

Winning + Learning

with Lauren Baptiste, Acheloa Wellness

September 22, 2023



WHEN THINGS GO UNPLANNED



Chief Empowerment Officer

LAUREN BAPTISTE

Helping the hardest-working professionals break through the effects of stress to enjoy the lives they've worked so hard for.



AGENDA

- Introduction
- Winning and Learning deep dive
- Live coaching
- Q&A
- Close, takeaways & next steps
- Announce the raffle winner





OBJECTIVES

- Identify whether your mindset is impacting success (or failure)
- Learn a process to move through learning cycles
- Next steps to ensure more winning in your professional and personal life





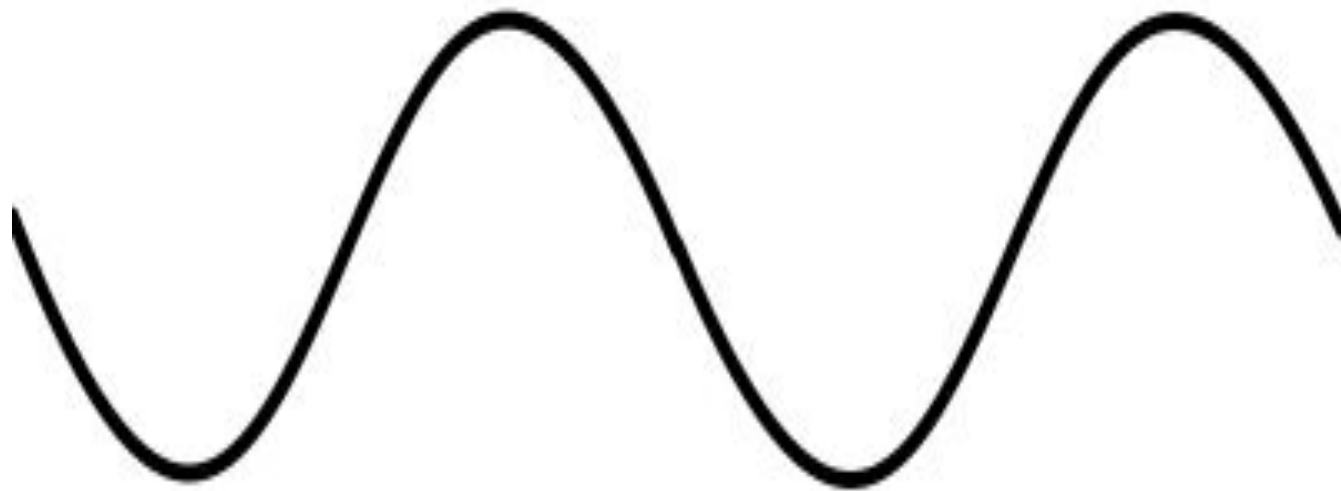
THERE ARE TWO CYCLES IN LIFE:

1. Winning
2. Learning





WINNING



LEARNING





**MASSIVE GROWTH HAPPENS
WHEN FAILURE IS NO LONGER
AN OPTION**

Poll #1: Do you agree?

“MASSIVE GROWTH HAPPENS WHEN
FAILURE IS NO LONGER AN OPTION”

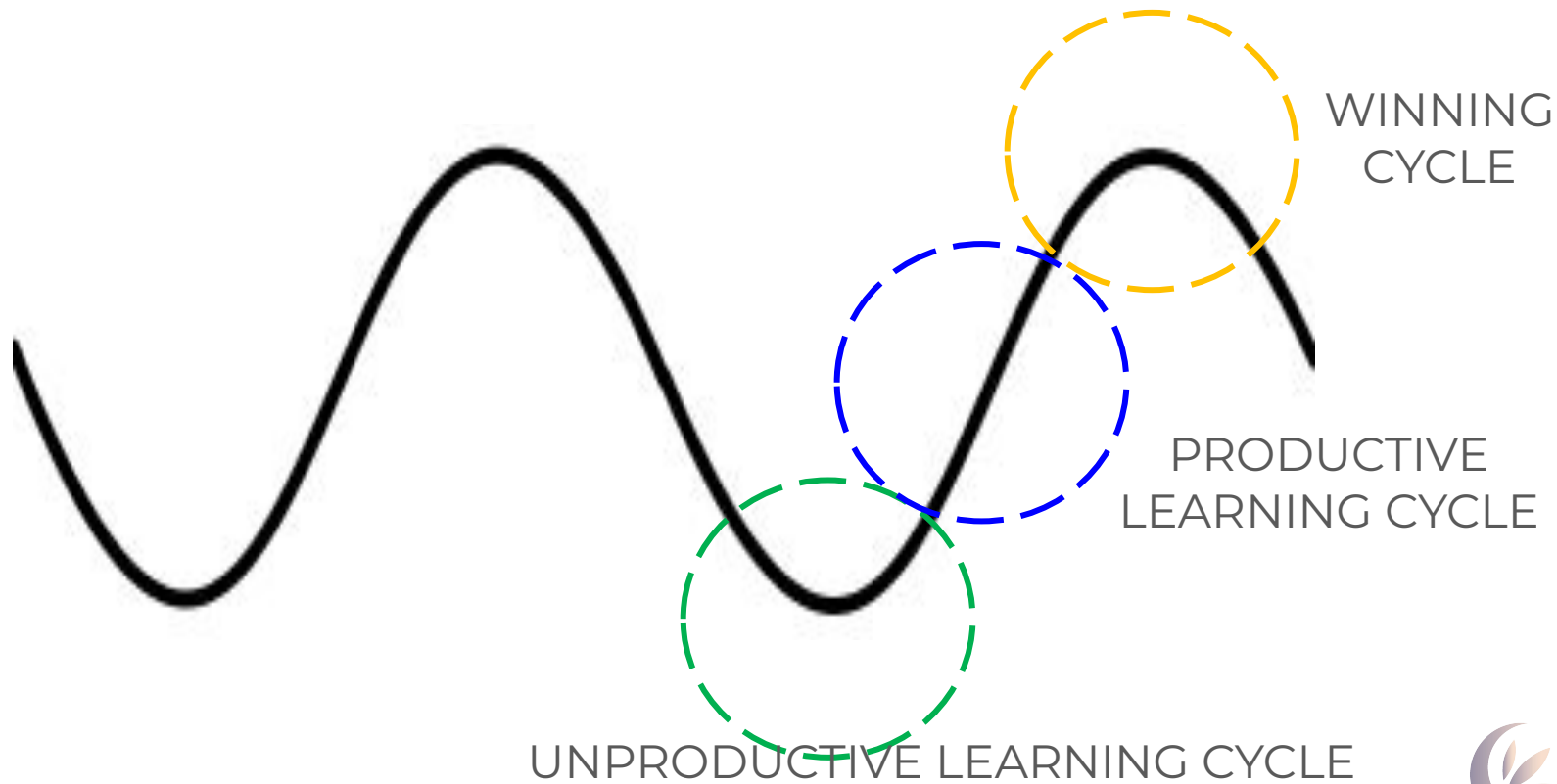
- Yes
- No

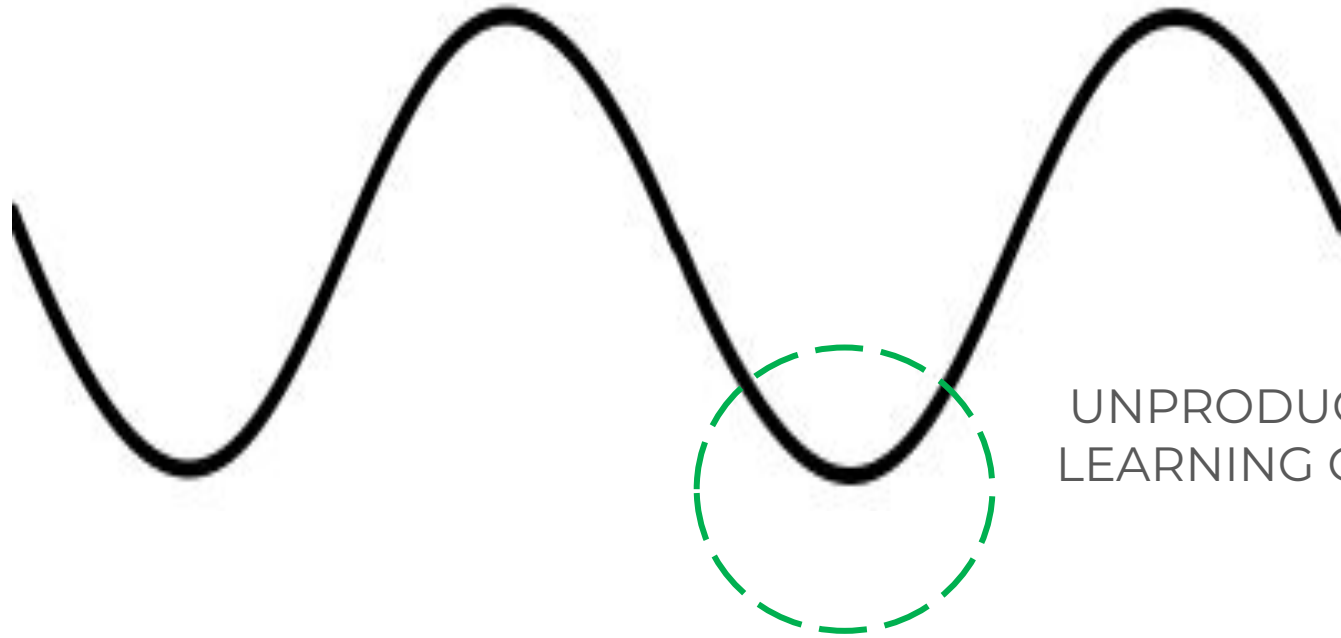


THERE ARE 2 WAYS TO THINK ABOUT THESE CYCLES:

1. The skill you develop when you stop retrofitting your happiness around your life
2. The value of taking *thoughtful* action







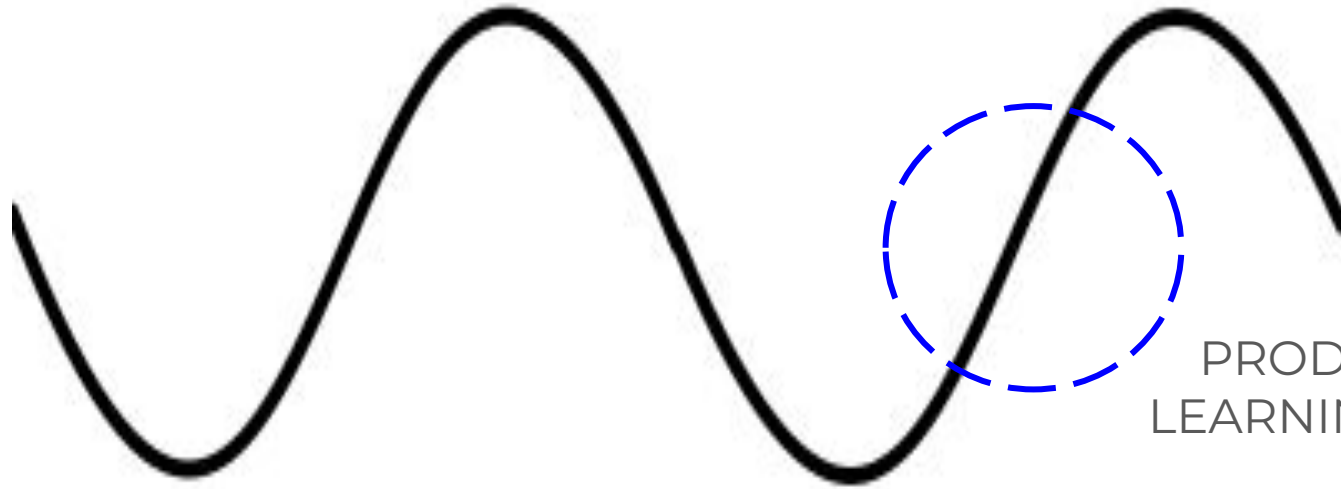
UNPRODUCTIVE
LEARNING CYCLE



UNPRODUCTIVE LEARNING CYCLE

- See no celebrations (“Nothing’s going right”)
- No motivation
- Thoughts are negative
- “All or nothing” thinking
- Feelings of sadness, pity, entitlement, anger/frustration, ambivalence, avoidance
- Stuck, distracted or procrastinating
- Overactioning on things that don’t matter
- Underactioning on responsibilities
- Weak decision-making power
- Unproductive at work
- Not evaluating progress
- Not asking for support





PRODUCTIVE
LEARNING CYCLE



PRODUCTIVE LEARNING CYCLE

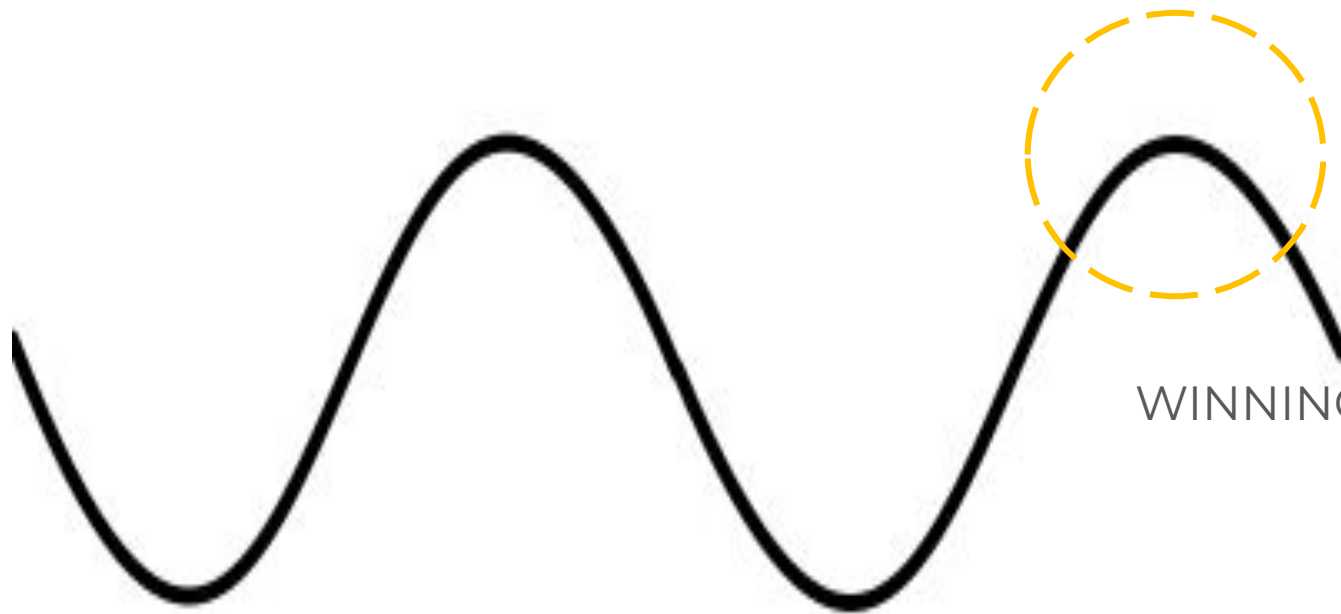
- Shows up more consistently
- Content with current capabilities
- Allows the emotions
- Feels the emotions through
- Processes the emotions as they pass
- Gets support to work through their current challenges via coaching, therapy or mentorship
- Takes ownership
- Evaluates more by solving for fail
- Less distraction
- More motivation
- Less stuck
- Makes a comeback plan



WHAT YOU NEED TO KNOW ABOUT LEARNING CYCLES

- Going in and out of Learning and Winning cycles is normal
- The time it takes to bounce back from “failure” is indirectly correlated to your time in a Winning Cycle
- You are still valuable in a Learning Cycle
- A Learning Cycle is the beginning of a Winning Cycle





WINNING CYCLE



WINNING CYCLE

- Keeps doing what's working
- Evaluates what's working and taking massive action to course correct
- Spends more time doing what's working
 - Focuses 80% of time doing what's already great/already working
 - Spends 20% of time tweaking
- Grows capacity to be in a winning cycle
 - Self-concept, time, money
- Capitalizes on momentum



WHAT TAKES YOU OUT OF A WINNING CYCLE?

- Not achieving a goal
- A perceived failure
- Or when things going unplanned

REFLECT: When's the last time you shifted from "Winning" to "Learning"? What happened?



Poll #2: What cycle are you currently in?

- Winning Cycle
- Productive Learning Cycle
- Unproductive Learning Cycle
- Not sure



FROM LEARNING TO WINNING

YOUR JOB IS TO GROW FROM EACH LEARNING CYCLE TO CREATE A WINNING CYCLE

- Awareness - You should know whether you're winning or learning
- Get out of Learning Cycle quicker
- Have bigger comebacks from Learning Cycle
- Stay in Winning Cycle longer



PROCESS OF MOVING FROM UNPRODUCTIVE CYCLES TO PRODUCTIVE CYCLES

-
- “Fail”
 - Evaluate what didn’t go well
 - Strategize what you’ll do differently
 - Implement your new strategy
 - Repeat



PROCESS OF MOVING FROM PRODUCTIVE LEARNING CYCLES TO WINNING CYCLES

- Desire something BIG
- Understand the obstacles in the way
- Attempt to overcome obstacles
- “Fail”
- Evaluate, strategize and implement your new plan
- Repeat, taking everything learned into the new attempt
- Develop wisdom and skill
- Learn more about yourself (results in higher confidence)
- Achieve your goal



Poll #3: Are you ready for your next cycle of winning?

- Yes
- No
- Not sure



PRACTICE IN ACTION

LIVE COACHING

- Think of a current issue you are struggling with re: winning & learning
- Raise your hand to get coached
- Get coached by me on that issue
- Feel better :)



Even if you're not coached, you'll get value by watching one of your colleagues. There's a good chance what they're dealing with will also be valuable for you.





LIVE COACHING

RECAP

- Learning Cycles are the start of a Winning Cycle
- You may go through Productive + Unproductive Learning Cycles before getting to Winning Cycle
- Starting where you are gets you to a Winning Cycle the fastest
- You are still valuable in a Learning Cycle





PRIVATE 1:1 COACHING

YOU'RE A GOOD FIT FOR COACHING IF YOU:

- Are committed to making changes in your life
- Have been stuck in a rut for a long time and can see that continuing to live this way is no longer serving you.
- Want to become your favorite version of yourself
- Are ready to make the investment of time, energy and money to ending your burnout to start having everything you want.





Q & A

*If there's something on your mind,
someone else is likely thinking the
same thing...*



Poll #4: Want to know the raffle winner?

- Yes
- No



ANNOUNCEMENT

THE RAFFLE WINNER IS....

SHARE FEEDBACK + CONNECT WITH LAUREN

1. Scan this QR Code



or go to talk.ac/laurenbaptiste

2. Enter the code “CONNECT”
when prompted

CONNECT





THINGS WENT UNPLANNED

... and I couldn't be happier :)



ADDITIONAL RESOURCES - INDIVIDUALS

- [Freebie: 3 Steps to Healthy Boundaries](#)
- [Whitepaper: Considerations for Working Women and Stress](#)
- [Whitepaper: Why Investing in the Female Workforce Now is Crucial for Organizations](#)
- [Podcast: FRIED: The Magic of Small Steps with Lauren Baptiste](#)
- [Website: AcheloaWellness.com](#)



ADDITIONAL RESOURCES - ORGANIZATIONS

LEARN HOW ACHELOA WELLNESS CAN SAVE YOUR COMPANY A LOT OF \$\$\$:

- Workshops + Trainings
- Group Programs
- Employee 1:1 Coaching
- Keynotes + Speaker Series
- Workplace Burnout Assessments

*Book a 30-minute Capabilities
Briefing Call with Lauren*



Let's Stay Connected!

LAUREN BAPTISTE



Lauren@AcheloWellness.com



[linkedin.com/in/Lauren-Baptiste](https://www.linkedin.com/in/Lauren-Baptiste)



[facebook.com/AcheloWellness](https://www.facebook.com/AcheloWellness)



[@AcheloWellness](https://www.instagram.com/AcheloWellness)



+1 (917) 426-4936



Lauren Baptiste
Lauren@acheloawellness.com
acheloawellness.com
+1 (917) 426-4936

THANK YOU!
