



Welcome to
the introduction of Coaching and Intervention



META
META



Flood-Based Livelihoods
Network Foundation

We are your coaches for the weeks to come

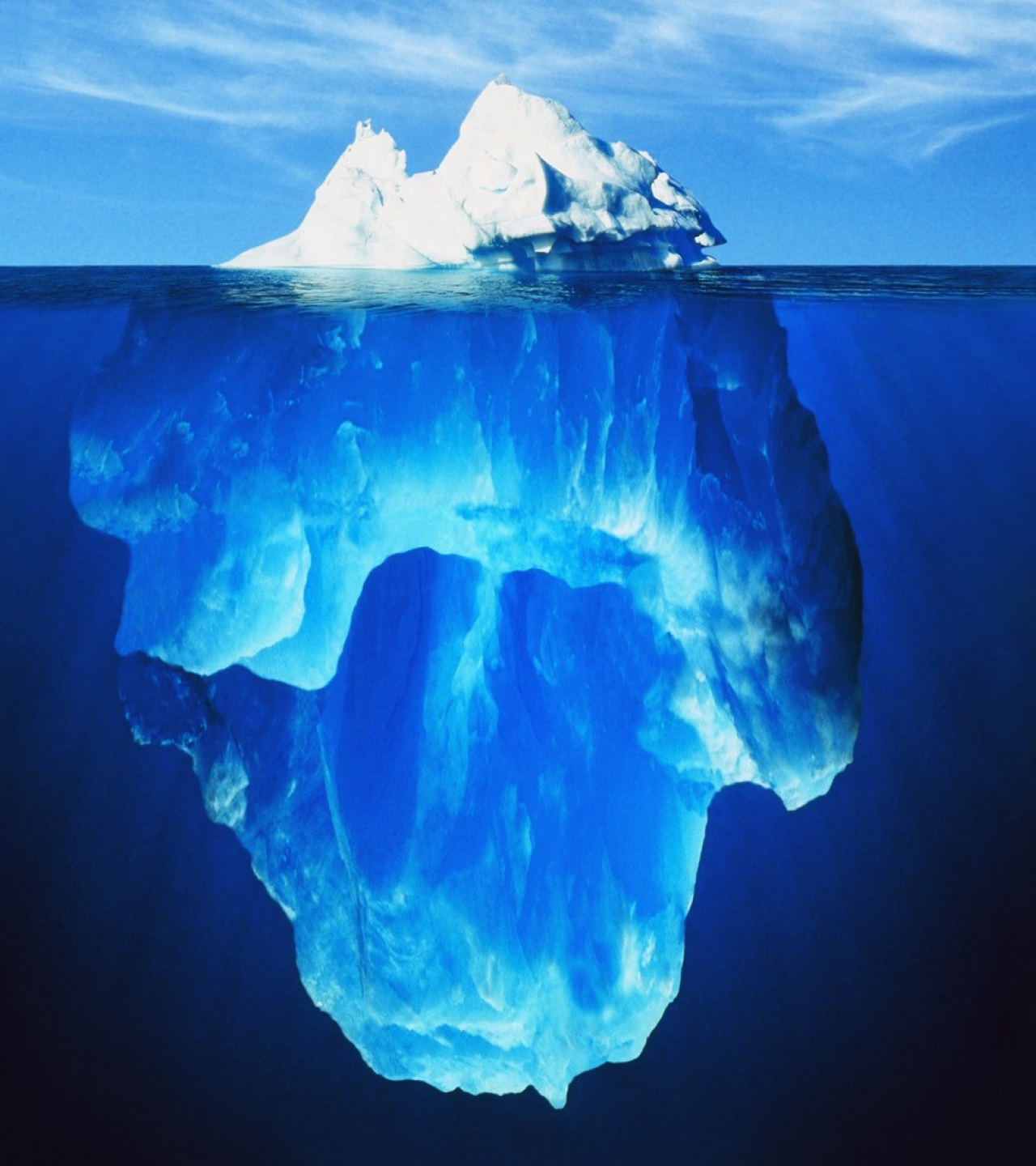


Letty Fajardo
Vera



Madiha Kamal
Mohammed
Ali Al- Junaid





Conscious:

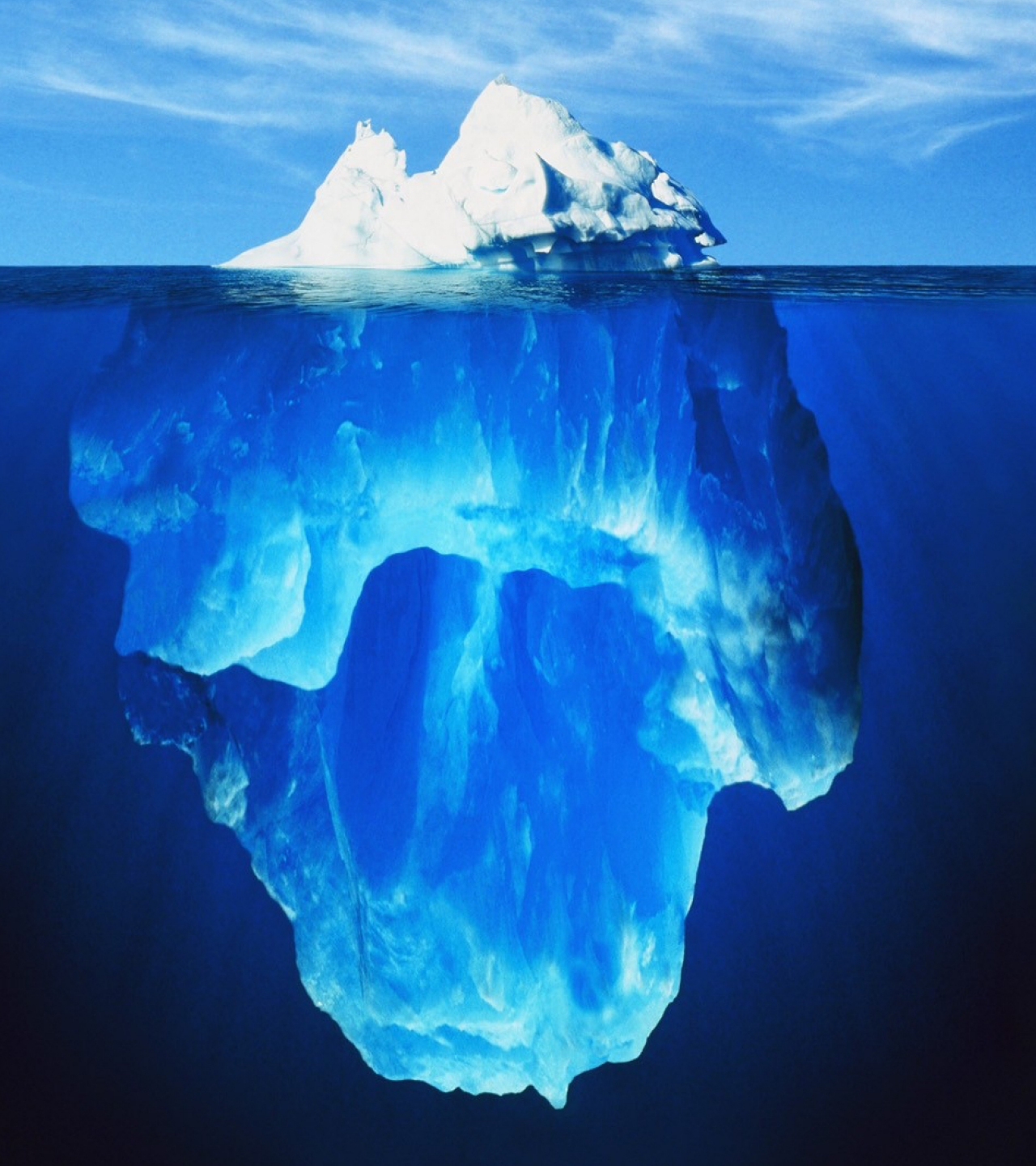
Current state of awareness

Preconscious:

All information that you are not currently aware of but that can be recalled

Unconscious

Large part of our mind. Out side of your awareness
It think and act undependably



Our actions are only the tip of the iceberg

Personality

Emotions

Interests, needs and desires

Self perceptions & self esteem

Hidden expectations

Unsolved issues from the past

Personality Types

S- Structure

- This type of personality needs clarity and organization.

T- Technical

- This type of personality loves facts and solving problems.

A- Action Oriented

- This type of personality loves adrenaline, hitting goals and making history.

R- Relationships

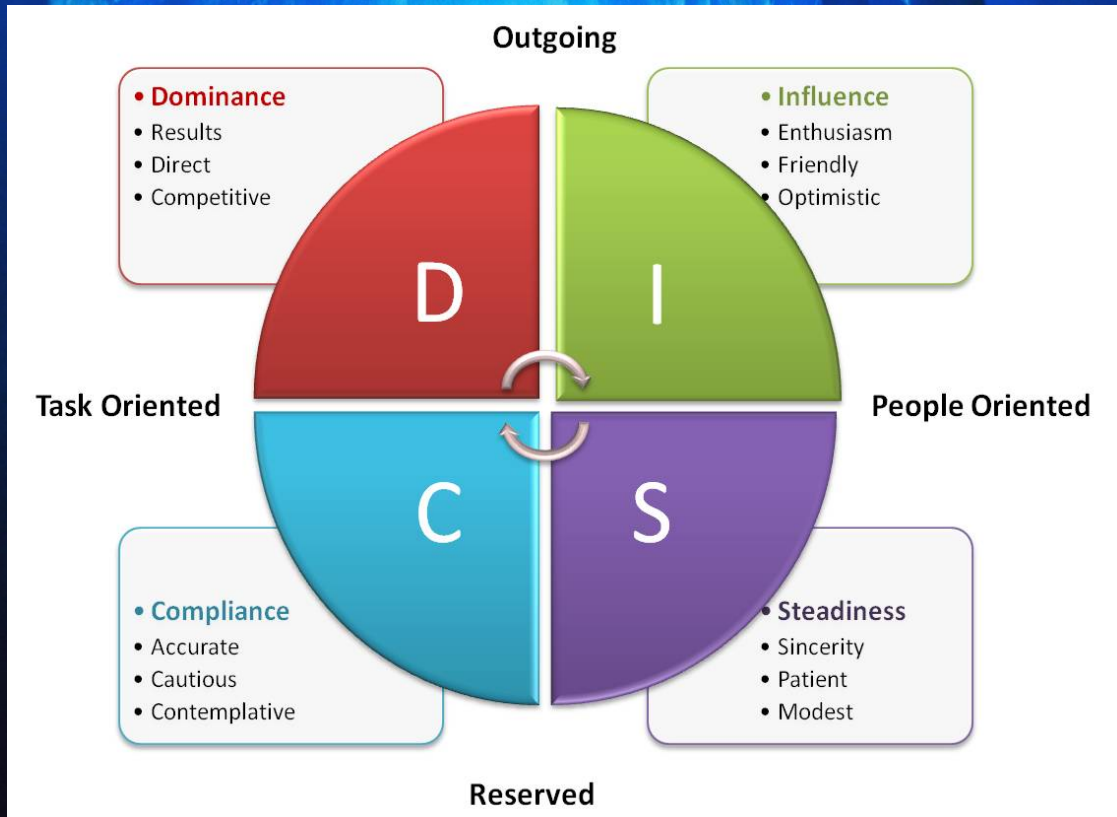
- This type of personality loves people and being a part of something special.

Remember:

None of the styles are better or worse

Strengths and Developments Areas

Self-Aware



*"Your thoughts will make
your feelings"*

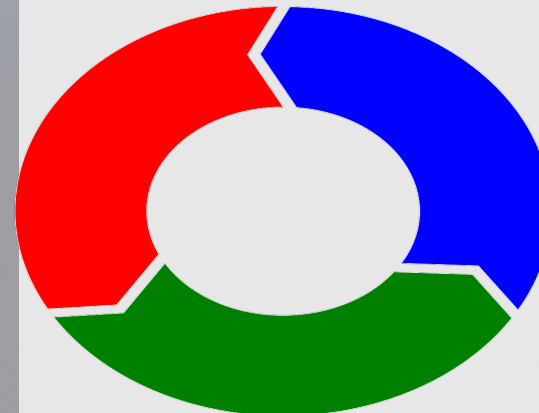
Emotions

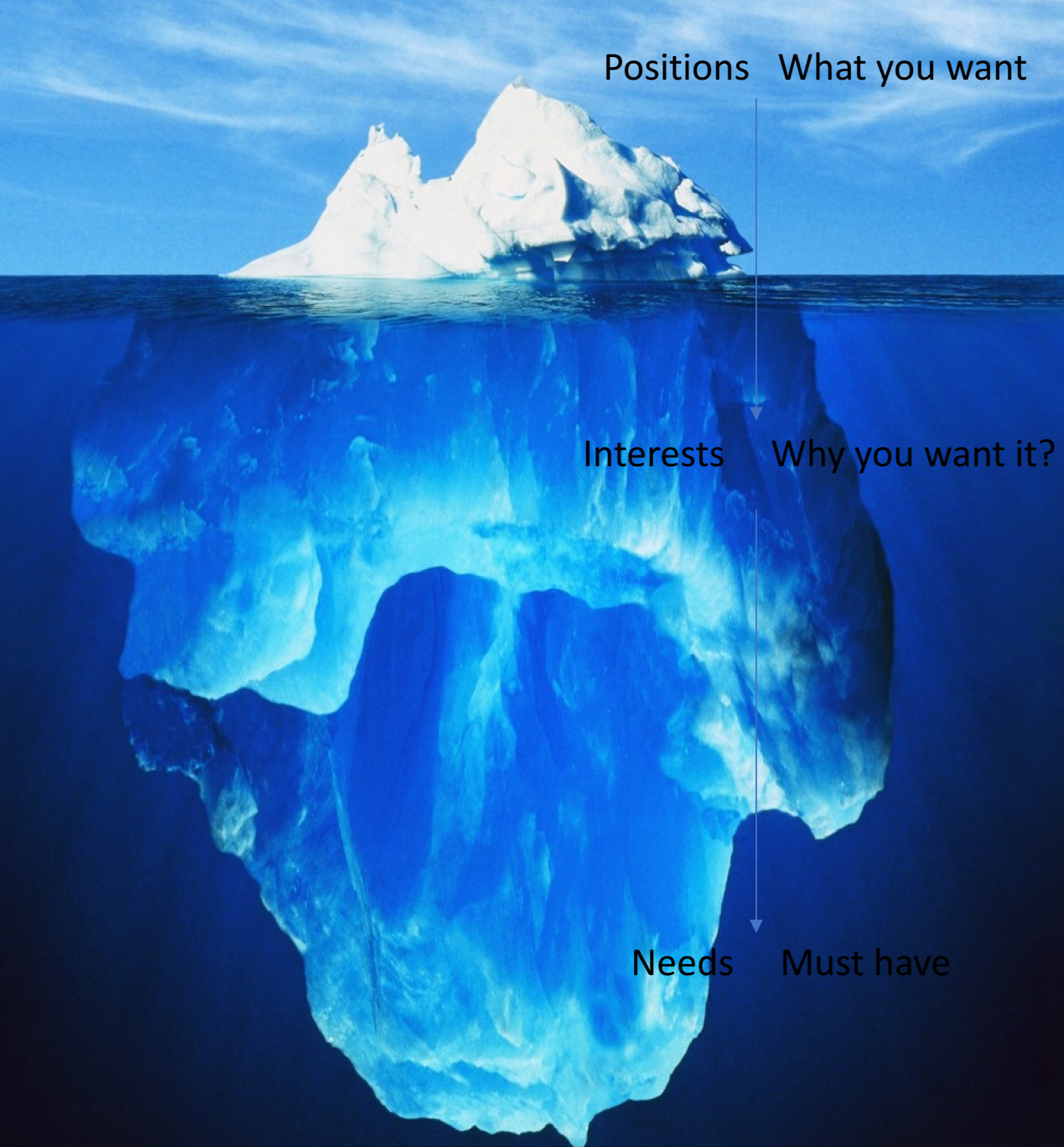
Exercise:

Describe: What was the situation?

Describe: What were your thoughts?

Describe: How did you feel?





"Are those known to the people you work with?"

Needs

- To be recognised
- For security
- Need to be loved
- Need for belonging
- Self esteem

Interests

- Why you want it?
- What motivates you?
- What is your motto in life?

Desire

- Influence and leadership
- Social contact
- Compete/Win
- Romance

Be
gentle
with
yourself,
you're
doing the
best you
can.

LIFE
is About Creating
Yourself



*"How do you see yourself
and how do you want to
be seen?"*

Self perceptions & self esteem

- A person's self-perception is his knowledge about himself .
- Something that you know about yourself
- Self-esteem can apply specifically to a particular dimension.
- Is your general attitude toward yourself
- Self-concept and self-esteem also have a lot in common (reflective processes)



Hidden expectations

uncertainty

- An expectation, which is a belief that is centered on the future may or may not be realistic.
- expectation about the behavior or performance of another person.

Expectations of well-being

- Whether or not such an expectation is truthful or not, has little or no effect on the outcome
- positive or negative life experiences which lead to favorable or unfavorable expectations.

"Expectation
is the root of all
heartache"
- Shakespeare





"No life goes without crosses to bare"

The past is a part of our history and we learn to live with it without letting it stop our future.

When the past is always present?

- Unsolved issues from the past
- Emotional Traumatization
- Events from early childhood,

When to look for professional help?

- When past issues become an obstacle to achieve your goals
- When emotional events hindrance to a happy and joyful life

