



## **BURNOUT'S KRYPTONITE, BITE-SIZE RESILIENCE**

### **12 INSTANT RESETS TO BEAT BURNOUT.**

#### **1. DISRUPT THE FEAR—FLIP THAT SWITCH**

#### **2. INSTANT MENTAL RESET: ASK BETTER QUESTIONS**

**Poor Quality Questions**... tear down / are negative / no action.

Formula: WHY + can't / don't / doesn't / am + I / she / he / they + (blaming) ?

Examples: Why me? Why can't I ever do this? Why do things always go wrong for me? Why can't she ever \_\_\_\_? Why doesn't he ever \_\_\_\_? Why won't they ever \_\_\_\_? Why am I so... dumb / stupid / slow / fat / clumsy? Why am I never chosen?

**Better Quality Questions**... build / take ownership / positive / take some action

Formula: HOW + can/could/might/would + I/we + (positive action) ?

Examples: How might I look at this differently? What is a different point of view? How could I learn from this if I chose to? What might I think differently? What can I learn / do / say? How could I respond in a healthier way? What could I do to change my perspective? How else could I look at this? What could I learn from this?

**Radically Resilient Questions:** Build up / Develop new possibilities / Open up choice / Positive / Invite action / *Create power and strength thinking*

Formula: HOW/WHAT + will/am + I /we + (positive action) ?

Examples: How WILL I choose to answer / act / communicate? What WILL I choose to think / feel? What DO I want to be in this moment? How AM I going to show up? How will I choose to see this differently? How am I going to respond? What are my options? How can I adjust to this situation? What else could I consider? What ELSE could I do? What other options are there? What other options do I have? What is another choice? What will I decide to do THIS time? What will I choose to learn from this?

3. ACTIVE APPRECIATION. Doesn't matter how big the thanks are....

4. DOUBLE UP—the simplest breathing tool ever

5. STICK 'EM UP

6. SMILE LIKE YOU MEAN IT. (and it's close cousin—LAUGH LIKE YOU MEAN IT.)

7. SHAKE SHAKE SHAKE. Releases adrenaline—feel better, faster!

8. BRUSH IT OFF—brush at your body with your palms as if you're dusting your whole self off.

9. GRAB HOLD—of what you'd like, instead.

10. 10 THANKS. Active appreciation. And again. And again. Use as often as needed. ; )

11. TRY THIS: INSTEAD. The sheer power of choosing. Your response.

12. BE BIG. BE BIG. BE BIG.

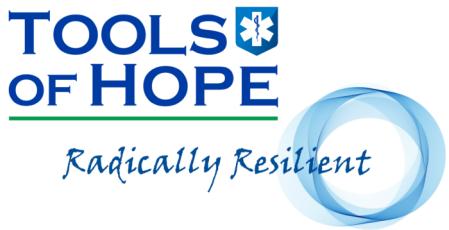
*"You are meant to shine light into the darkness.*

*I call you into your true self.*

*I call you into love, joy, peace, patience.*

*Powerful heart, I call you into the place which brings hope."*

Excerpt, Burnout's Kryptonite book.



## ANA-CHRISTINA HICKS

Career Resilience Coach  
Speaker | Trainer | Author

#REALLIFE

#REALTOOLS

#REALRESILIENCE

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*"Ana-Christina demonstrated great insight into, and knowledge of, the science of communications as it applies to situations of critical need. Her references to personal experiences accentuated the instructional material and brought reality to the training event. I commend Ana-Christina on a job well done and highly recommend her as a facilitator, educator and transformational speaker." **Dr. G. Thomas Manzione, Adams County SWAT***

*"Ana-Christina is a transformative life coach. She's helped me to clarify my goals, unleash limitations, and reignite passion. The techniques she uses work! If you're looking to get unstuck, leap ahead, and achieve better success - whatever that may be - Ana-Christina can help." **Tammy Isa, Executive VP – Performance Achievement, OrbitGroup, Ontario, Canada***

**Build Rock-Solid Confidence.  
UpYourGame RaiseYourHappy GetYourLifeBack**

**High-stress, demanding role? Stuck? Burned out?  
I get it. I was burning out. I needed a change.**

**Career Resilience Coach. Thousands trained. Clients across U.S.**

**Tired? Weary? Broken?  
Simple, usable tools to build your confidence now.**



**Reset  
Quicker**



**Reset  
Better**



**Get Your  
Life Back**

Client list: United States Department of the Interior | U.S. Navy SAPR | Buckley Air Force Base | NOVA – National Organization for Victim Assistance | Rocky Mountain Hostage Negotiators | Rocky Mountain Women in Law Enforcement | COVA (Colorado Organization for Victim's Assistance) Breakout | State of Wyoming Sexual Assault Summit—keynote | Wyoming Criminal Justice Association | Western Slope Domestic Violence Academy—keynote | Arapahoe/Douglas Mental Health Network | Aurora Police Department—SWAT and VSU teams | 19th Judicial District—Greeley, CO | Rural Metro Field Supervisors and Managers | Kaiser Permanente | National Park Service | Colorado Springs Utilities | HTH Companies – Industrial Construction, St. Louis, MO | International Customer Service Association | CSU—Pueblo | Denver Public Schools | New America School | Equature Colorado APCO-NENA | Kansas 911 | Chatham County D.A., Georgia | SSVATC—Southern States Victi Assistance Training Conference

# Ready for a remodel? Tools of Hope Keynotes & Workshops

## **BURNOUT'S KRYPTONITE: Radical Resilience for the Tired Superhero! BE. BETTER. FASTER.**

Instant Mental Reset? Quick Emotional Rescue? Create capability. Enhance endurance. Promote preparedness. This unique and powerful training leverages the science of brain-body physiology to dramatically and immediately improve resourcefulness. Equips participants with essential, simple strategies to build a sense of positive expectancy and resistance to burnout.

## **RADICALLY RESILIENT LEADERSHIP: Resuscitate your life.** Building work-life integration for more effective leadership. Real-life tools to maintain balance in the midst of chaotic jobs and schedules. Humorous and memorable tools for serious self-care. Raise morale & professional confidence.

## **BULLETPROOF COMMUNICATION: POWERFULLY RESILIENT CONFIDENCE.**

Increase flexibility and resiliency with concrete and humor-filled tools to boost communication skills of any age, gender, career. (Highly) memorable props keep the message top-of-mind long after the presentation is over!

## **ROCKSTARS & ROCKETSHIPS: FLUID COMMUNICATION WITH IMPACT.**

Tired of being misunderstood? Looking for a way to impact your communication powerfully? Simple, usable tools to build rapport quickly and effortlessly. 2 part workshop based on straight-forward, little-used communication secrets. Fluid. Easy. Impactful.

## **COMMUNICATING BY PERSONALITY GROUP.** Struggling with a difficult person or group? Power up! Recognize and utilize personality traits to significantly impact and quickly improve communication skills.

## **HOW TO BREAK OUT OF THE EXCUSES BOX:** This powerhouse, and extraordinarily memorable, presentation can range from 10 minutes to a full day workshop dependent on your needs.

*"Our team was so impressed with your professionalism and method of delivery. In fact, your insightful real life stories turned out to be the highlight of the training. You were able to speak to our team in a language familiar to them and to provide them with the tips and techniques with which most everyone needs to be reminded."* **Marci Hoffman - 19th Judicial District, Greeley, Colorado**

*"Ana-Christina has the ability to connect with participants in a way that they feel she's speaking personally to each participant. Her enthusiasm and passion for what she does is quite evident, and the information presented helped immediately as well as in the following weeks. A key ingredient of any speaker is the long-term impact upon the attendees, and I still receive positive feedback about Ana-Christina. Any organization will be well advised to have her speak to them."* **Barbra Russell, MA, LPC, Director, Counseling Ministry, Potters House Church of Denver**

*"The Aurora Police Department Victim Services Unit continues to call upon Ana Christina to assist in the training of victim advocates with "Tools of Hope". Her workshops inspire us to be aware of our need to be resilient and take care of ourselves and each other as we are exposed to crisis and trauma on a daily basis."* **Carole O'Shea, Supervisor, Victim Services Unit, Aurora Police Department**

## **Books and Resources:**

**Tools of Hope: Simple tools to help you restore and renew your hope.** Paperback.

**If I Only Had One Chance to Tell You: Inspiring and Encouraging Real-Life Stories.** Paperback.

**Burnout's Kryptonite: 3 Killer Secrets for the Female First Responder.** Paperback.

**Seeds of Hope – Simple prayer cards for the seeking, the lost, the crushed, and the broken.** 50 card set.