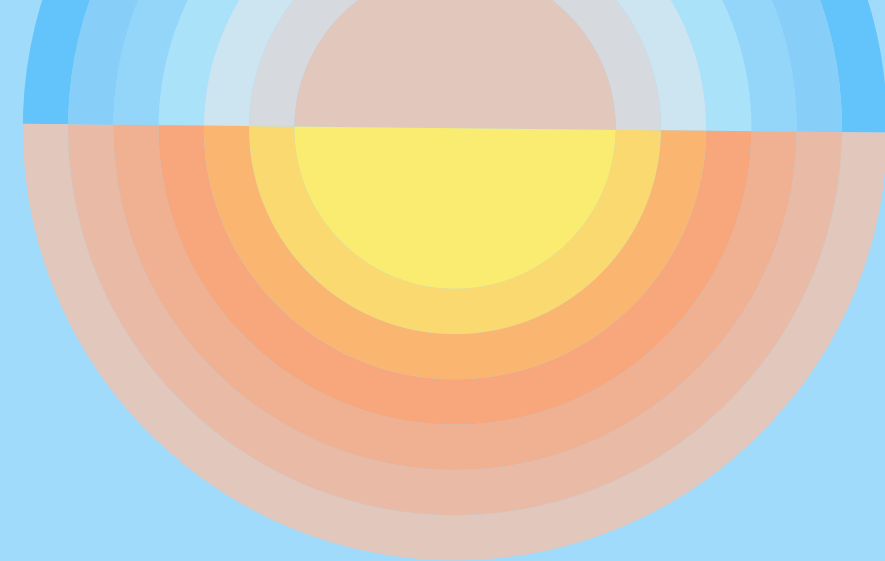


# **CLARITY**

**VALUES** *give meaning*

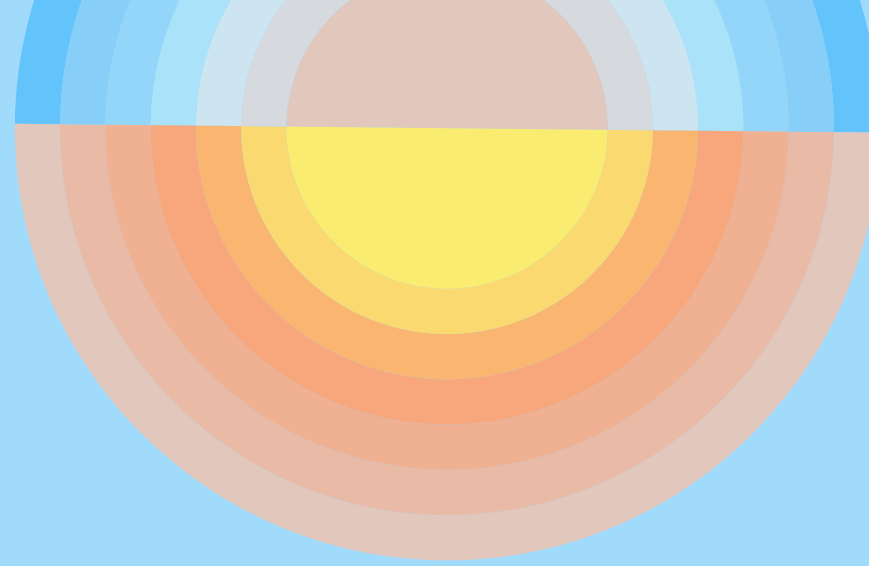
**FEELINGS** *seal the deal*

**CHAOS**



**CLARITY**

# CHAOS

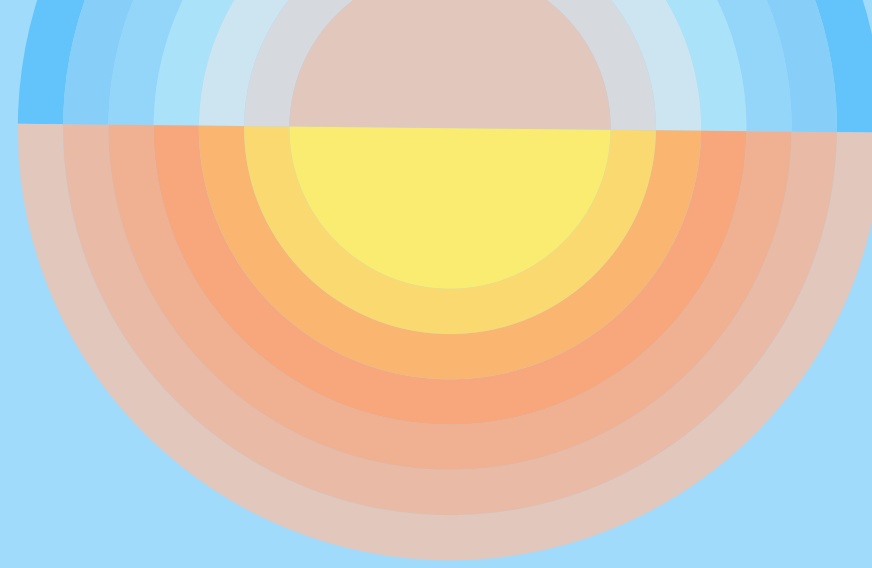


# CLARITY

void = job fulfillment



# CHAOS



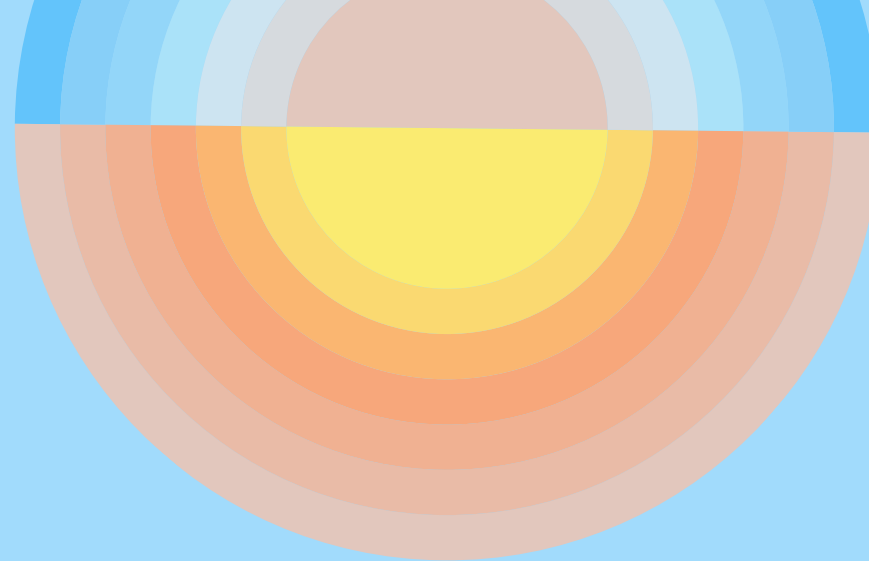
# CLARITY

void = job fulfillment

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



# CHAOS



# CLARITY

void = job fulfillment

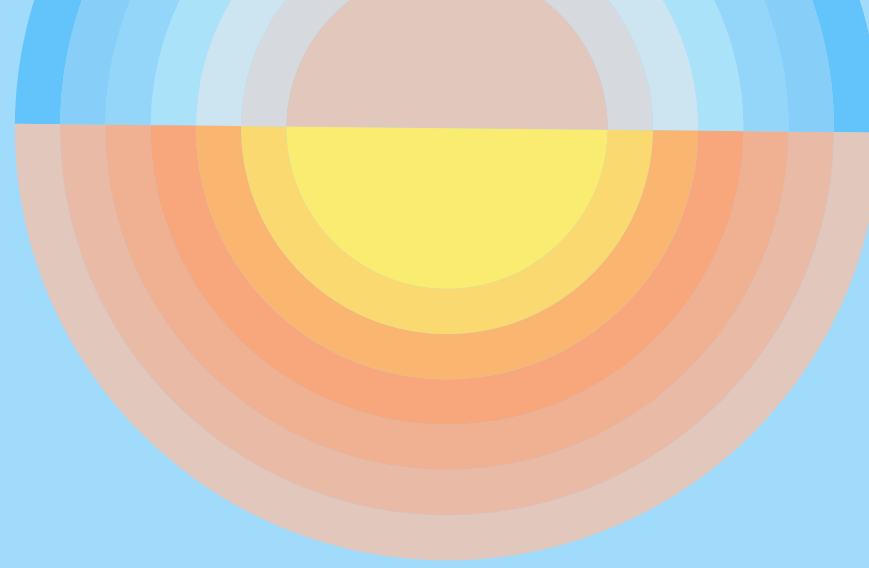
★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



I am a good nurse



# CHAOS



# CLARITY

void = job fulfillment

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



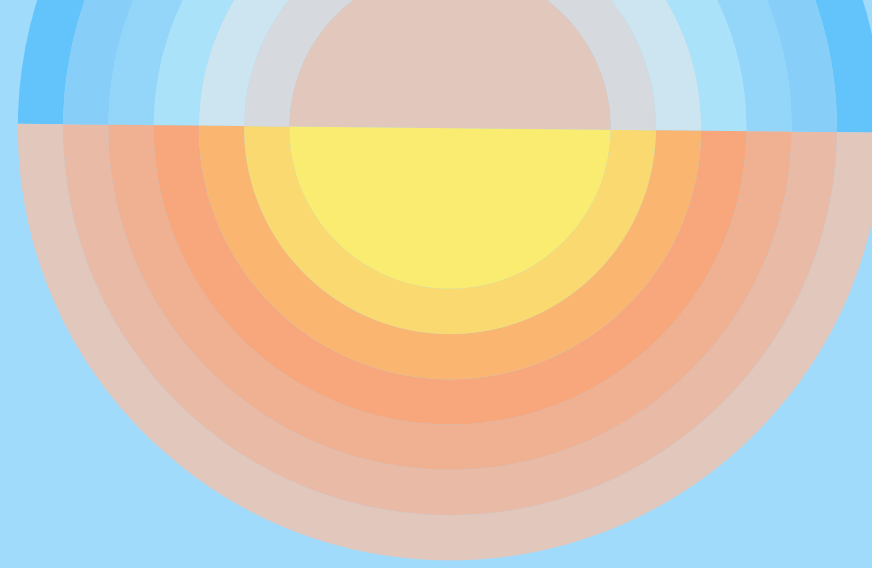
I am a good nurse



I care about my patients



# CHAOS



# CLARITY

void = job fulfillment

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



I am a good nurse



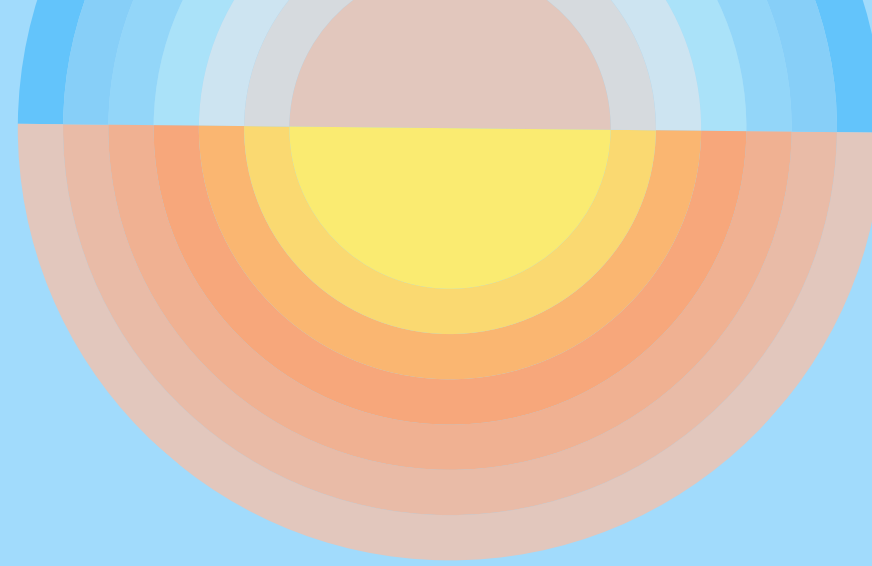
I care about my patients



I take the time to get  
to know them



# CHAOS



# CLARITY

void = job fulfillment

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



I am a good nurse



I care about my patients



I take the time to get  
to know them

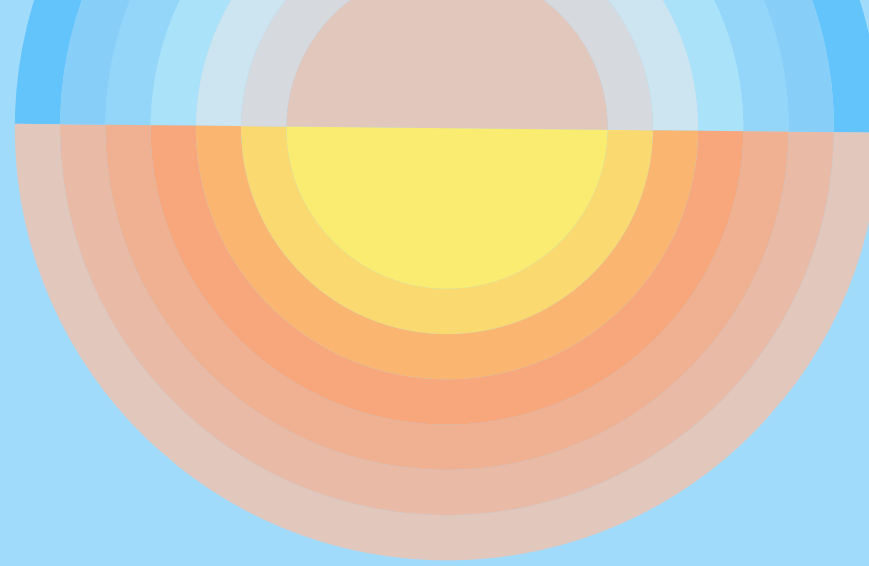


I make connections with  
fascinating people





# CHAOS



# CLARITY

void = job fulfillment

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



I am a good nurse



I care about my patients



I take the time to get  
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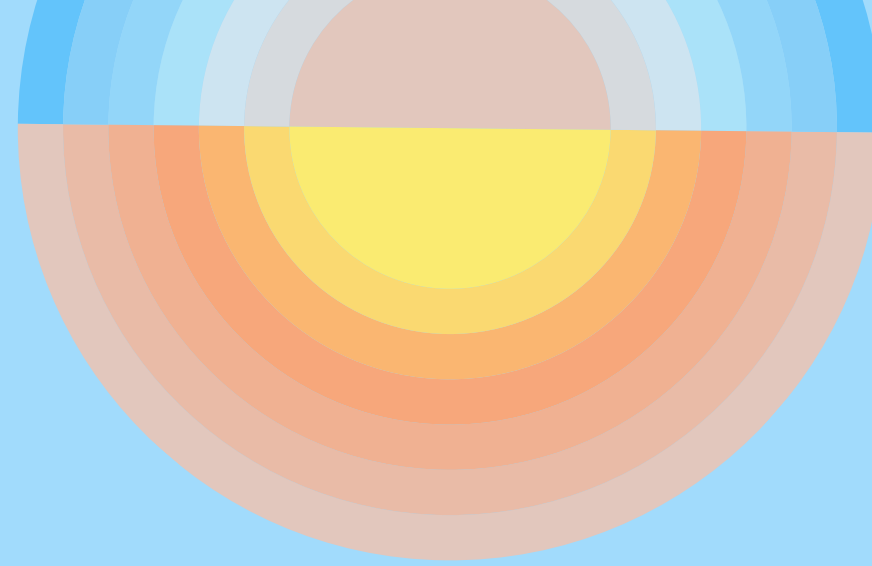


I make connections with  
fascinating people



People make me feel inspired

# CHAOS



# CLARITY

void = job fulfillment

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



**VALUE** *connection*

I am a good nurse



I care about my patients



I take the time to get  
to know them

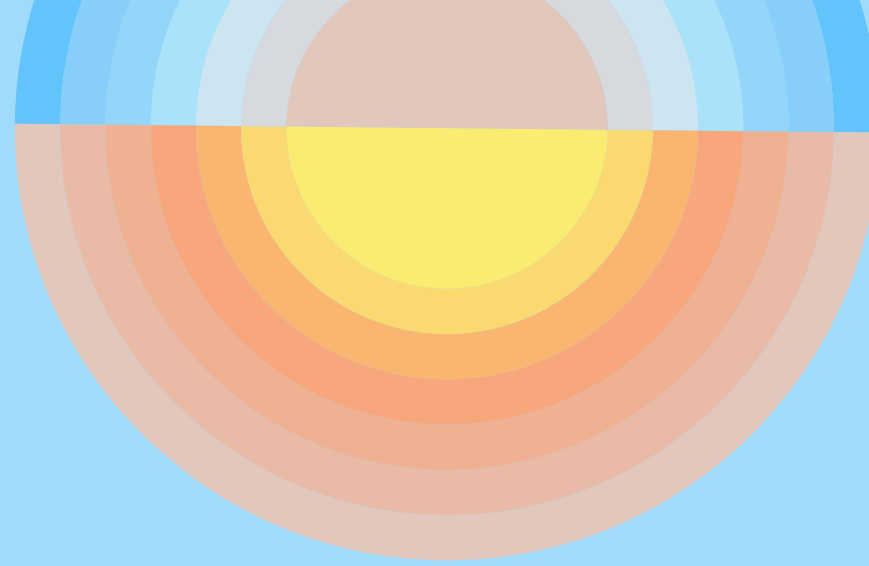


I make connections with  
fascinating people



People make me feel inspired

# CHAOS



# CLARITY

void = job fulfillment

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



**VALUE** *connection*

**FEELING** *inspiration*

I am a good nurse



I care about my patients



I take the time to get  
to know them

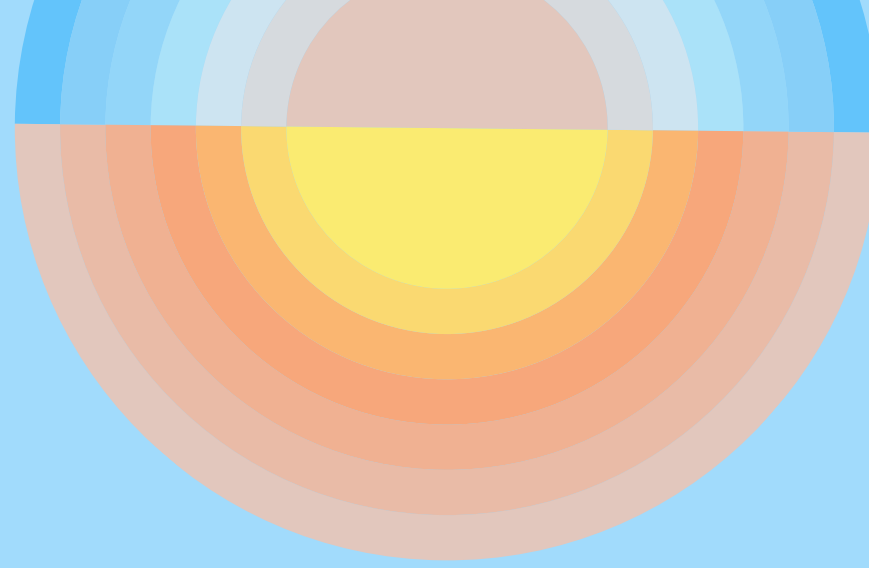


I make connections with  
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People make me feel inspired

# CHAOS

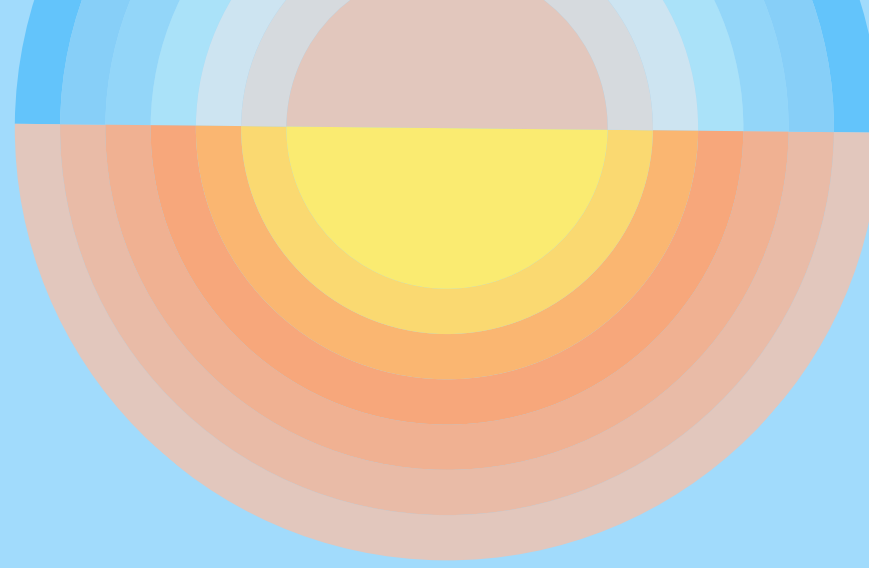


# CLARITY

void = leisure



# CHAOS



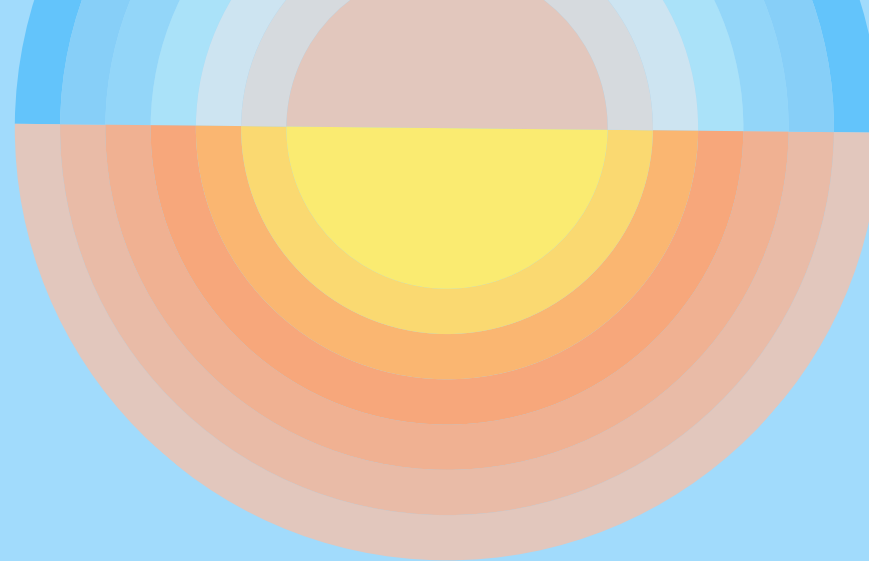
# CLARITY

void = leisure

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



# CHAOS



# CLARITY

void = leisure

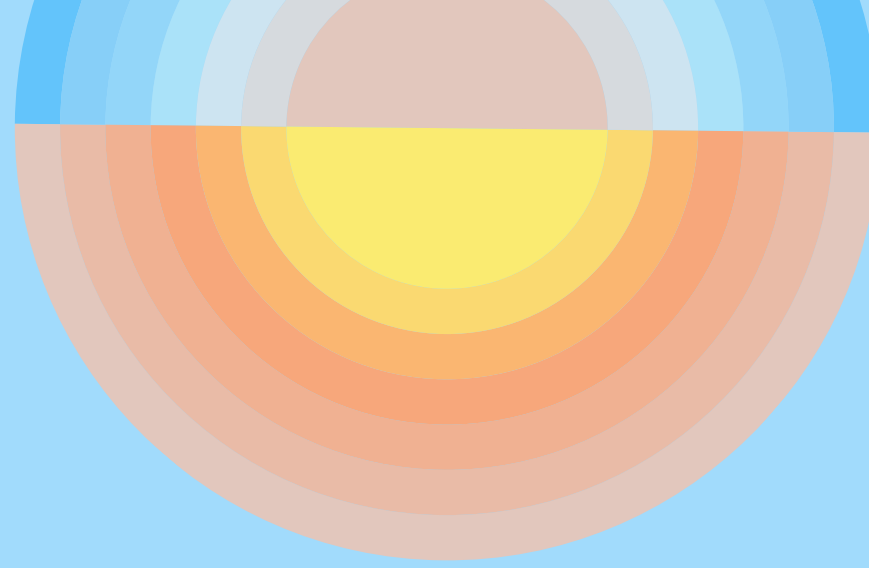
★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



I love to travel



# CHAOS



# CLARITY

void = leisure

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**

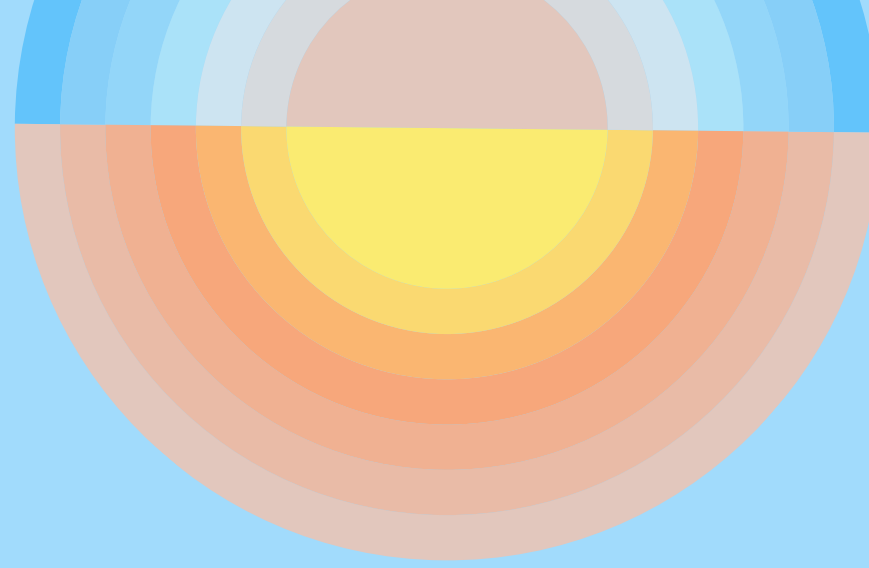


I love to travel

★  
I get to go to new places



# CHAOS



# CLARITY

void = leisure

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



I love to travel



I get to go to new places

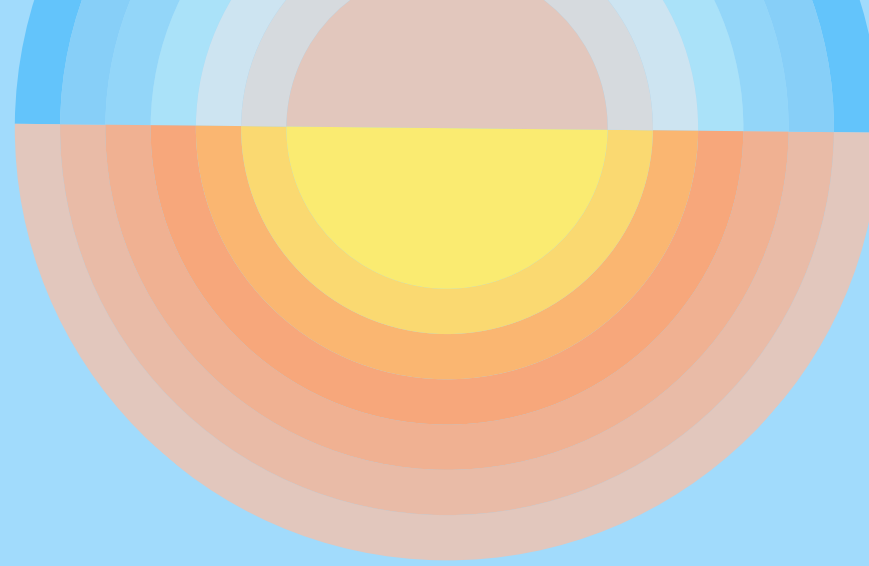


It's a new experience with  
new people and new food





# CHAOS



# CLARITY

void = leisure

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



I love to travel



I get to go to new places



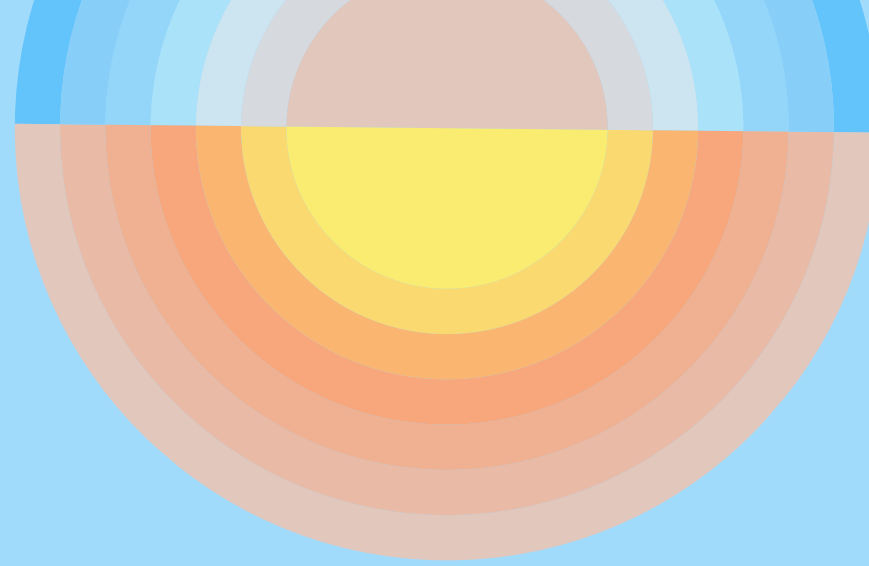
It's a new experience with  
new people and new food



I learn something new from  
each experience



# CHAOS



# CLARITY

void = leisure

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



I love to travel



I get to go to new places



It's a new experience with  
new people and new food

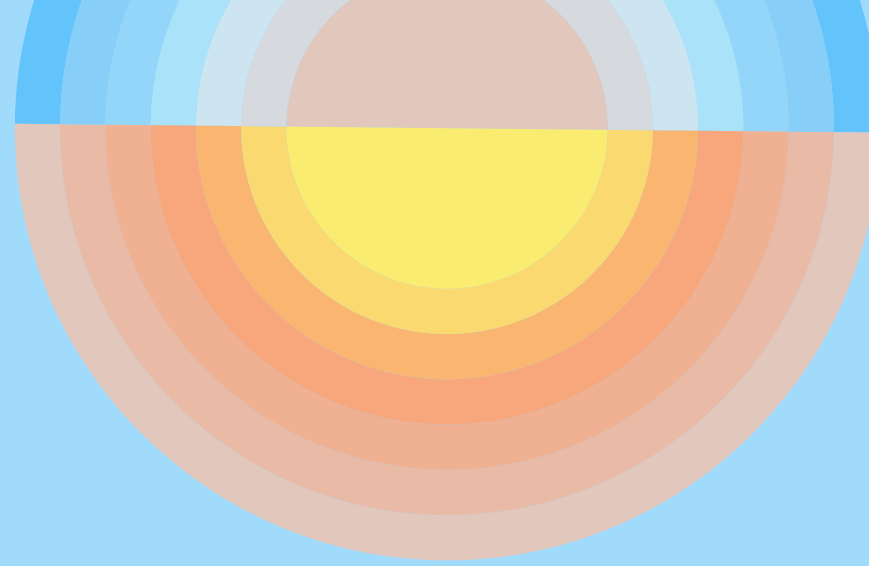


I learn something new from  
each experience



Learning makes me feel  
renewed and youthful

# CHAOS



# CLARITY

void = leisure

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



**VALUE** *learning*

I love to travel



I get to go to new places



It's a new experience with  
new people and new food

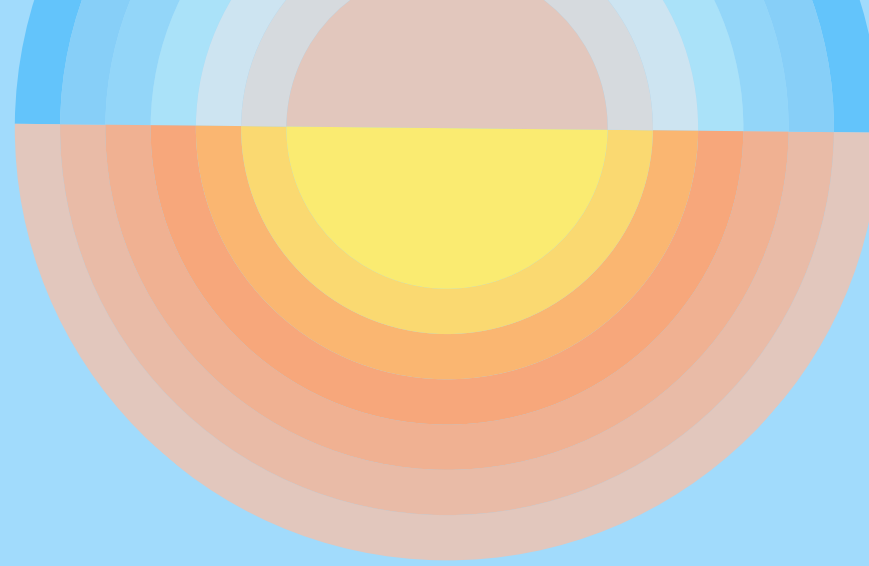


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# CLARITY

void = leisure

★ **WHAT ABOUT THIS HAS MEANING TO YOU?**



**VALUE** *learning*

**FEELING** *renewed*

I love to travel



I get to go to new places



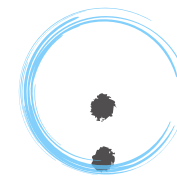
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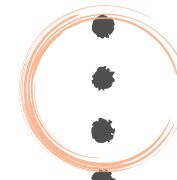
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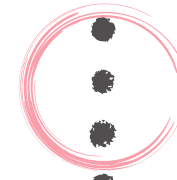
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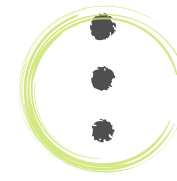
**CLARITY**



**INSPIRATION**



**MOTIVATION**



**IMPACT**



# **SACRED PAUSE**



# **SACRED PAUSE**

What do you value most deeply, things about yourself, your relationships, and your work?



# **SACRED PAUSE**

What do you value most deeply, things about yourself, your relationships, and your work?

Without being modest, who are you when you are at your best?





# **SACRED PAUSE**

What do you value most deeply, things about yourself, your relationships, and your work?

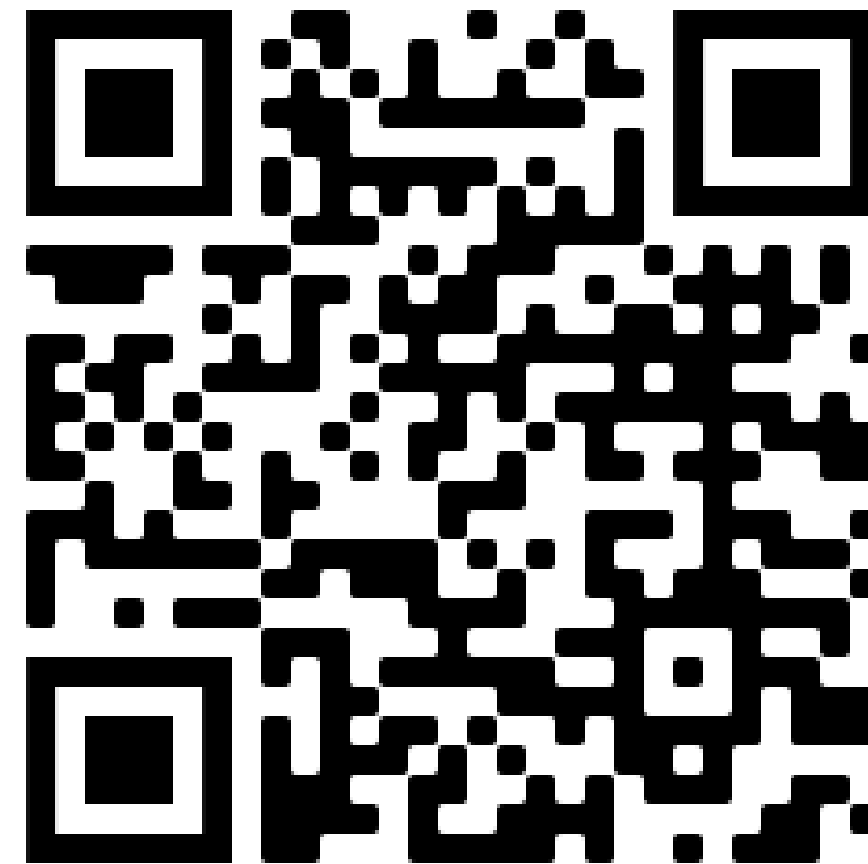
Without being modest, who are you when you are at your best?

Think of 2 of your most significant/best experiences in life. A time you felt alive and engaged. What made it so exciting?



# CORE VALUES

# **CORE VALUES**



**[TRUENORTHSOLUTIONSCOACH.COM/CORE-VALUES](https://truenorthsolutionscoach.com/core-values)**

# CORE VALUES

Achievement	Curiosity	Health	Love	Stability
Authenticity	Devotion	Inclusion	Optimism	Stewardship
Balance	Ethics	Integrity	Passion	Success
Beauty	Family	Intelligence	Patience	Tolerance
Collaboration	Fairness	Joy	Purposeful	Trust
Compassion	Freedom	Kindness	Reliability	Truth
Community	Fun	Leadership	Security	Understanding
Connection	Giving Back	Learning	Respect	Usefulness
Courage	Gratitude		Serenity	Vulnerability
Creativity	Growth		Service	Well Being



# **TOP 3 CORE VALUES**



# **TOP 3 CORE VALUES**

stir your heart

speak to who you are

touch on something  
bigger than yourself



# **TOP 3 CORE VALUES**

stir your heart

speak to who you are

touch on something  
bigger than yourself

**VIACHARACTER.ORG**



# **SHIFT AND REFOCUS**







# SHIFT AND REFOCUS

Achievements

Goals, Tasks

Titles, Status

Dramatic Headlines

Contentment

Fulfillment

Feeling

Meaning





# **SHIFT AND REFOCUS**

Philosophy - Law of Attraction

*what you focus on is what your brain will pay attention to*





# SHIFT AND REFOCUS

Philosophy - Law of Attraction

*what you focus on is what your brain will pay attention to*

Science - Neuroplasticity

*the brain's ability to learn and adapt based on our experience*



# **SHIFT AND REFOCUS**

**KEEP IT** *present*

**KEEP IT** *real*

**KEEP IT** *open*



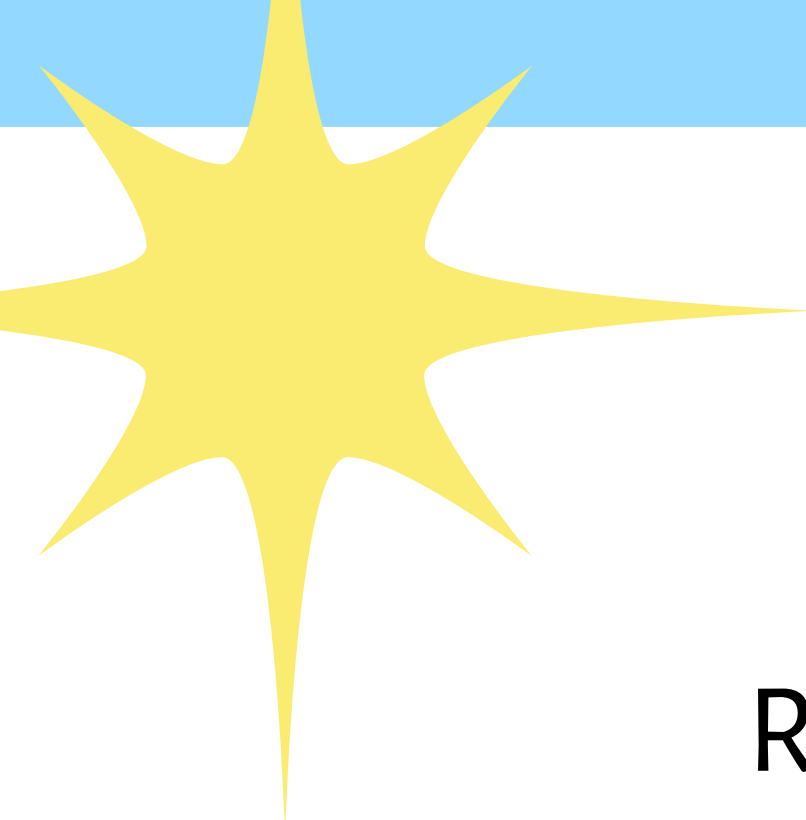


# **KEEP IT** *present*

*15 minutes of reflection at the  
end of the day results in 23%  
improvement ~*

~ Research by Giada Di Stefano, Francesca Gino, Gary Pisano, and Bradley Staats





# GOOD MORNING

READ YOUR CORE VALUES.

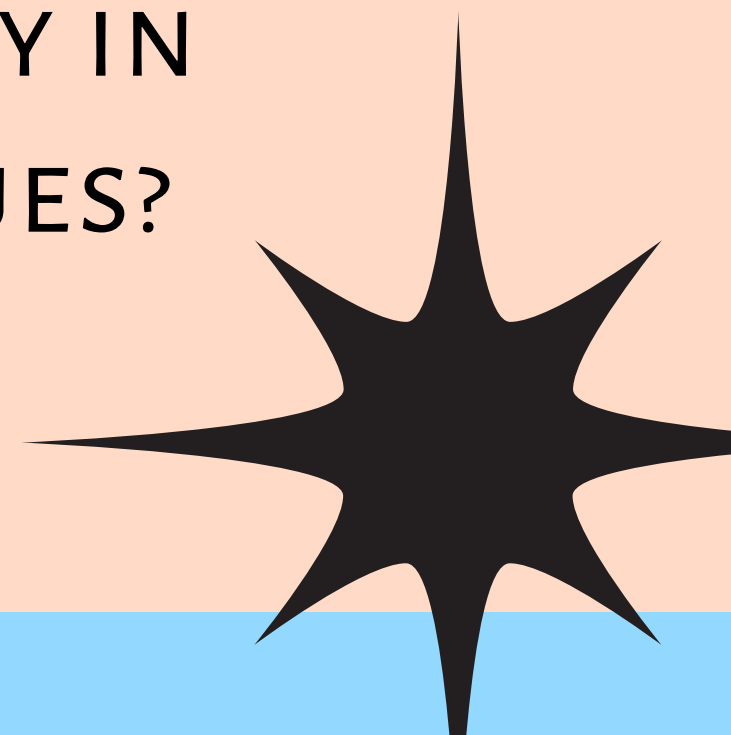
WHICH CORE VALUE WILL I KEEP  
PRESENT TODAY?

HOW DO I WANT TO FEEL  
WHEN...?

HOW DID MY VALUES  
SHOW UP TODAY?

WHAT DID I DO, ACT OR SAY IN  
ALIGNMENT WITH MY VALUES?

# GOOD NIGHT





**KEEP IT** *real*





# **KEEP IT** *real*

**"FOCUS ON WHAT YOU CAN CONTROL, AND DON'T WASTE  
ENERGY ON THE THINGS THAT YOU CANNOT."**

**~UNKNOWN**





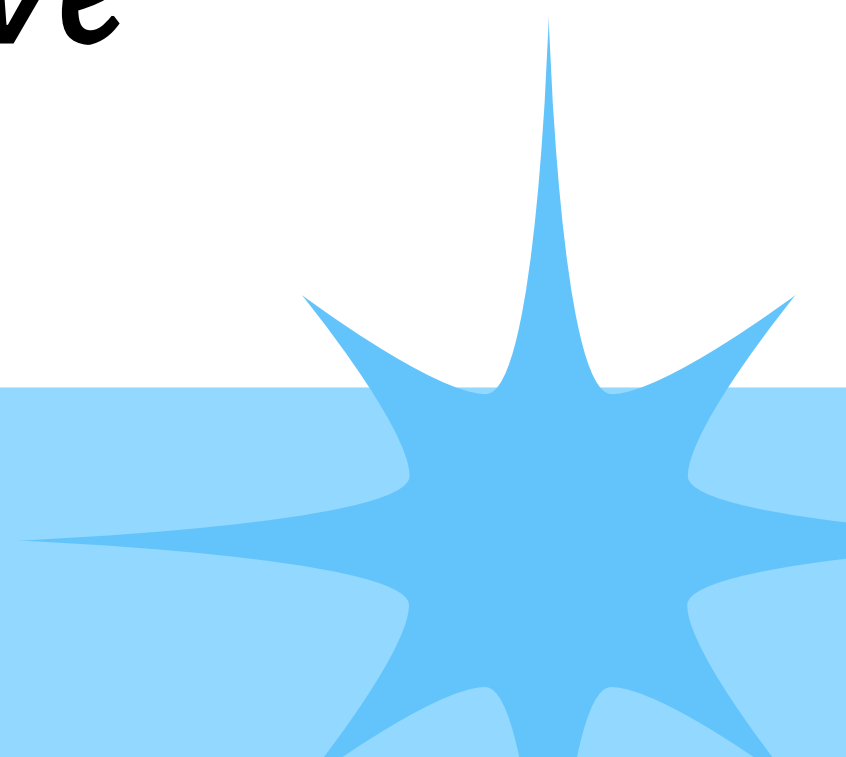


# **KEEP IT** *real*

**"FOCUS ON WHAT YOU CAN CONTROL, AND DON'T WASTE  
ENERGY ON THE THINGS THAT YOU CANNOT."**

**~UNKNOWN**

*My contentment IS a way to have  
impact and be in-service.*





**KEEP IT** *open*





**KEEP IT** *open*

**SHIFT AND REFOCUS**  
*again and again*





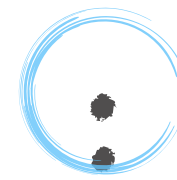
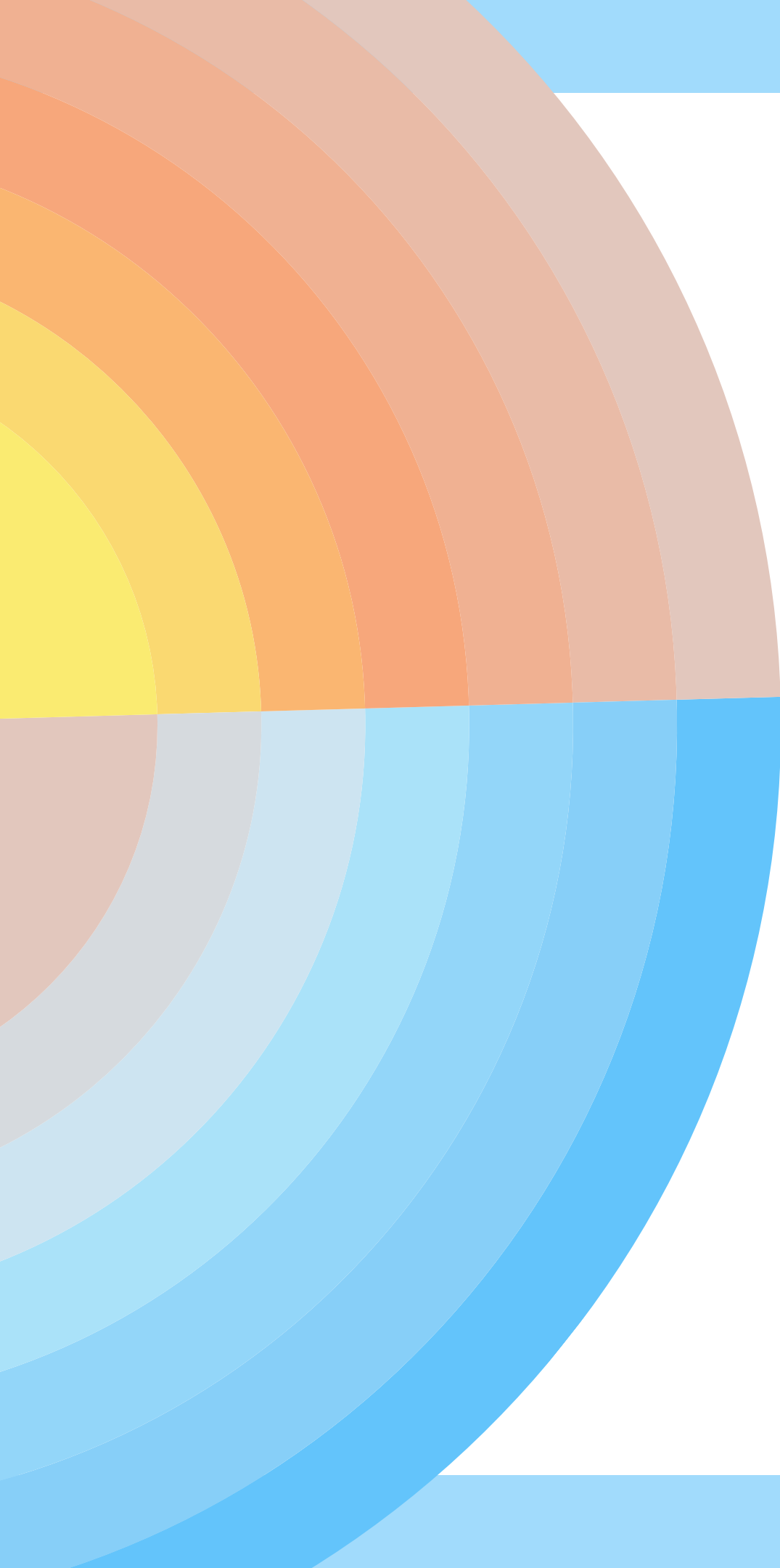
# **SHIFT AND REFOCUS**

**KEEP IT** *present*

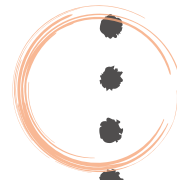
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**KEEP IT** *open*

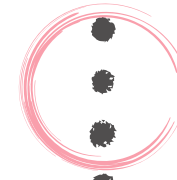




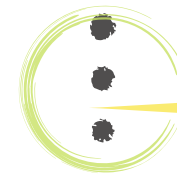
**CLARITY**



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# TrueNorth

Jody Tom, ACC  
Coach, Consultant

**THANK  
YOU**