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<p>STRATEGIC GROUP COACHING FOR OWNERS + DIRECTORS Strategy Calls + Content</p>	<p>LEADERSHIP RETREATS + TEAM-BUILDING INTENSIVE WORKSHOPS Empowering Teams with Tools to Thrive</p>	<p>CONFERENCE + RETREAT KEYNOTE SPEAKING Motivational Messages that Create Lasting Change</p>
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As an ECE Business + Leadership Strategist, I deliver engaging, actionable solutions to the most relevant concerns

100,000+

Early Educator Training Sessions

5,000+

Webinars + Masterclasses

3,000+

Coaching Clients



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5 Reasons My Students Work with Me

1

Know a Massive Hack!

2

Maximize Time & Impact

3

Achieve Real Change

4

Get Inspired + Boost Team Morale

5

Connect with Like-Minded People

5

By the end of this training

You will...



Get CLARITY on Your Values...because that will determine what you DO - especially when chaos hits



Expand your CAPACITY to stay CONNECTED to your self and your community



CONNECT the need for Systems to CREATE stability in your operations



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Guide Book

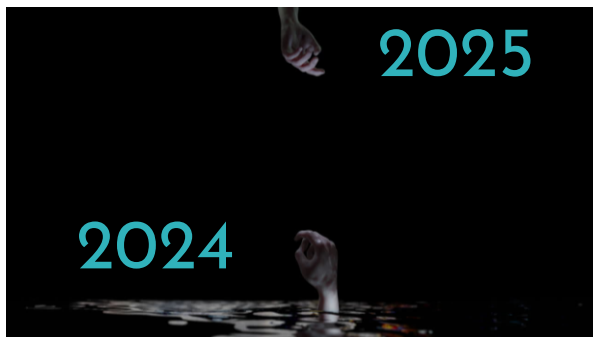


<https://habitschallenge.bethcannonspeaks.com/>

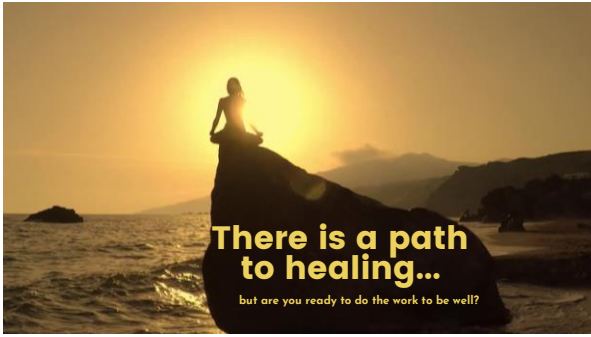
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If you've been listening to that broken record, it's no wonder

YOU'VE. BEEN. STRUGGLING

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re·sil·ien
 t → able to withstand or recover quickly from difficult conditions.
 /rə'zilyənt/ → to fall or spring back into shape after bending, stretching, or being compressed.

RESILIENCE

Workplace Resilience | the capacity of an individual to withstand, bounce back from, and work through challenging circumstances or events at work.

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ASSESS
 where you are...

TAKE ACTION
 toward to better YOU.

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Rate Your State CHECK-IN

OLD YOU STATE

What did you tolerate in the past year that you are refusing this year?

CURRENT STATE

What are you doing well?

What is your opportunity for growth?

IDEAL STATE

Who will you become when you make changes?

What does your life look like when you release things that don't serve you and make better choices?



<https://habitschallenge.bethcannonspeaks.com/>

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You will never
change your life
unless you change something
you do daily.
The secret to success is found in
your daily routine.

~ JOHN
MAXWELL

ASSESS YOURSELF

SCHEDULE
WAKE TIME
.....

LEAVE FOR WORK
...:00

LEAVE WORK
...:00

BETWEEN WORK + HOME
...:00

BED TIME
...:00

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What do your actions say that you value?



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Knowing your values at work helps you stay clear and avoid burnout by providing:

Purpose

When you're clear on your values, you align your work with what truly matters to you.

This sense of purpose fuels motivation, helps you stay focused on meaningful goals, and prevents burnout by reducing the disconnect between your work and your personal fulfillment.

Prioritization

Your values act as a filter for decision-making, allowing you to focus on what's most important and say no to distractions that drain your energy.

By prioritizing tasks and commitments that align with your values, you avoid overwhelm and maintain clarity in your daily responsibilities.

Perspective

Knowing your values gives you a grounded perspective, helping you navigate challenges with resilience and confidence.

When obstacles arise, your values serve as a guiding compass, keeping you centered and preventing stress from turning into burnout.

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Stress

- Over-Engagement
- Over-Reactive
- Sense of Urgency
- Loss of Energy
- Leads to Anxiety Disorders
- Primary Damage = Physical
- May Kill You Prematurely

Burnout

- Dis-Engagement
- Emotionally Blunted
- Helpless + Hopeless
- Loss of Motivation
- Leads to Detachment + Depression
- Primary Damage = Emotional
- May Kill You Prematurely
- Makes life seem not worth living

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Jobs with Burnout Rate

1st Responders

Care Givers + Teachers

Medical Prof

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So are you experiencing Burnout?

15-18 No sign of burnout here.
 19-32 Little sign of burnout here.
 33-49 Be careful - you may be at risk of burnout.
 50+ You are at severe risk of burnout - do something about this urgently.

I feel run down and drained of physical or emotional energy.
 I have negative thoughts about my job.
 I am harder and less sympathetic with people than perhaps they deserve.
 I am easily irritated by small problems, or by my co-workers and team.
 I feel misunderstood or unappreciated by my co-workers.
 I feel that I have no one to talk to.
 I feel that I am achieving less than I should.
 I feel under an unpleasant level of pressure to succeed.
 I feel that I am not getting what I want out of my job.
 I feel that I am in the wrong organization or the wrong profession.
 I am frustrated with parts of my job.
 I feel that organizational politics frustrate my ability to do a good job.
 I feel that there is more work to do than I practically have the ability to do.
 I feel that I do not have time to do many of the things that are important to doing a good quality job.
 I find that I do not have time to plan as much as I would like to.

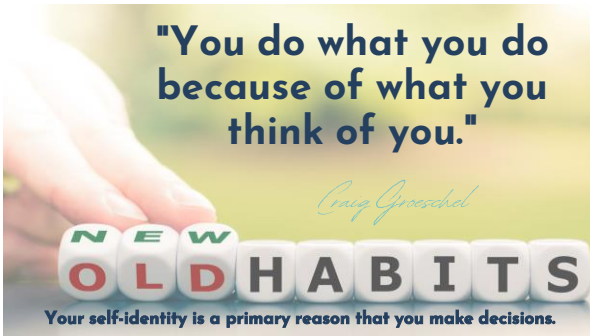


Beth CANNON
 2019-20

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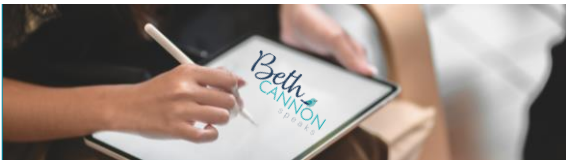
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When Chaos Comes...

How Do You Expand Your Capacity?

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Do You Have the Capacity to Expand Your Competency?

“ A Core Principle of Capacity Building is the idea that each of us is the same person at work and outside of it.

Robert

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Capacity Building

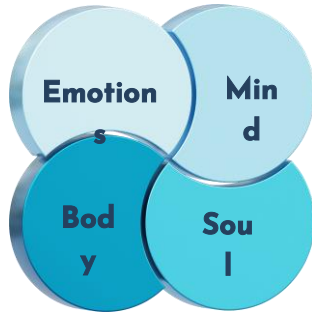


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an ongoing process that aims to maximize leadership potential, improve leadership effectiveness, and ultimately drive success at both the individual and organizational levels.

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Components of Capacity Building



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SOUL

- Are you clear about what you value most and your strengths?
- Do you use that knowledge to lead authentically?
- Are you aware of your personality pitfalls?



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MIND

- How do you think, learn, plan, and execute with discipline?
- Are you increasingly getting more done in less time and building the skills to achieve those goals?
- Are you consistently able to learn, grow, and accomplish what you want to do each day, or do you often find yourself struggling to start, falling off course, or lacking discipline?



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BODY

- Do you feel like you effectively manage your energy, or are you constantly sleep-deprived, stressed out, and burned out?
- Have you built the resilience and stamina needed to excel in stressful or challenging situations and bounce back stronger AND avoid burnout?



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EMOTIONS

How do you react to challenging situations, your emotional mindset, and the quality of your relationships?

Are you panicked by high-stakes drama or frustrated by setbacks?

Can you calmly navigate challenges, learn from failures, and rally the troops?



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C A P A C I T Y

True Leaders increase their CAPACITY at a rate that equals or exceeds the business growth rate... = SUCCESS

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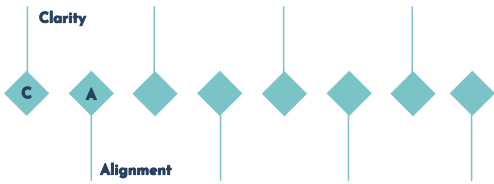


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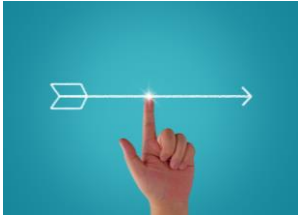
CLARITY

If you confuse...
you lose.

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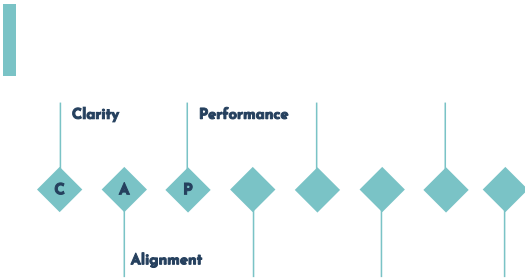


ALIGNMENT

...Helps everyone understand how short-term efforts contribute to long-term success.



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PERFORMANCE

Your job is to turn your team's talent into performance.



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ACCOUNTABILITY



80% of CEOs cited
"holding people
accountable" as their
biggest weakness

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CULTURE

Your Culture is a Combination of what you create and what you allow.



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IMPLEMENTATION

Learning without Implementation is just unmet potential.



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TEACHABILITY



A fixed mindset will force you to fumble every ball thrown your way

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YIELD



Do what you do to get discernment.

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SPORTS

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What is a habit that you've tried to start or stop multiple times, but you've failed?



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Physical Health Habit Challenge

Can You Commit to 30 Minutes a Day of Moving Your Body?

Write down FIVE things you can do to move your body more.
What exercise do you actually enjoy?



<https://habitschallenge.bethcannonspeaks.com>

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Healthy Eating Habit Challenge

Can You Commit to Eating with Intention?

Write down FIVE healthy foods you can eat more of.
Could you use a smaller plate and fork?
Can you drink a glass of water 15 minutes before you eat a meal?



<https://habitschallenge.bethcannonspeaks.com>

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Soul Health Habit Challenge

Can You Commit to Quiet Time Once a Day?

Where can it happen?
When can it happen?
What can it involve?
How long do you have?



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When making a choice, we essentially (and subconsciously) ask ourselves three questions:

Who am I?" 

What kind of situation is this? 

What would someone like me do in this situation? 

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Process each of these categories. Before you define what tweaks you can make to improve, understand what you want to create in each category.

Move Your Body

I WANT TO _____
SO THAT I CAN _____

Mold Your Mind

I WANT TO _____
SO THAT I CAN _____

Pay Attn to Your Time

I WANT TO _____
SO THAT I CAN _____

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You must have a STRATEGY

FOR YOUR SYSTEMS

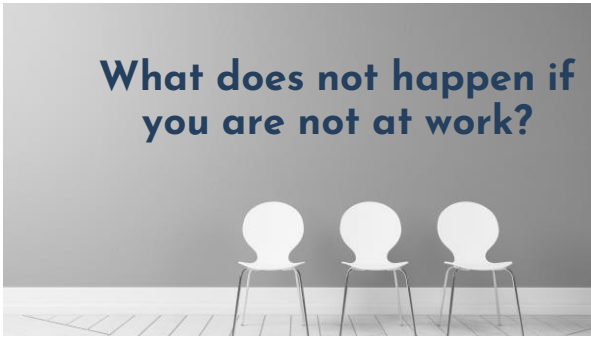


- 01 **STRATEGY**
 - comprehensive plan, made to accomplish the organizational goals.
- 02 **POLICIES**
 - guiding principle that helps the organization to take logical decisions.
- 03 **PROCEDURES**
 - day-to-day tasks with objectives and a clear order

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80% of CEOs cited "holding people accountable" as their biggest weakness

“ When done right, enforcing accountability leads to business outcomes and increased confidence for the employees who followed through. ”

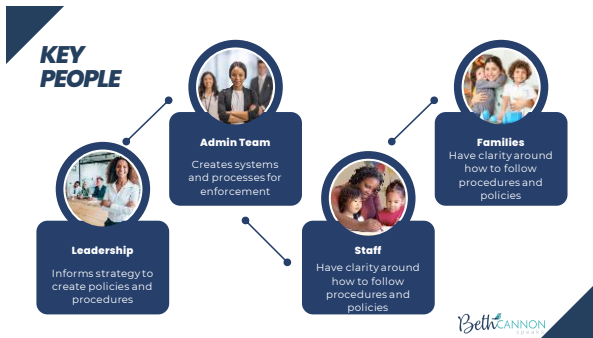
Source | CEO Benchmarking Report

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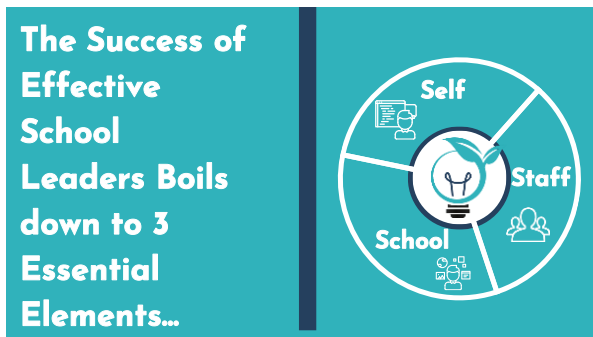
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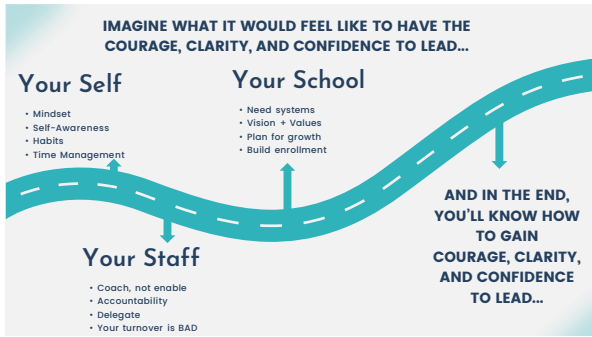


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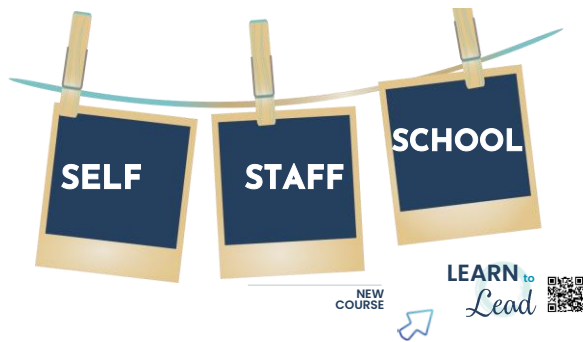
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