



Coachella: Coaches Coaching Coaches



1.



Reinvent

2.



Reflect

3.



Re-affirm

4.



Recognize

Check out this flyer to see what people are saying about our PLC!

RESTORE

What steps will **YOU** take to create a more holistic plan?

Self-care is not just about taking bubble baths or buying expensive lattes. It's about respecting when your body, mind, and soul need attention and giving your entire being the restoration it needs. Use these articles to to guide you to the regimen that will better reflect exactly who you are!

Resilient

Radical

Trauma-Informed

Spiritual

REFLECT

What are **YOUR** needs & barriers to Self-Care?

What we learned Last Coaches' Session:

There is no standard for self-care. Everyone's needs will vary according to culture, identity, & personality. That means every person's barriers to self-care are also different. As coaches, it is important we diversify our toolbox, so we can be our best selves and show up for our clients when they need us most. Check out this Self-Care Toolkit!



Chairs' Corner

Enter the Me Too Healing Room!



RECOGNIZE



Even us coaches deal with the effects of past trauma. The best way to address trauma is through self-care, but self-care can only be implemented properly through self-love. As we move into ways to accept who we really are, we are showing up for ourselves. Being present as your authentic self is one of the best ways to love and care for **YOU**.

"Discover your True Self"

~Dr. Gabor Mate



RE-AFFIRM

Treat Yourself How You Treat Others!

RESPECT =
Honor, Dignity, Worth



"Respect Yourself"

~Jordan Peterson

RESOURCES

FGLN FCC
Self-Care
Guides

2022 FGLN
Back to School
Resource
Guide

Coaches
Session
Sneak Peek!

Self, Love,
Beauty



Join us for our next PLC meeting, Oct. 6th!

Register to join PLC.

