

SHOPLAND

COACHING

THE WELL-BEING ADVANTAGE

Key Takeaways for Nonprofit Professionals

Key Takeaways for Emotional Well-being

1. Awareness is Everything

You can't change what you don't see.

Notice the language you (and your team) are using — it often reveals your emotions.

2. Emotion Triggers vs. Shifters

Triggers drain energy: Need to • Have to • Should

Shifters restore it: Want to • Get to • Choose to

Pause → Notice → Shift

3. Emotions Are Data, Not Danger

All emotions are normal. They are signals — not flaws.

Burnout comes when we ignore or push them away.

4. Thoughts Shape Feelings

Your inner dialogue sets the tone.

Trigger thought: "There's too much to do."

Shifter thought: "I can choose what matters most today."

Remember:

The first step in emotional well-being is noticing.

You can't change what you don't see.

We can help you and your team gain The Well-being Advantage.