

# SEPTEMBER BLUE PRINT

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**BLUE  
COLLAR  
CONSULTING**

## LIVE Virtual Event: Eventbrite

"Are You Thriving or Surviving?"

TH 9/29/22 from 12:30-1:30 pm (PT)

2:30-3:30 pm (CT)

September  
Lunch & Learn

### **Let us help you THRIVE!**

This highly focused group is facilitated by Blue Collar Founder & Consultant, Chuck Price, MS.

**Plan to engage in a genuine & authentic conversation that will help you identify obstacles to your ability to thrive at work & in your personal life.**

**This session will be tailored to each participant's unique situation. Space is limited in order to maximize participants' benefit.**



## Creating Positive Changes in Your Life: Self-Compassion 101 by Brooke Sena

Let's talk about self-compassion for a moment. What is it, really? And how can it improve our lives? The act of self-compassion can benefit our relationship with ourselves and with those around us. It also has the power to improve our workplace well-being. Reducing burnout, toxic work cultures, and finding balance in our lives in the "new now" is a priority!

The topic of self-compassion, self-care, and resiliency have been front and center here at Blue Collar. My business partner, Chuck and I have been able to focus, almost exclusively, on helping individuals, leaders, and organizations over the last year. We've been fortunate to devote time for a "deep dive" in these areas. I've gathered some gold nuggets that I want to share with you!

Self-compassion "is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering" (Wiki). Rather than ignoring our pain or being critical of ourselves, we can choose to step into the act of self-compassion. In therapy, I often ask my client's about the chatter in their mind. Do you have a critical inner voice that is degrading and has a

punishing tone? Do you think back and replay situations or conversations from your day and have difficulty letting go of those negative thoughts? This “negative and critical voice” can cause a lot of stress and anxiety and it's not helpful. Let me repeat that. Your critical voice does NOT help you. Yes, at times it's important to look back, learn, and do better, but most people realize they go beyond that. So, let's challenge that internal critic and move into a way of being that helps us. To learn more, go to [The Critical Inner Voice Defined \(psychalive.org\)](http://TheCriticalInnerVoiceDefined.com).

Kristin Neff breaks down self-compassion into three main elements: self-kindness, common humanity, and mindfulness. The first two are self-explanatory (although we could get into them as well). Today, I'm going to focus on mindfulness. Cultivating mindfulness can be done throughout your day. Just a short moment, that you repeat many times. It takes practice. Focusing on the present moment and bringing a sense of calm and inner state of wellbeing. You might find fulfillment and peace, despite the distractions of everyday life. It's a little like “acceptance” but goes a bit deeper.

Simply pause what you are doing and notice where your attention is. Like I mentioned, it's usually in the past (or in the future). Bring your attention to what is happening right now. Take a deep breath, or two. And focus on your breath. Feel it move in and out of your nose or mouth. Now, check in with your five senses. What do you see? Smell? Feel? Hear? Taste? How do you feel? This literally, took me 2 minutes. These short moments can be sprinkled throughout your day, wherever you are, and in whatever situation you're in. Create a habit. “This intentionally taps into our reward-based system to create a habit repletion making us successful.” A few examples for you to try:

#### **Anchoring Breath:**

- Use the breath as an anchor by attending to three breaths. Focus on elongating the exhale.
- Use the STOP practice;
- Stop, (or pause),
- Take a deep breath,
- Observe the sensations in the body, and
- Proceed (with what you were doing).
- Bring attention to the sensations of movement such as walking or stretching.

#### **Hand-on-Heart Practice:**

- When you notice you're under stress, take 2-3 deep, satisfying breaths.
- Gently place your hand over your heart, feeling the gentle pressure and warmth of your hand. If you wish, place both hands on your chest, noticing the difference between one and two hands.
- Feel the touch of your hand on your chest. If you wish, you could make small circles with your hand on your chest.
- Linger with the feeling for as long as you like.

Let me know if you'd like to know more about this topic!

Be well,  
*Brooke*



# Howl You Doing?



## Dog of the Month Spotlight

Hello Everyone! Let us introduce you to our self-proclaimed Blue Collar Consulting mascot, Uecker!. Uecker is Chuck's 12 year old lab mix and he seems to think that he was the inspiration for the BCC logo. He certainly isn't bashful about showing off his pose! Uecker is named after the Milwaukee Brewers Radio Broadcasting legend, Bob Uecker. Being born and raised in Milwaukee and an avid baseball/Brewer fan, Chuck thought the name has been a great fit. Uecker was his running buddy in their younger years, running as much as 10 miles at the crack of dawn. Chuck said, "As we've both gotten a little older, our hips have slowed us down a bit to just walking these days." Their favorite spot to walk is at Lake Wazeecha in Wisconsin Rapids, where Uecker will take any chance he can get to jump in the water.



## Bringing Resilience into Work

by Chuck Price & Brooke Sena



Resilience is the ability to bounce back from a negative experience or difficult challenge. Trauma and adversity is a complex and systematic problem for professionals and companies. With COVID-19, our entire nation has been exposed to trauma and adversity. Professionals and Organizations that are trauma-informed realize the widespread impact of trauma and understand potential paths for recovery. By

recognizing the signs and symptoms of trauma in clients, families, and employees is the first step toward creating a sustainable and thriving company. Building resilient and trauma-informed communities is essential to improving public health and well-being. They can be a buffer against the negative effects of adversity and be a resource for healing.



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# About Blue Collar

by Chuck Price & Brooke Sena

The idea for Blue Collar Consulting was born during our regular road trip through the mountains of Northern California. We were on our way back to Chico after spending time with our business operations in the coastal town of Crescent City. As usual, we were discussing our careers, personal goals, and the aspects of our work that have brought us the most fulfillment. During this conversation, a vision started to take shape of a way to organize and concentrate these passions in order to best serve our community. We almost simultaneously had the idea to start a consulting business. It was an easy decision considering our complementary skill sets, the ease with how we work together, and our desire to improve the world around us. We have reached the stage in our careers where we are ready to experience a greater reward of dedicating our wealth of experience and insight to organizations that are looking to take steps towards trauma-informed change. Blue Collar Consulting, LLC opened its doors in August 2021.

"The great leaders are not the strongest, they are the ones who are ***honest about their weaknesses***. The great leaders are not the smartest; they are the ones who ***admit how much they don't know***. The great leaders can't do everything; they are the ones who ***look to others to help them***. Great leaders don't see themselves as great; ***they see themselves as human.***"

-Simon Sinek

HUMAN  
LEADERS

# One Year Anniversary!



So August marked Blue Collar Consulting's 1yr Anniversary - crazy how time flies! It has been such an amazing adventure. Going from scratching out a logo and business design, and to see where we are in one short year - simply awesome. We (Brooke and Chuck) started Blue Collar Consulting with the simple goal of working with people we wanted to work with, doing the work we love - bringing the humanness into the workplace (and have fun along the way!). And.... we're doing just that!! Thank you to all who have connected with us and trusted us with your respective journeys - you all are remarkable people doing incredible work. Thank you! We look forward to many more years and connections!!

# Why "Blue Collar"?

A New Way of Doing Business...

Even before COVID-19, low employee morale and a decrease in job satisfaction across industries affected productivity in the workplace. Low job satisfaction also contributes to a high employee turnover rate. Companies have been struggling with hiring, training, and retaining employees which is very costly. The pandemic has exacerbated these problems and disrupted labor markets across the globe. Businesses are struggling keep their doors open and the old way of doing things no longer works. We believe that companies will need to make significant changes in how they operate and how they manage their employees.

The need for trauma-informed/resiliency training is making its way to the spotlight. It is apparent that solutions with a trauma-informed focus is imperative. Most companies do not understand how to do business in an environment where health and safety are now a priority. Learning resilience practices as an individual and business is a big part of the solutions. Compassion and learning trauma-informed skills will make a significant impact on the bottom line. Connecting a trauma-informed approach and leadership development with business basics is where Blue Collar Consulting comes in.

## Services Offered:

### We Work With:

- Individuals
- Leaders, CEO's and
- Teams
- Organizations



### Services Offered:

- Personalized Coaching Sessions
- Professional Development Coaching Package
- Organizational Culture Change Management
- Trauma-Informed/Resiliency Coaching & Training
- Executive and Supervisory Peer Groups
- Webinars, Workshops and Seminars

### FREE Consultations

Blue Collar Consulting, LLC is pleased to offer free 30-minute consultations for anyone who is interested in learning more about how they can help you.

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