

every
woman

Are you 'always on'?
How to create more space in
your everyday life.



Katy Murray

everywoman expert



You're in the right place if you...

1

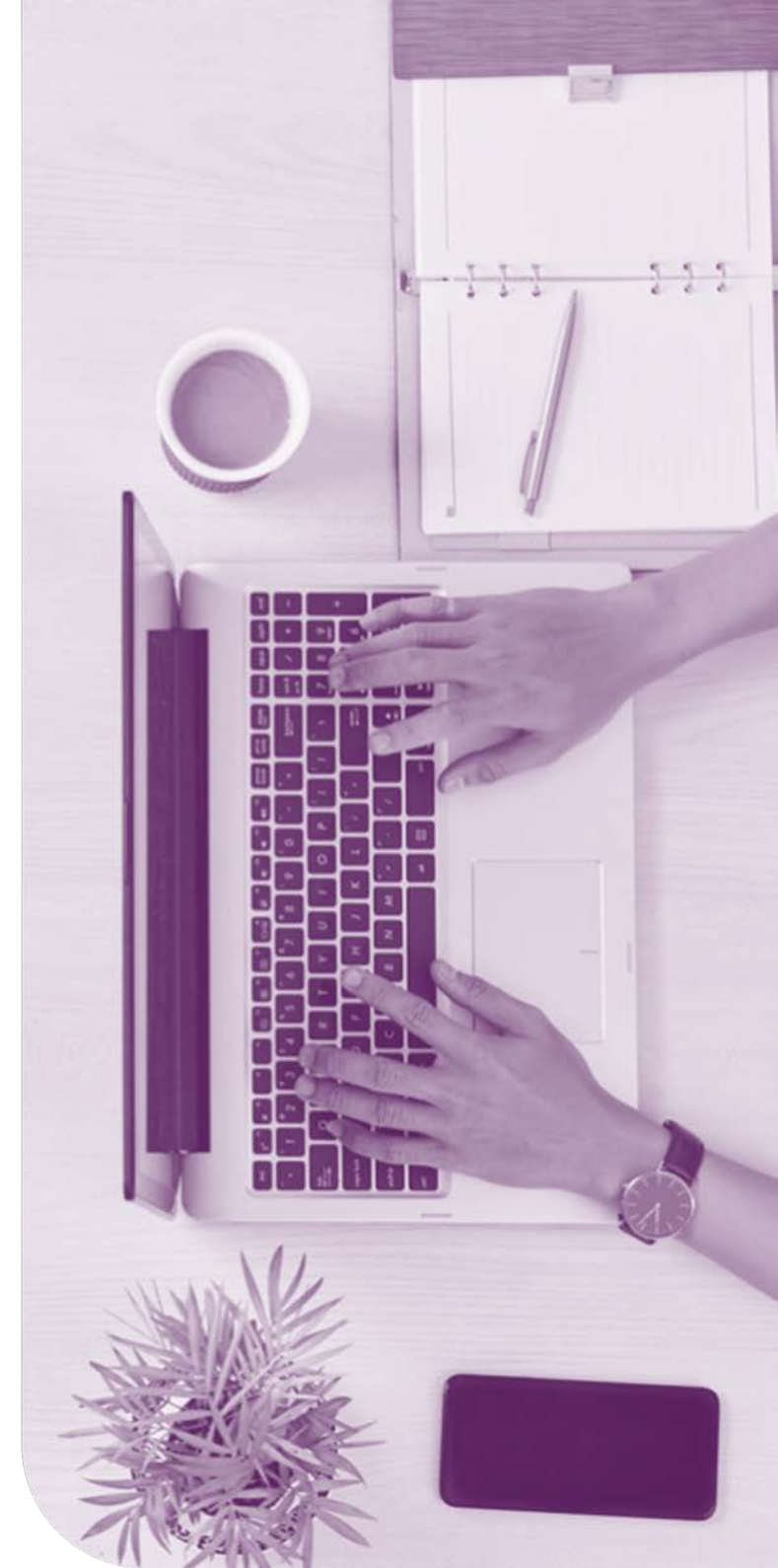
Feel like you're 'always on'.

2

Want to create more space in your everyday life.

3

Want to leave feeling calmer, energised, and more spacious!



What are
Power Practices?





Here we go!

We'll cover:

- The one thing to focus on that immediately gives you more space, even when you're feeling like you're 'always on'.
- The Power Practices that build your spaciousness.
- What to do right now if you're feeling overwhelmed and need to switch 'off'.
- Your affirmations, 'a-ha's' and takeaways.



Tune into your season.



Expand your spaciousness.



Set your boundaries.



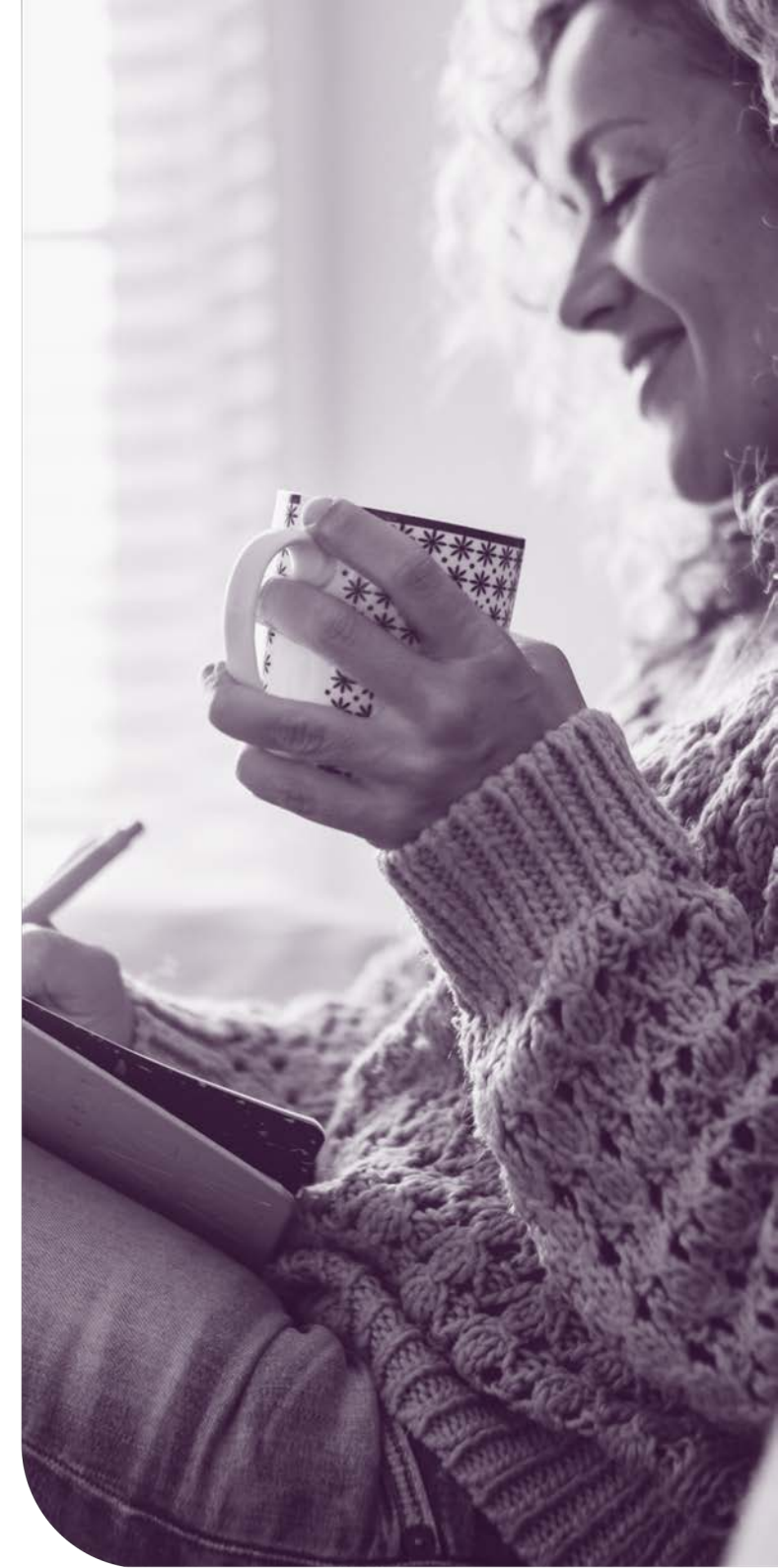
Plug your energy leaks.



Reduce your Tech Touch.



Find your Flow.



Tune into the seasons



What season are you in?

SPRING

Emergence
New beginnings
Waxing moon



WINTER

Fertile void
Take a break
Evaluate
New moon



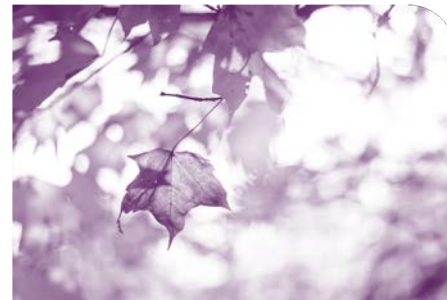
SUMMER

Visibility
'On' energy
Full moon



AUTUMN

Culmination
Detail orientation
Waning moon



What season are you in?

In your:

- Life overall.
- Career
- Work projects
- Personal life

SPRING

Emergence
New beginnings
Waxing moon



WINTER

Fertile void
Take a break
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New moon



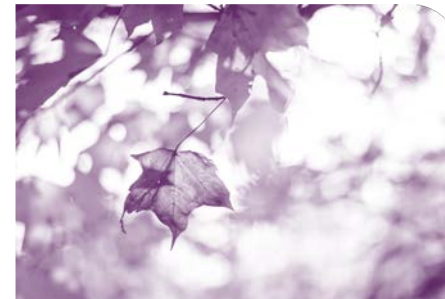
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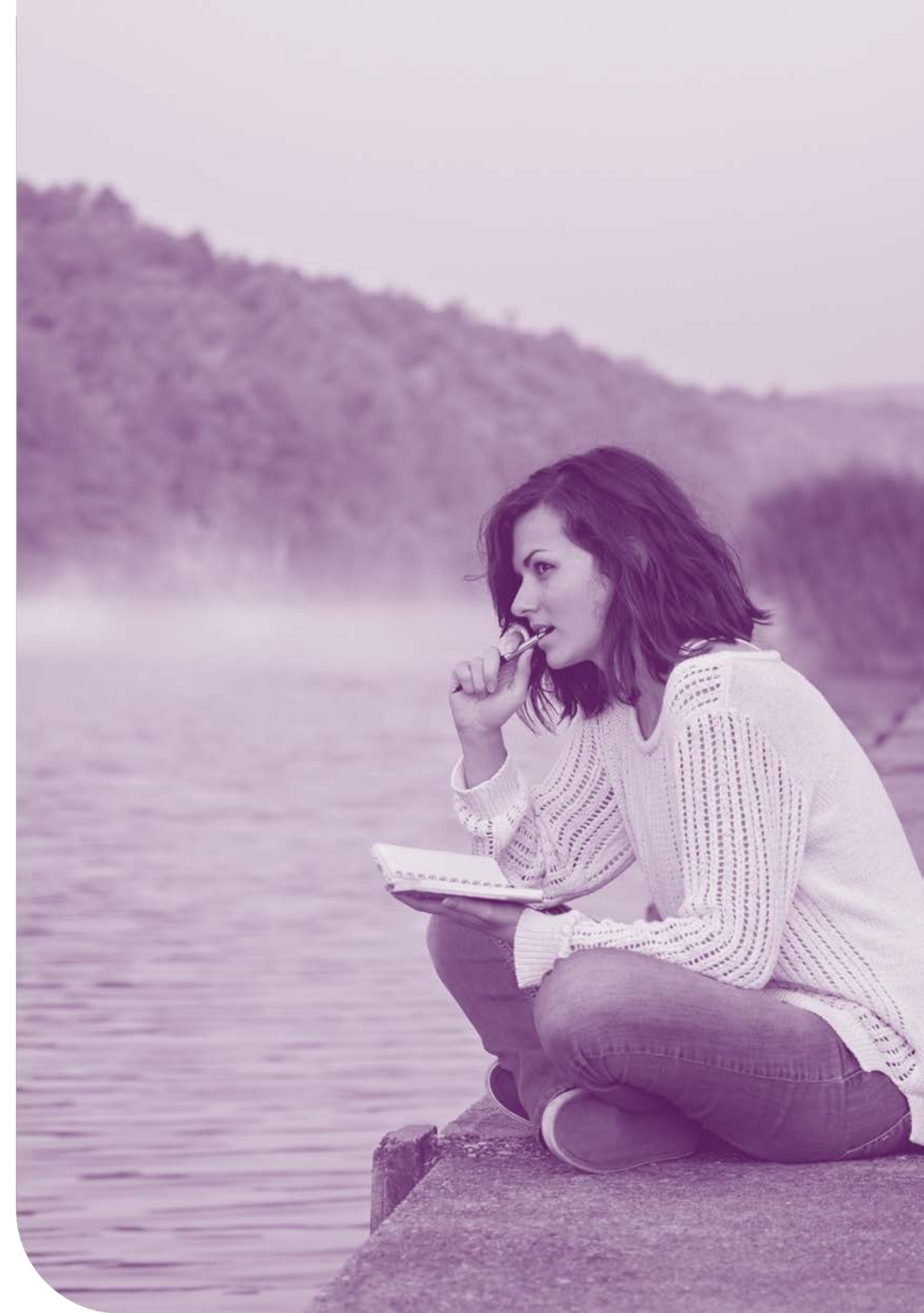


What are the benefits of honouring the seasons?

- Less push, less hustle, less grind.
- Flow, balance, resilience.
- Masculine and feminine.
- We can make our contribution in a sustainable way.
- Go for 10%!

Reflection prompts

- What shifts, if you embrace the season that you are in?
- How can you honour this season? Even 10% more?
- What is the GIFT for you from this season?
- What are your insights?





Throughout your day

- Learn your rhythms, find your flow.
- State changers:
 - Fresh air.
 - Movement.
 - Music.
- Micro-resilience.
- Be enough!

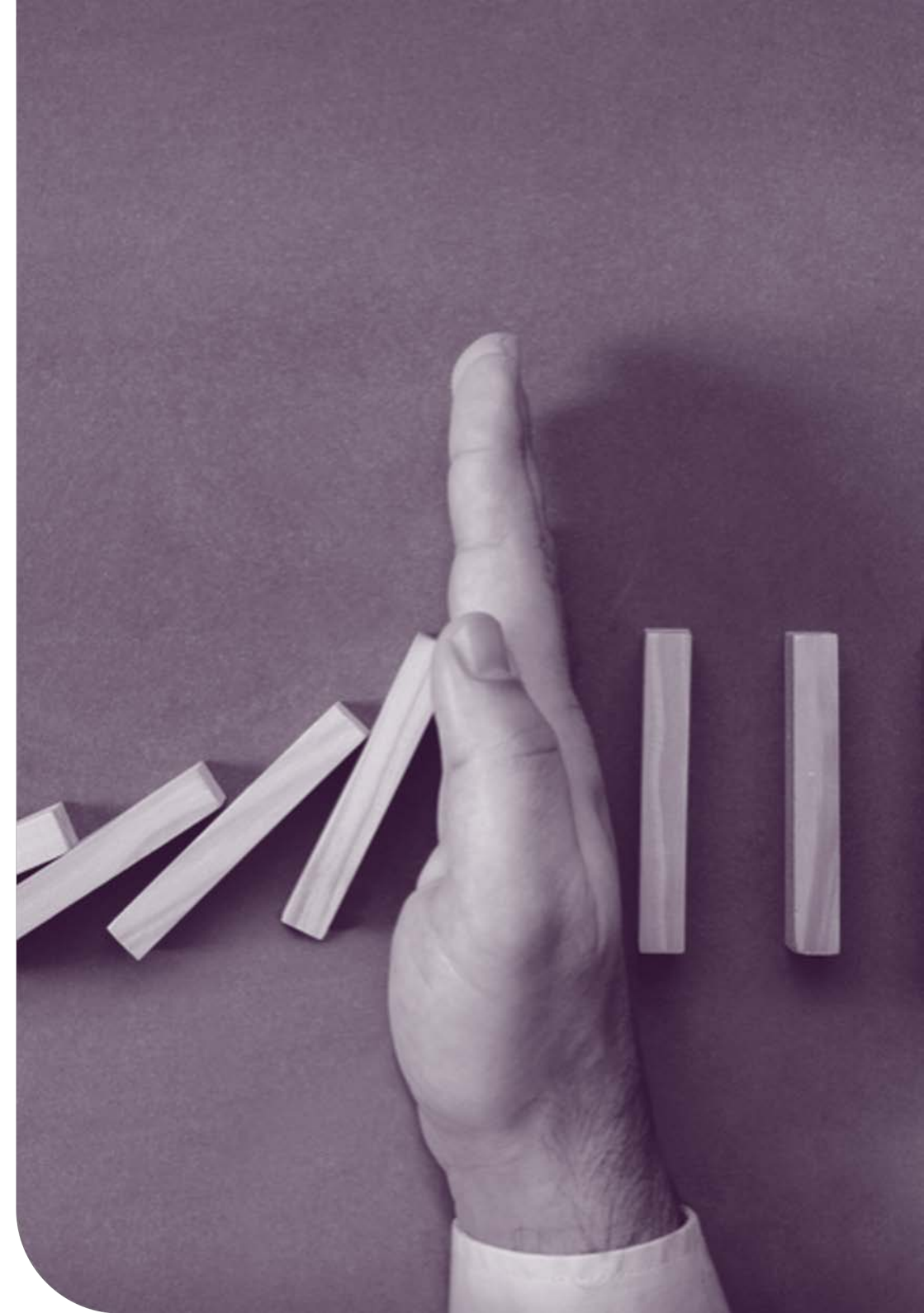
Set your boundaries

Boundaries and conversations

- Decide and hold the boundaries.
- Batching and guard the boundary!
- Being present for each thing.

Where do you need to strengthen a boundary?

Who do you need a conversation with?



Create more time!





Say 'yes'



Say 'no'



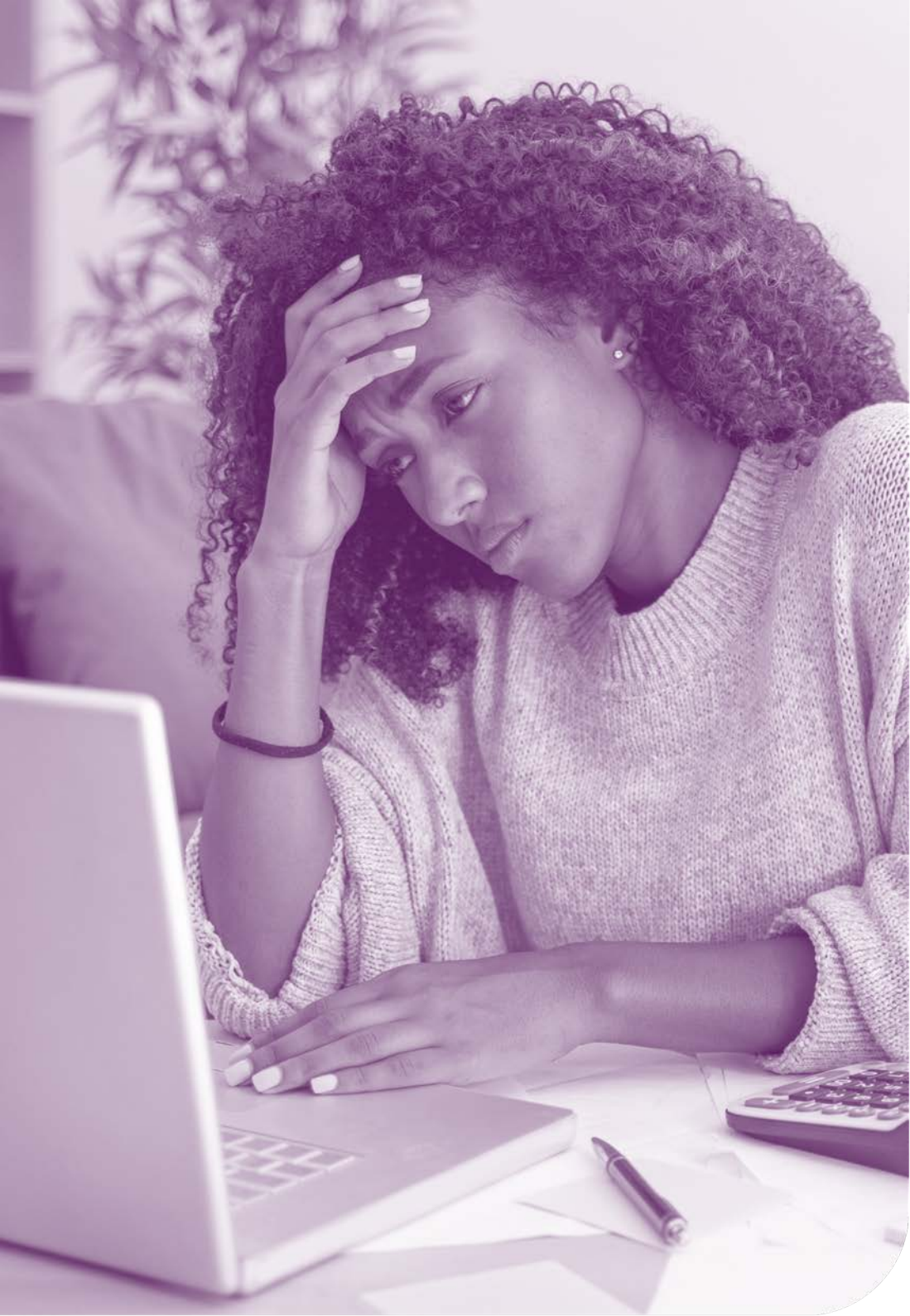
Plug your energy
leaks



Reduce your
Tech Touch!



Find your
Flow



Bonus: Crisis Tips!

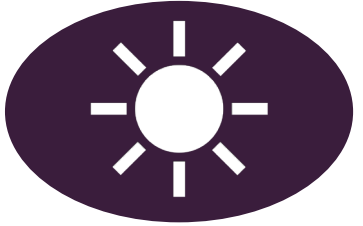
“I’m at the point of overwhelm and what do I do RIGHT NOW!”

- It’s OK to say no, pull out, and create some space.
- Talk it out to see the possibilities.
- Connect with what do you most NEED and how you can create a window to make that happen.
- Batching - 30 minute blocks, be present for each thing, move in between each block.
- Hydrate!
- Find micro moments of JOY

Wellbeing top-ups throughout your day



Morning routine



Energy top-ups through the day



Evening routine





Morning routine



Make your bed.



Move your body.



Set your intentions.

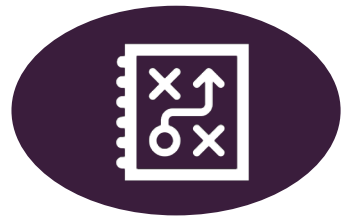
Power Practice: Set your intentions



How do I want to feel?



How do I want to show up?



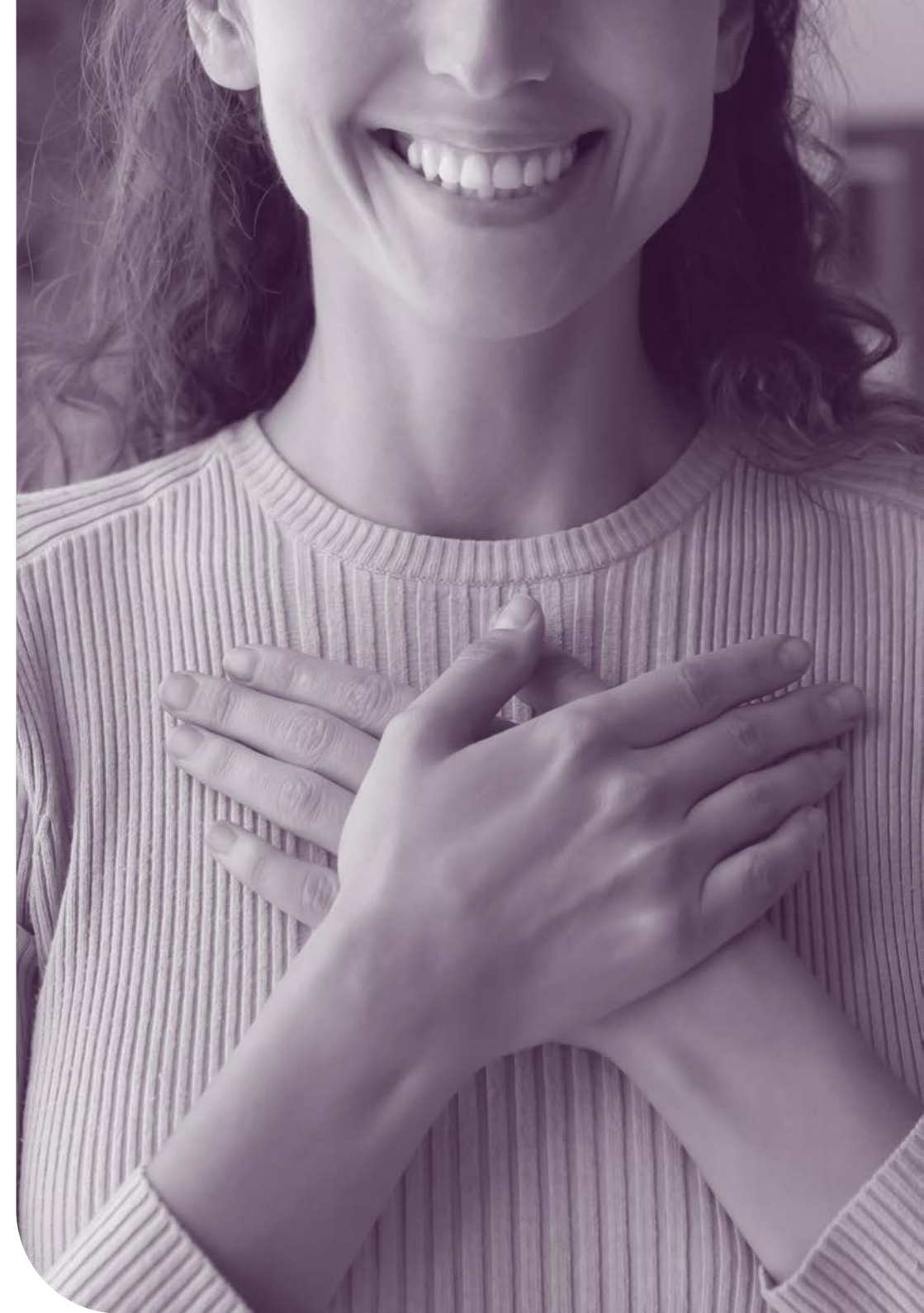
One thing I want to progress today



'Always On' Affirmations

Speak out loud to yourself:

- *"I am enough."*
- *"I am a conscious creator, I have the ability to create the life I most desire."*
- *"I have all that I need to take me to the next step."*
- *"I am powerful. I am resourceful."*
- *"I can rest"*
- *"I prioritise my wellbeing and my mental health."*
- *"I am healthy. I am happy. I am wise. I am loved."*
- *"I tune into my body wisdom, I trust myself."*



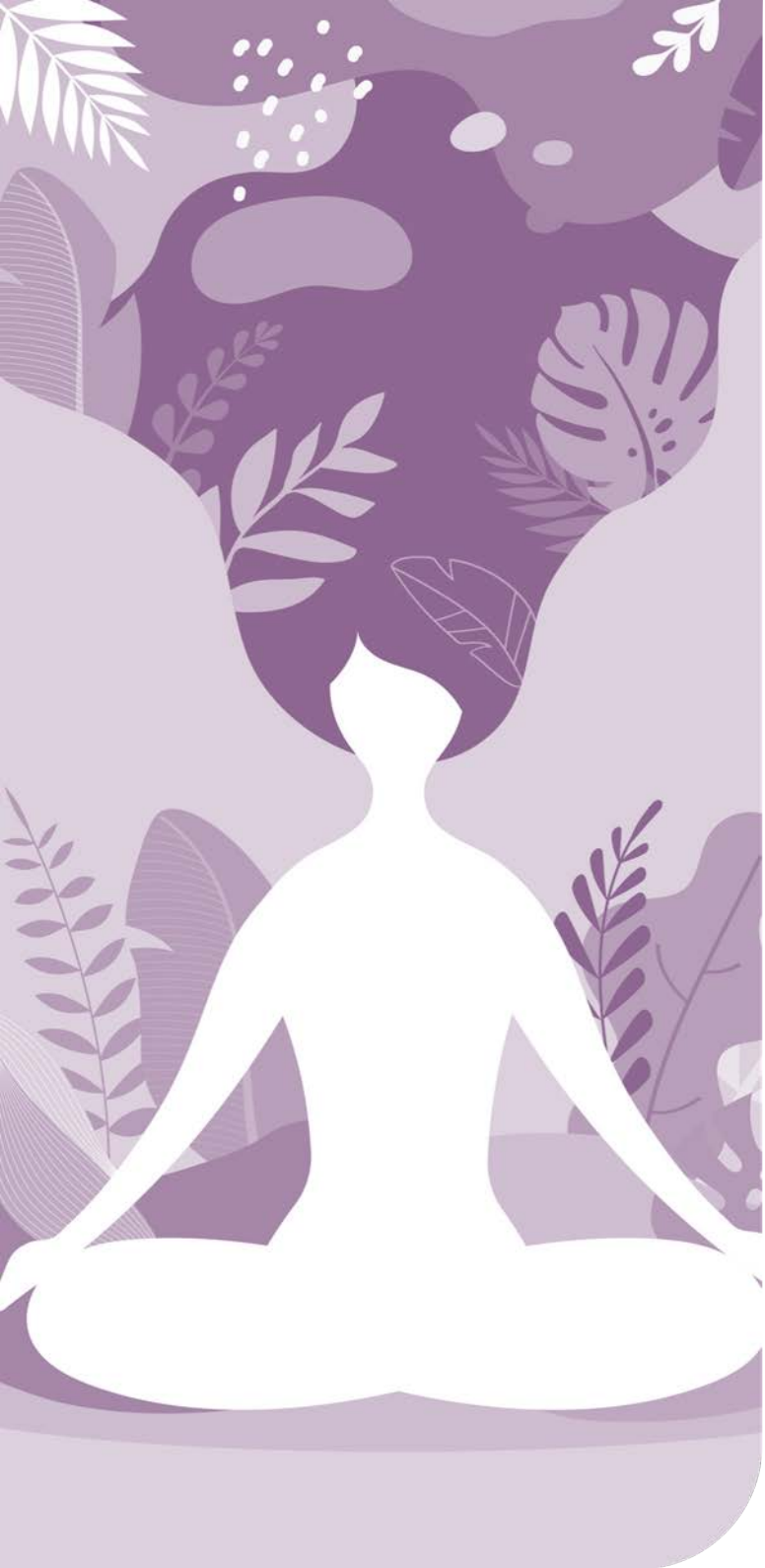


“

“If you get tired, learn to rest, not to quit.”

”

Banksy



Always On



Morning routine.



Setting intentions.



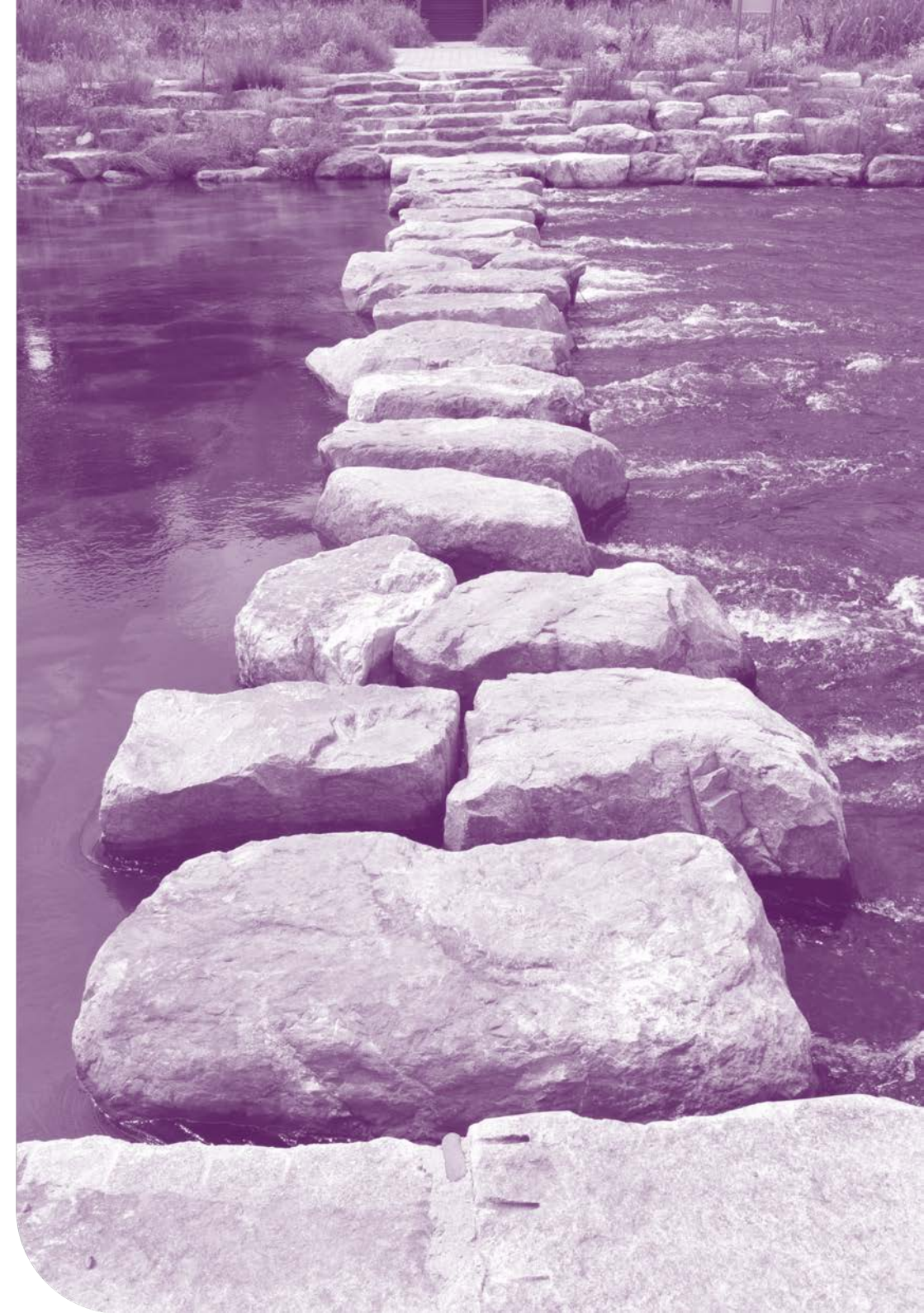
Celebrating your wins.



Affirmations.

Next steps

- What's most important for you from this session?
 - Your biggest 'a-ha'!
- What's your best next step?
- What do you want to experiment with?
- What further support do you need?



A diverse group of people, including men and women of various ethnicities, are seated in an audience. In the foreground, a Black woman with curly hair is smiling and raising her right hand. To her right, a man in a plaid shirt is looking towards the camera. Other audience members in the background are looking in various directions, some appearing attentive. The overall tone is positive and engaged.

Questions?