SEEK HER FOUNDATION

PRESENTS

#HEALTOLEAD

Powering Your Leadership *from the inside out*

in collaboration with

GABRIELA FULLON, LMHC





dearest friend,

Breathe. Take that in-breath as a moment to honor your unyielding commitment, your unspoken bravery, and the gentle grace with which you lead and love. **Your presence in the world, your tireless stride in the corridors of positive change, uplifts and inspires.**

When we step into positions of leadership, it can be easy to lose sight of our own humanity, **our need for healing and restoration**, as we push forward to break barriers. It's crucial that we pause and recognize the importance of our own well-being within the bigger picture.

True leadership – the kind that breaks down walls and builds bridges – is rooted in self-care and inner healing. The deeper you venture into your own sacred healing, the more luminous your leadership becomes.

It's our privilege to support you in peeling back the layers of expectation and obligation. Through the reflections and practices in this workbook, our intention is to **guide you back to yourself.**

Because your path to creating enduring change in the world begins with you, beautiful soul, by **reclaiming your power, honoring your needs, and nurturing your spirit.**

the SeekHer team

hi there, i'm Gabriela



Gabriela Fullon is a New York City-based Licensed Mental Health Counselor.

I came to healing work after over ten years working with families and students in educational, non-profit, and movement spaces. Whether it is providing therapy for individuals, couples, and families, or facilitating trainings and classes about mental health and race, my work is inspired by the hope for liberation and equity for all individuals and communities.

I hold a bachelor of arts in Human Development and American Studies, a masters in Secondary Education and History, and a masters of science in education in Mental Health Counseling.

If you are interested in learning more about how you can make these changes in your personal and professional world, you can learn more about me and my work at www.buenviajecounseling.com or follow me @buenviajecounseling on IG.

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THE JOURNEY BACK TO *ourselves*



Whether in a workplace or community setting, women who are leading, organizing, and advocating are often providing **multiple layers of labor in order to make a positive impact**. Not only are they drawing on deep wells of empathy to identify the needs of others, standing up and calling attention to important issues; oftentimes they are also skillfully strategizing behind the scenes of actions, events, and convenings. They are also tending to the relationships needed to carry out these activities successfully with emotional attunement and care.

We do this because we are taught to believe that this constant high-performing and high-functioning will make the changes that we see our people and communities so desperately need.

Unfortunately, even with what might seem like the best strategy and even when power seems to be gained, we still see the reproduction of the issues we are trying to battle within our own leadership and organizations. We also see our leaders burning out and sometimes even causing harm within the organizations they are so deeply committed to.

As Dr. Shawn Ginwright writes, changes to these problems, "will require a new form of leadership that is based in cultivating empathy, compassion, and connection." And **that empathy, compassion, and connection must not only be given to those around us; it must also be directed towards ourselves.**

For leaders who are interested in embarking on a journey of self reflection in order to heal ourselves from the inside, out; we need to ask, **'What do we have to give to others and to our communities if we are not giving to and focusing on ourselves as well?'**





HOW TO USE THIS WORKBOOK

Below is a **3-step process** that was created to help guide you back to yourself, allowing you to center your healing as part of your leadership so you can tackle the deeper issues that uphold barriers for sustainable social change and justice in our workplaces and communities.

On the pages that follow, you'll find affirmations, journaling prompts, and guided practices to support you in your journey.

1 — *Cultivating Self-Compassion*

2 — *Slowing Down to Look Within*

3 — *Knowing Your Support System*

STEP ONE

cultivating self-compassion

Let's begin to imagine what it might look like to give a fraction of the **empathy, compassion, and connection** that we have and hope for others, back to ourselves.

Octavia Raheem wrote in her book, 'Gather':

When I put down what is not mine to carry, I am free.

Free to face the very real, historic, and systemic oppression that created the suffering and pain for my people without fear.

Free to access the power, courage, love and strength of my lineage and carry it forward in a way that is boundless...

Free to call in peace with each breath...

Free to pour the medicine of joy, harmony, and abundance from the ladle of my heart into the bowl of my being...

Free to walk a path of profound liberation with each step I take...

Free to restore wholeness.

What will you commit to giving more of to yourself this month, as you journey through self-reflection practices and #HealToLead?

- ○ Empathy
- ○ Compassion
- ○ Connection
- ○ Time
- ○ All of the above or something else? Please share below!

SHARE WITH US

empathy map

A PRACTICE FOR RECONNECTING WITH YOURSELF

When we are focused externally for extended periods of time, it's easy to lose touch with our inner worlds. This practice is designed as **a bridge to guide you back inward**, helping you understand your internal state and extend empathy and compassion back towards yourself.

THINKING

*Note the thought that have been occupying your mind lately *without judgement**

FEELING

What feelings do these thoughts cause to arise within you?

Are your recent activities nourishing or depleting you?

DOING

Are your words towards yourself supportive and kind or harsh and diminishing?

SAYING

What connections do you see between your feelings, actions, and words?

Ask yourself: 'How can I show more empathy and compassion towards myself and my own experiences?

STEP TWO

slowing down to look within

There is always so much to do within this work. The tasks never end. The list of needs rarely gets shorter. But in the busy business of leadership and social change, can we slow down? Can we pause? **Can we look at ourselves in the mirror and ask, "What do I need right now?"**

We invite you to slow down, turn inward, and reflect. Which prompt will you take some time to reflect on?

- ◯ Am I overcompensating or overworking for something or someone else.
- ◯ How is my pushing forward without slowing own having an impact on me?
- ◯ Where does my sense of urgency come from?
- ◯ How do I feel when I contemplate slowing down?
- ◯ Something else on your mind? Feel free to share with us below!

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Tune In & Drop Down

Take a moment of pause to scan your body and become aware of your thoughts. Notice where you're feeling tense in your body and where you feel uncomfortable body sensations.

Use the questions and prompts on the next page to take inventory of your motivations and actions within your roles and the impact they having on your current state of well-being.



looking within

A PRACTICE FOR SLOWING DOWN

Am I overcompensating or overworking for something or someone else? Am I carrying or taking ownership of something that is actually not my responsibility? Am I pushing something forward just to make sure a project is done or to check off a box?

How is my need to push forward without slowing down having an impact on me? Could my resistance to slowing down be having a negative impact on my team or staff?

looking within

Can we trust that in slowing down and asking these questions, we are actually deepening the possibility to make change, instead of speeding towards short-term and potentially shallow solutions?
Can we sit with the discomfort this might cause us?

Ask yourself, "Where does this sense of urgency come from? Does it come from pressure outside of myself - from other leaders, from the direness of the problems we see? Does it come from inside yourself? Does it feel like, "If I don't do it, no one will?"

looking within

Who or what does this urgency serve? In what ways might it not actually be helping you or your organization meet the needs of your community?

Observe: How do you feel when you contemplate slowing down? Do you feel fearful? Impatient? Irritated? Sad? Confused? Why might this be?



STEP THREE

knowing your support system

Just because we have made a commitment to slow down, does not mean that the requests of our time, energy, and work will slow down with us. The requests, the tasks, the projects, the needs will keep coming. It can be easy to fall back into saying yes to everything or pushing our teams and work forward to feel that old feeling of 'accomplishment' or to feel as though we are solving a problem. It's okay and normal to have this response.

Shifting our focus inward, towards ourselves requires practice and patience. When we notice we are acting out of urgency and the desire for productivity, we can acknowledge it and begin the process of slowing down again.

As we work to put intentionality into practice, who will help hold you accountable for slowing down and resisting false urgency in the day-to-day?

- ○ A like-minded coworker or peer
- ○ Mentor I trust
- ○ Friend or family member
- ○ Therapist
- ○ Someone else? Share below!

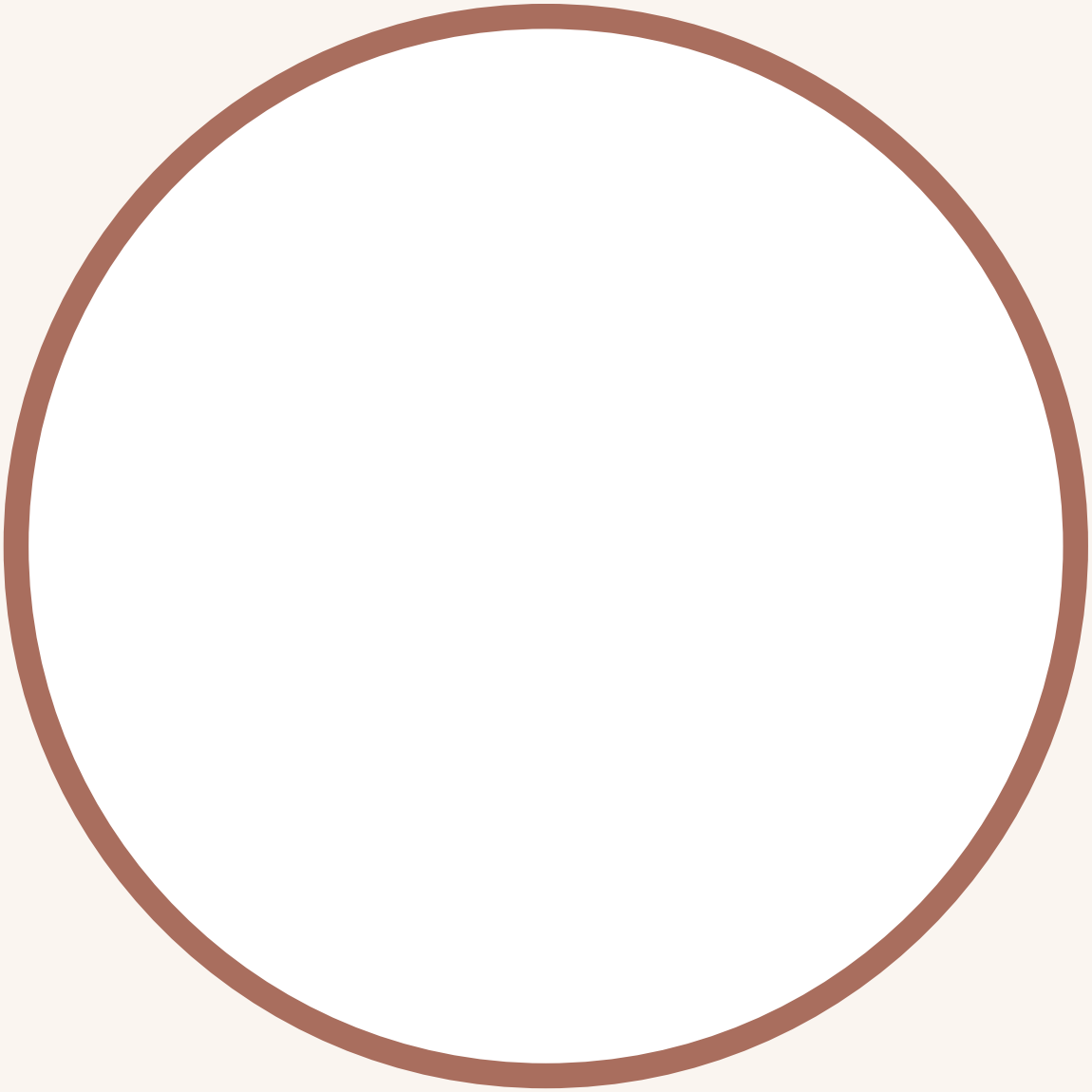
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building your support network

Having a support person who knows that we are working on this goal can be extremely helpful. If there is a mentor or peer who might also have the desire to slow down and work internally, you can team up to talk through some of the challenges you are facing in this practice, encourage one another, and share strategies for trying again.

Use the space below to write down who in your circle you can go to for support.



Reach out and form a text or message thread. Set the intention to check in regularly with each other as a commitment to supporting each other through the wins and challenges.



HELLO, FRIEND.

LET'S STAY IN TOUCH

We want to express our heartfelt gratitude for joining us on this path of self-discovery. The journey to living an aligned life isn't always easy, but know that together we have the strength and resilience to navigate through the challenges.

Remember, you're not alone. We're here to serve as a guiding light, a source of empowerment, and a reminder that you have the power to create a life that you love.

Join us in the **SeekHer Circle** to become part of a community that is committed to empowering women for good. Our shared stories and collective wisdom hold the power to move mountains.

Until next time.

JOIN THE CIRCLE



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