

# READY, SET, UNBOX

## SERIES 1: CREATING CERTAINTY FROM UNCERTAINTY



  
**THE  
DISRUPTIVE  
ELEMENT**

[thedisruptiveelement.com](http://thedisruptiveelement.com)



## Exploring why our brains create normal and how to create our own new normal

### UNBOX 1: Why routines/habits matter and what are ours?

What are our routines that have been disrupted? What routines make us feel 'normal'? What about that is important? Starting first with participant and their routines - increased awareness as to how routines show up in their lives and impacts associated with them. Before we can help others we need to understand ourself first.

#### GROUP COACHING SESSION 1

Doodle poll sent to you and team to find a 1 hour time slot that works best. Coach led session to answer questions, explore options and deepen connection. Interactive virtual session.

### UNBOX 2: Finding our new normal

What are our routines that have been disrupted? What routines make us feel 'normal'? What about that is important? Starting first with participant and their routines - increased awareness as to how routines show up in their lives and impacts associated with them. Before we can help others we need to understand ourself first.

#### GROUP COACHING SESSION 2

Doodle poll sent to you and team to find a 1 hour time slot that works best. Coach led session to answer questions, explore options and deepen connection. Interactive virtual session.

### UNBOX 3: Helping others with uncertainty

Translating what we learned about ourself and the tools that are helpful to us to open up new possibilities for others. This is not about 'fixing' their normal, but rather recognizing that it might be where they are struggling and how you can provide support and motivation to help in a way that is helpful to them.

#### GROUP COACHING SESSION 3

Doodle poll sent to you and team to find a 1 hour time slot that works best. Coach led session to answer questions, explore options and deepen connection. Interactive virtual session.

