



Dylan Balenger

Leading from the Edge



Wisdom of the Crowd





Foster Mental Agility

in yourself and team

6 Contributors

to burnout



Workload



Control



Reward



Community



Fairness



Values



3 Dimensions





Stress




Chronic stress



Chronic Stress

Drains & Charges





The Story You Tell Yourself

Daily Prescriptions for Your Brain



Connect with
Yourself



Connect with
Nature



Connect with
Others



Connect with Yourself



Movement

- Something is better than nothing
- Stretching
- Aim for 8 minutes/day
- Limit sitting
- Endurance and strength training aid in the production of DHEA

Stillness

- Something is better than nothing
- Ability to turn leads
- Enhances productivity, creativity, etc.
- Sleep

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- Practices as listed above
 - Sitting in nature
 - Meditation apps
 - Unplug



Alone Time

- Connect with yourself
- Stress less when needed



Connect with Nature

Nature





Connect with Others

Connection







Self Care/Building Capacity









movement

mindfulness



Attention is our Currency



UNITASK

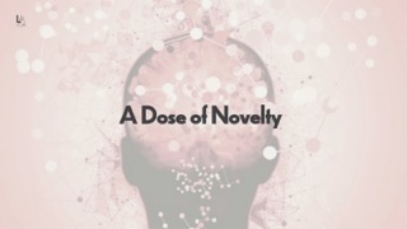


Response



Reaction





A Dose of Novelty

Miré se vjen Üdvözlet Ennidos
 Sosu mai Bienvenue Salve
 Binvinutu Váلكommen Bienvenido
 Tervetuloa Willkommen Bem-vindo
 Welkom Croeso
 Benvenuto Velkommen
 Karibuni Aloha Witamy
 Uitajte Welkom Uelkomin
 Dobrodošli
 Savaená rawuh







**Manage
Attention**



**Practice
Novelty**



Move




Why Empathy?





Serve Not Save

A top-down view of several hands of various skin tones arranged in a circle, each holding a small green seedling with two leaves. The hands are positioned around a central point, creating a sense of unity and collective care. The background is a dark, muted green color.

Psychological Safety

Definition

An environment in which everyone can express their thoughts, questions, mistakes, or beliefs free of judgement, or negative repercussions. Where we embrace a diversity of thought of individuals knowing it strengthens the collective team.

Humble Inquiry

Dissent.


Tell me why I am wrong.

Routine




Distraction



A circular arrangement of colorful human figures holding hands, symbolizing a community. The figures are in various colors including blue, green, orange, purple, and yellow. The word "Community" is written in white text in the center of the circle.

Community

A person is sitting at a desk, writing in a notebook with a pen. The scene is dimly lit, with a laptop and a mug visible on the desk. The overall mood is contemplative and focused.

Self Reflection

Self Reflection Questions

