

PMA - Finding Balance

with Natalie Miller-Snell



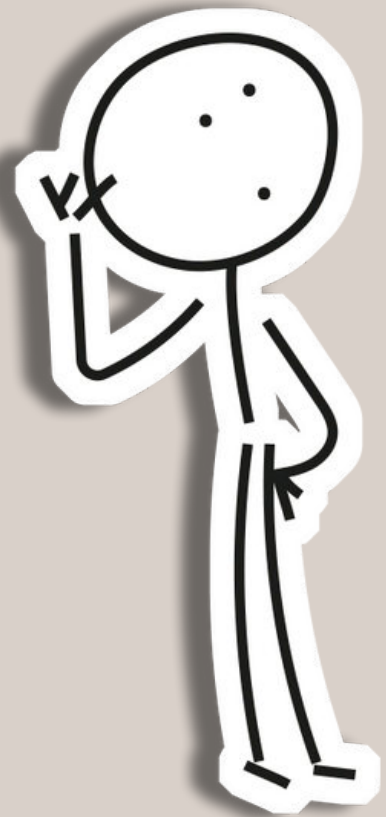
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What brings you here today?

How are you going to show up for each other?

How are you feeling?

scale 1-7

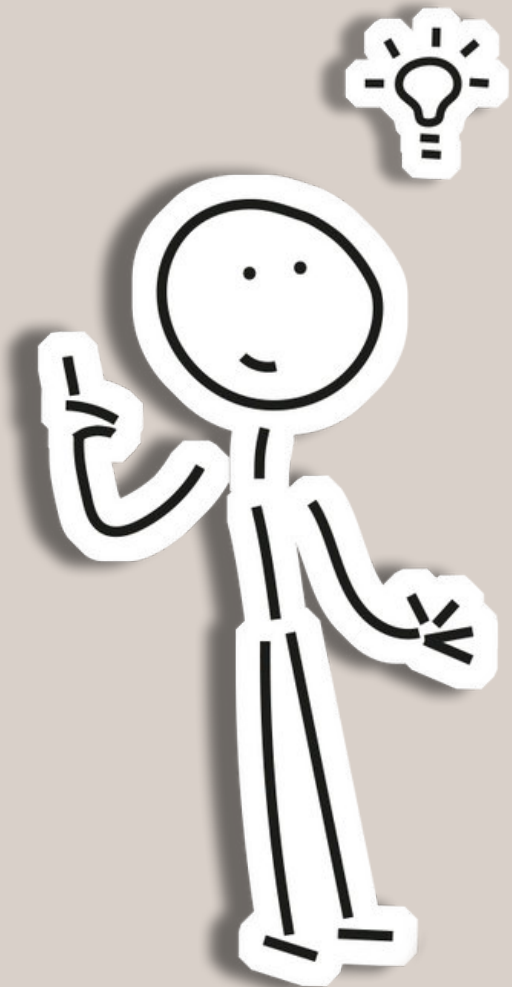


What brings you here today? - **PURPOSE**

How are you going to show up for each other? -
COMMUNITY

How are you feeling? - **WELL-BEING**

scale 1-7





Purpose

“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”

– ELEANOR ROOSEVELT



Community

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

– MAYA ANGELOU

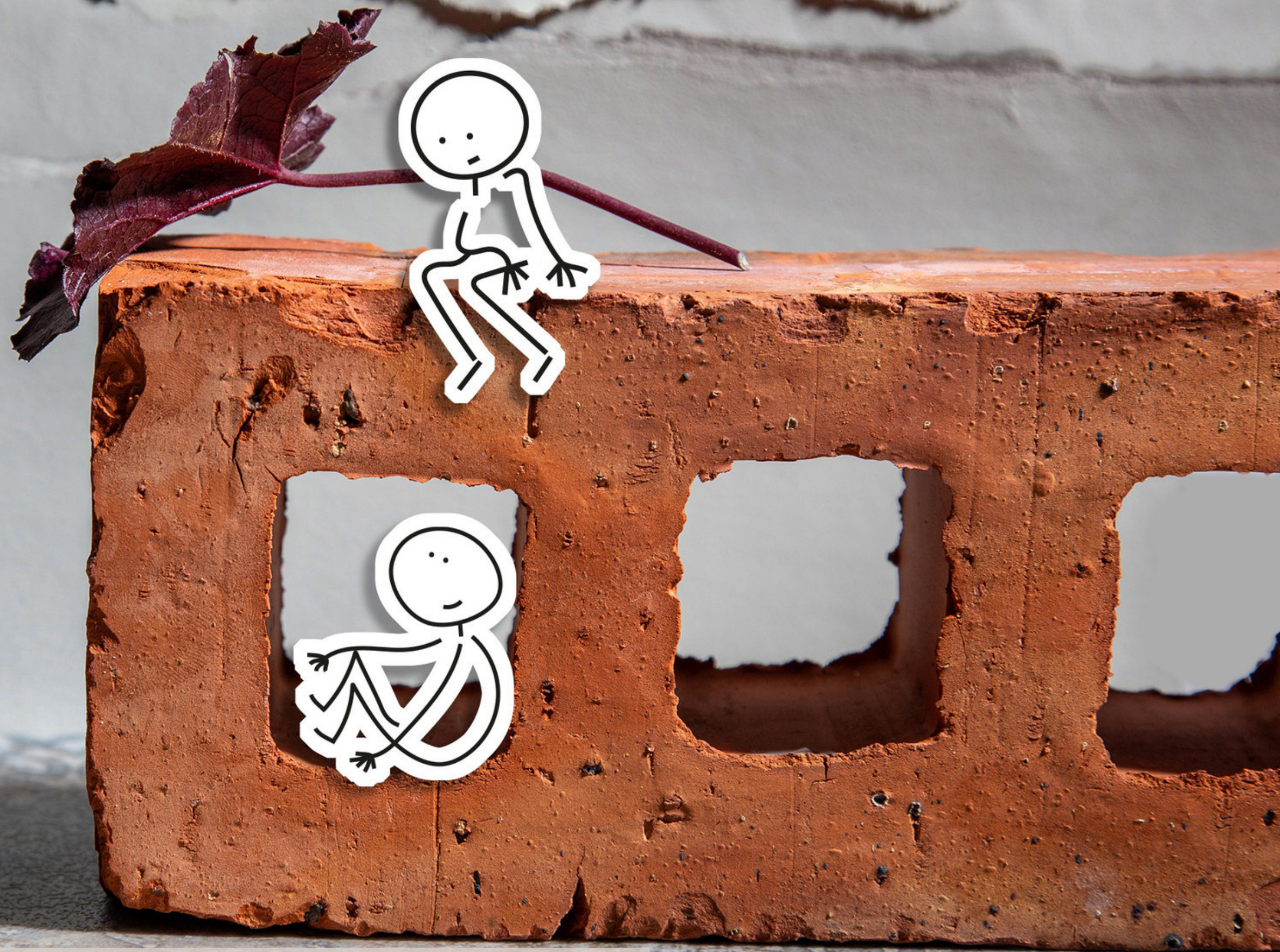


Well-Being

Language

Mindset

Visualise



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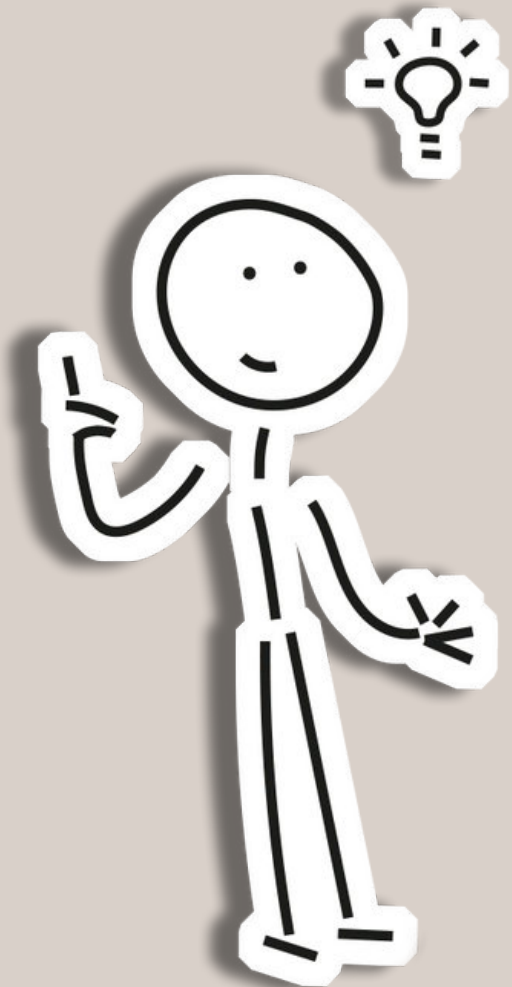
We are unable to feel confident if on edge, low or stressed.

Finding Balance

PURPOSE

COMMUNITY

WELL-BEING



Thank You!

I feel like I have a little piece of Natalie's wonderful wisdom and joyful approach in notebook form!

