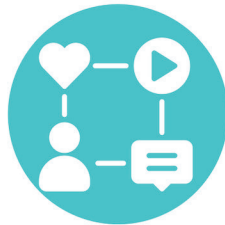
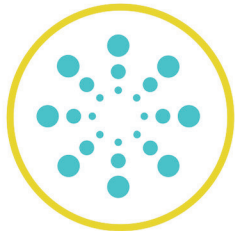


ALIVE:



Achieving Human Connection While
Fostering Belonging



BlueCross BlueShield

Kansas

by

JOEY AVILÉS

GLOBAL KEYNOTE SPEAKER | CONSULTANT | COACH

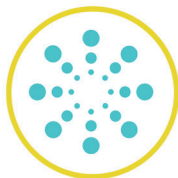
A

A _____
A _____



?

L _____
B _____



?

L _____
W _____
& W _____



?

V _____
C _____



?

E _____ E _____
O _____



Lined writing area for the first column.

Lined writing area for the second column.

Lined writing area for the third column.

Lined writing area for the fourth column.

Lined writing area for the fifth column.

ONE WORD STORIES

LIST THE 5 MOMENTS THAT DEFINED WHO YOU ARE TODAY?

1

2

3

4

5

COME UP WITH ONE WORD THAT DESCRIBES THOSE 5 MOMENTS

Large rounded rectangular text box for writing the word.

BE PREPARED TO SHARE YOUR WORD AND A SUMMARY OF ONE OF YOUR TOP DEFINING MOMENTS IN 60 SECONDS

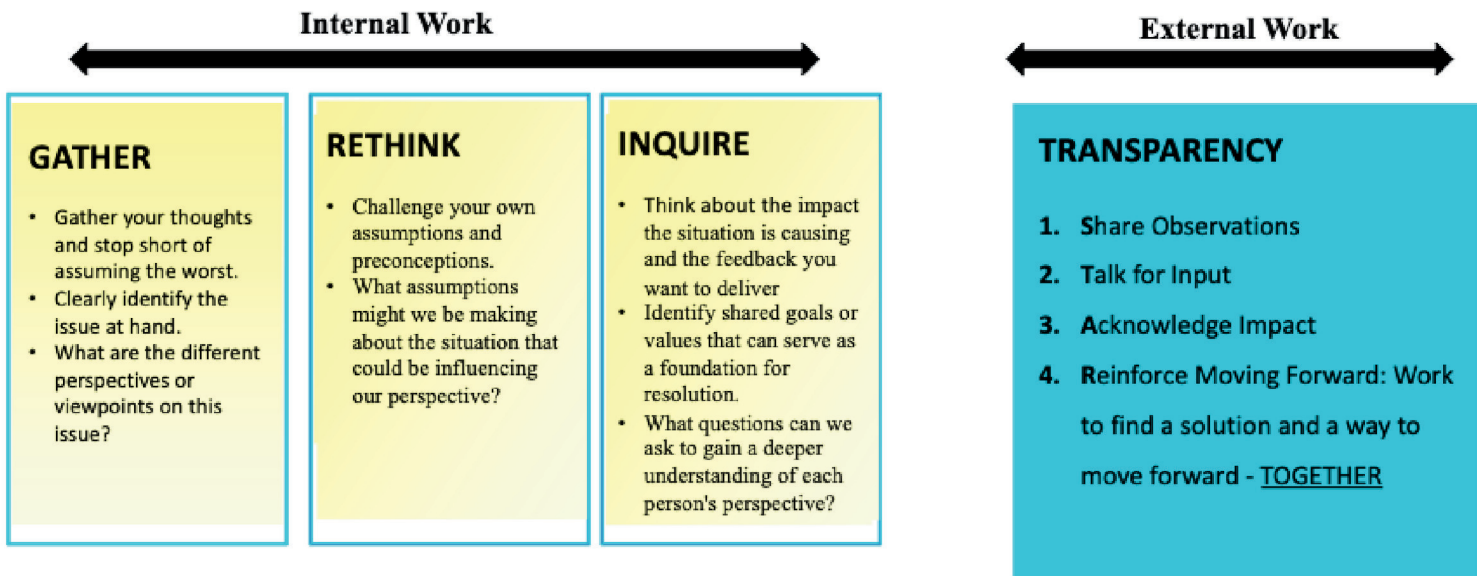


#DEMONSTRATES SELF-AWARENESS

#AUTHENTICSTORYTELLING

The GRIT Framework

Embracing Productive Conflict to Increase Collaboration



PROMPTS/CONVERSATION STARTERS

Share observations

"I have noticed..."

"From my perspective, it seems that..."

Talk for input

"I'd like to hear your thoughts on this..."

"What's your perspective on the situation?"

Acknowledge impact

"It's important to recognize that this situation is affecting..."

"Let's discuss the impact this challenge is having on..."

Reinforce Moving Forward TOGETHER

"Let's work together to find a solution..."

"How can we collaborate to overcome this challenge?"

"What lessons can we take from this experience?"



10

PRIORITIZE

1

Well-being: The Non-Negotiable First Step

How consistently do you prioritize your well-being in your daily routine?



10

**inhale
exhale**

1

Breathing:

How effective is your breathing technique in managing your stress and improving focus?



10

**STAY
ACTIVE!**

1

Stay Active:

How would you rate the integration of physical exercise into your daily routine?



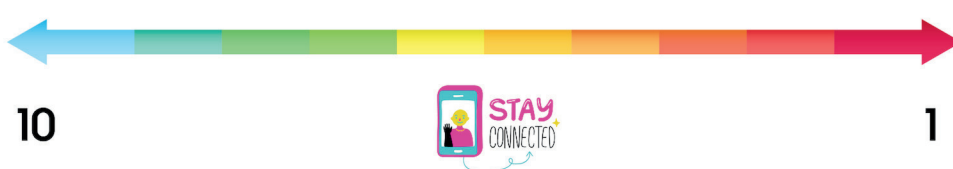
10

**EAT
well
FEEL
good**

1

Eat Well, Feel Good

How well do you follow a "healthy," balanced diet that suits your lifestyle?



10

**STAY
CONNECTED**

1

Stay Connected: The Relationship ROI

How satisfied are you with the time you allocate to nurturing personal and professional relationships?



10

**i honor my
boundaries**

1

Honor Boundaries: The Power of 'No'

How effectively are you setting and maintaining time and energy boundaries?



10

grateful

1

Embrace Gratefulness:

How effective are you practicing gratitude?

As a result of what I learned, I am going to ...

- Next Week:

- Within One Month:

- Within Three Months:

I know I am succeeding with my learnings when....

My Key AHA Moments are:

- ① _____

- ② _____

- ③ _____

90-Day Follow Up: After nine days, assess your progress.

- ① How well did you accomplish your objectives?

- ② What in your work environment supported you in achieving your goals?

- ③ What in your work environment blocked you in achieving your goals?

- ④ What ongoing goal(s) will you now strive to achieve?

#PLANS AND ALIGNS

NOTES:



A series of horizontal lines for writing notes, starting from the teal bar and extending down to the footer area.

NOTES:



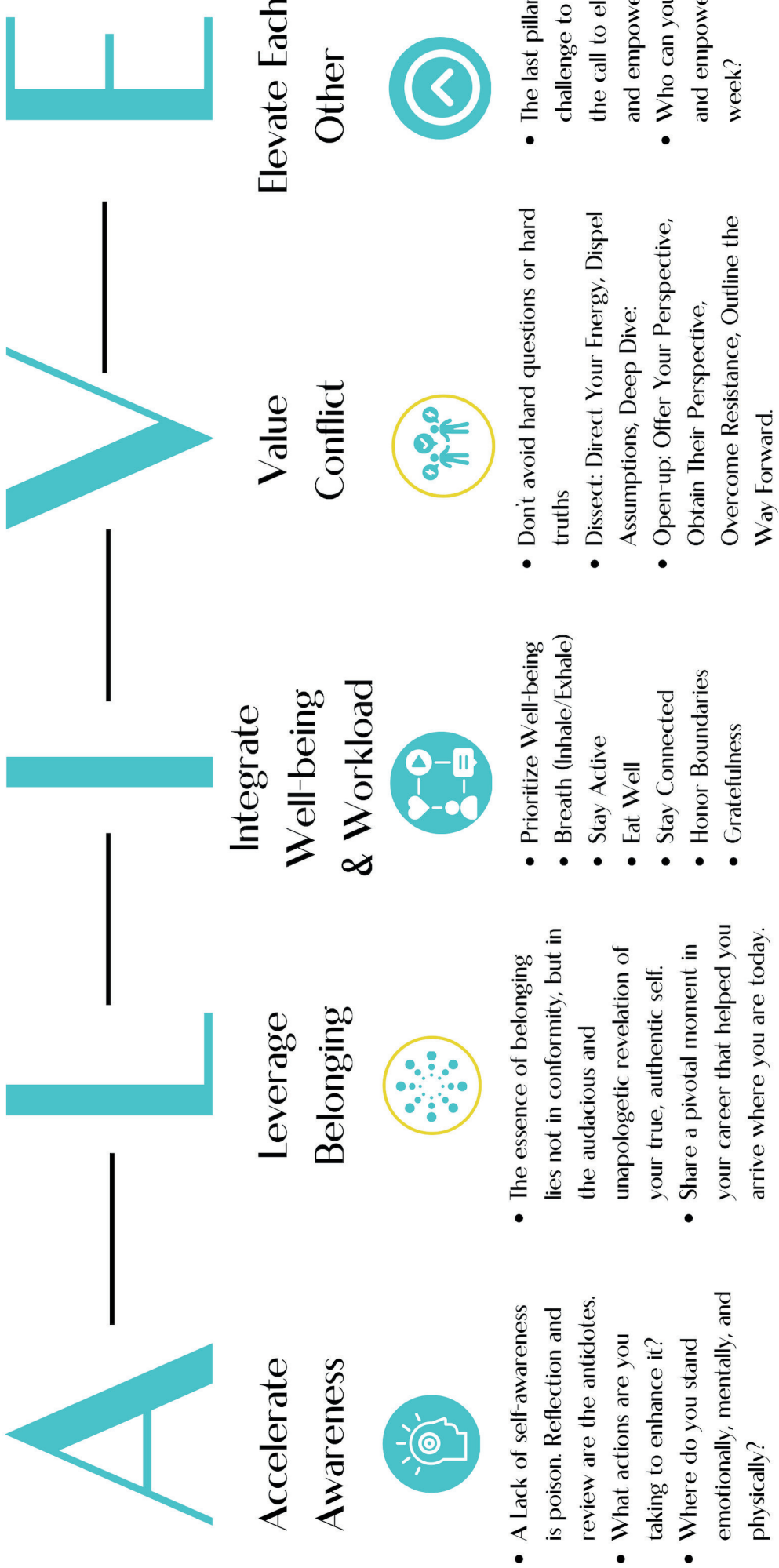
A series of horizontal lines for writing notes, consisting of 25 evenly spaced lines that fill the majority of the page.

NOTES:



Lined writing area consisting of 25 horizontal lines.

A Roadmap to Achieving Human Connection While Fostering Belonging





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BCBSKS

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