



TA DA Like You Mean It!

Self Care and Gratitude for EAP Providers

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Objectives

1. Increase participants' understanding of the importance of self-care.
2. Learn different self-care strategies such as gratitude awareness and involved detachment.
3. Learn how to utilize these strategies for corporate/individual clients.

Fill your bowl to the brim
and it will spill.

Keep sharpening your knife
and it will blunt.

Chase after money and security
and your heart will never unclench.

Care about other people's approval
and you become their prisoner.

Do your work then step back.

The only path to serenity.

Tao Te Ching, Chapter 9, translated by Stephen Mitchell

Work

Three Kinds of Business

1. Mine
2. Theirs
3. The Universe's

“To think that I know what’s best for anyone else is to be out of my business...It is pure arrogance and the result is tension, anger, and fear.”

Byron Katie, *Loving What Is*

Work

What is my business here?

Am I staying in my business?

Process
vs.
Outcome

Which one can we control?

Which one do we try to control?

Attachment

- ❖ A thought is harmless unless we believe it.
- ❖ It's not our thoughts, but the attachment to our thoughts, that can create challenges.
- ❖ Attaching to a thought is believing that it's true without further examination.
- ❖ A belief is a thought that we've been attaching to, maybe for years.

Adapted from Byron Katie

Attachment

Attachment can make us feel less than whole.

- ❖ Anxiety
- ❖ Fear
- ❖ Anger
- ❖ Jealousy
- ❖ Resentment
- ❖ Hopelessness
- ❖ Depression

Shoshin

Being right can stop all the momentum of a very interesting idea.

Robert Rauschenberg

In the beginner's mind there are many possibilities, in the expert's mind, there are but few.

Shunryu Suzuki

Involved Detachment

- ❖ Allowing situations to resolve without influencing the outcome.
- ❖ Experiencing without judging
- ❖ Controlling your responses, not events

Involved Detachment

- ❖ Does not mean disinterested or disengaged.
- ❖ Shifts focus away from outcome to opportunity.
- ❖ Helps realize choices that may have gone unnoticed.
- ❖ Increases the odds of reaching desired outcome.

Involved Detachment

How can HR and Managers practice Involved Detachment?

- ❖ Taking nothing personally
- ❖ Making no assumptions
- ❖ Making as few judgments as possible
- ❖ Letting go of the need to be right
- ❖ Letting go of the need to control
- ❖ Detaching from future potential results

Involved Detachment

Deepak Chopra recommends following commitments to make in order to practice detached involvement:

Today I will commit myself to detachment. I will allow myself and those around me the freedom to be as they are. I will not rigidly impose my idea of how things should be. I will not force solutions on problems, thereby creating new problems. I will participate in everything with detached involvement.

Discussion

How can you as an EAP professional utilize
Involved Detachment with:

Clients?

Client companies?

Your work life?



Thank You.

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