

A rustic wooden table with a coffee pot, a mug, and a pitcher. The coffee pot is silver with a black handle and a white filter. The mug is light brown with a dark rim and handle. The pitcher is dark brown with a handle. The table is made of thick, weathered wooden planks.

Ripple Effects of Leadership: What will be your emotional legacy?

Pam Sretchen, Ed.D., BCBA, LBA

Gaby Aguirre-Iriarte, MS, MA, LPC-MHSP, RPT-S



Agenda

- ◆ What is Emotional Well-being?
- ◆ How attachment plays a role?
- ◆ Emotional Legacy
- ◆ Acceptance and Commitment Therapy (ACT)

What is Emotional Well-Being?

A state of positive Mental Health characterized by:

- Positive Emotions
 - Resilience
- Emotional Regulation
- Interpersonal Well-Being
 - Self-awareness
 - Sense of Purpose



How Attachment plays a role?

- Attachment = corner stone of relationships
- Blueprint of how relationship works.
- Positive attachment is based in **TRUST**
- In relationship the child understand inner states, learn about emotions

Benefits of secure attachment: better emotional regulation, self-esteem, and resilience.





Emotional Legacy

The lasting emotional impact and memories from shared experiences that you will leave behind.



Emotional Legacy

**Shark Music
and
Core Sensitivities**



ANGER
= ORGANIZE MY
FEELINGS

FEAR
= PROTECT ME



SADNESS
= COMFORT ME

HAPPINESS
= ENJOY WITH ME



Acceptance and Commitment Therapy

ACT is a type of cognitive-behavioral intervention that was created by Dr. Steven C. Hayes, a clinical psychologist and professor.

Teaches mindfulness, acceptance, and behavior change strategies to increase psychological flexibility.

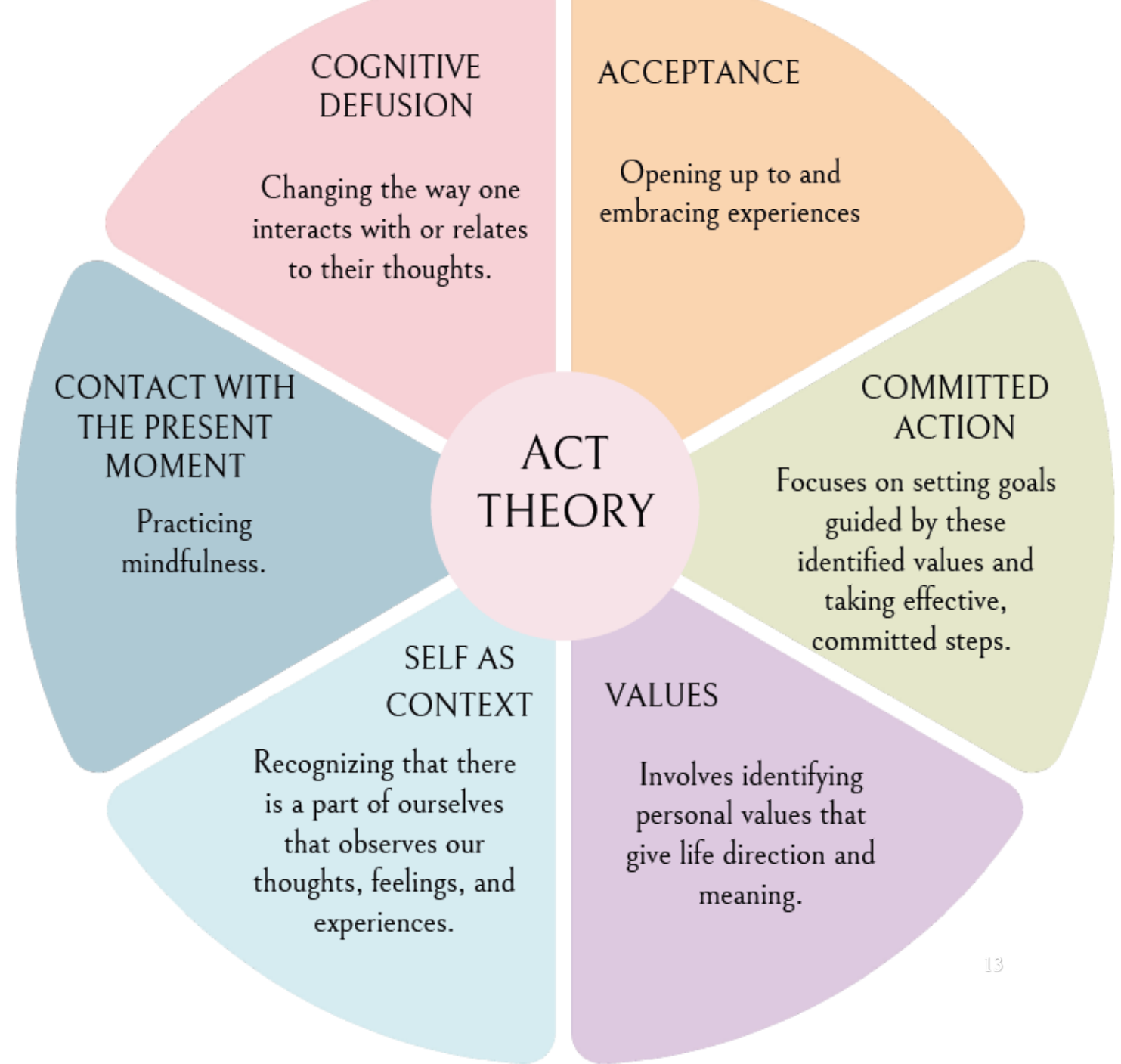


Acceptance and Commitment Therapy

ACT focuses on accepting uncomfortable thoughts and feelings rather than fighting them, while committing to actions that align with personal values.



Principles of Acceptance and Commitment Therapy



ACT in a Nutshell

Accept your thoughts and feelings

Choose a valued direction

Take Action towards your valued direction



Identify My Values

1. In the value list select 3 values that resonate with you and what is important to you.
2. From the 3 selected choose the most important value for this time in your life.
3. Write it down on the rock. This will serve as your reminder.

A little Exercise

1. Think of a challenging situation that triggered a strong reaction
2. Recognize your response
emotion+ behavior
3. How did your response align with your value?
4. What can you do to be in alignment with your value?



The Paradox...

Is not about Perfection but
for “good Enough”

"Take care of yourself and what you teach. Keep on doing this. If you do, you will save yourself and those who listen to you."

1 Timothy 4:16



Resources



Pam Sretchen

Pamela.sretchen@lipscomb.edu

Gaby Aguirre-Iriarte

gaby@gabrielaaguirreiriarte.com

Thank you!