

WLE Webinar

The Antidote to Burnout

1. What have you identified as your Unicorn Space, and how do you plan on taking time to incorporate this act into your life moving forward?
2. Find Your Unicorn Space outlines the “Rules of Permission” as permission to be unavailable, permission to burn your guilt and shame, and permission to use your voice. Is there one rule you could see being difficult for you to apply to your life? If so, which one is it, and how do you plan to overcome this mental or physical block?
3. What is your plan to set healthy boundaries?
4. What do you think of the claim “creativity doesn’t pay”? Has your opinion changed after they workshop?
5. Which of the seven types of “sharing” speak most to you? If there are a few, please list them and share why these types of sharing resonate with you.
6. During the COVID-19 pandemic, did you have a Unicorn Space of your own? If yes, explain your Unicorn Space, and if no, explain what prevents you from having one? How does this change your emotional and physical state?

Takeaways

THE “SPIN-OFF” SHARE

Motivated by an intrinsic desire to embrace traditions, knowledge, a skill, or a craft from a previous generation or to impart traditions, knowledge, a skill, or a craft to a future generation. Often includes the use of “transitional objects.”

THE “SHOW UP AND SUPPORT” SHARE

Motivated by an intrinsic desire to reach the goals you set for yourself and to help others reach theirs in the process. Enlisting a friend to share your journey toward a similar goal of their own.

THE “SERENDIPITOUS COMMUNITY” SHARE

Motivated by an intrinsic desire to connect with others through your Unicorn Space and as you maximize serendipity, you maximize a chance for authentic connection.

THE “SLAY IT FORWARD” SHARE

Motivated by an intrinsic desire to share your skills, knowledge, or expertise with others.

THE “SOUNDING BOARD” SHARE

Motivated by an intrinsic desire to improve your craft/skill/knowledge/expertise. In other words, sharing for feedback.

THE “SERVICE” SHARE

Motivated by an intrinsic desire to act generously and in service to other people and your community (as opposed to filing an obligation.)

THE “SHOWCASE” SHARE

Motivated by an intrinsic desire to share your authentic self with the world--to be seen, heard, and known for your special skills or hidden talents.