



Thriving IN OUR TIMES

From reactions to action using Logosynthesis®

FROM REACTIONS TO ACTION!

ONLINE COURSE HANDOUT

Presented By: Cathy Caswell

MEANINGFUL ACTION

Resilience

*

Inclusion

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Collaboration

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Engagement

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Trust

*

Creativity

Our goals for today

- We will identify why and how our reactive behaviours gets in the way of meaningful action and our ability to thrive in everyday life.
- We will explore what is important and meaningful to you and what gets in the way.
- We will learn why and how to resolve the blocks.
- We will highlight resources to support your learning.
- We will reinforce why and how to get started now.

**We are all human. We all react.
We all have the power to choose our action.**

THE SPACE TO CHOOSE

**Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.**

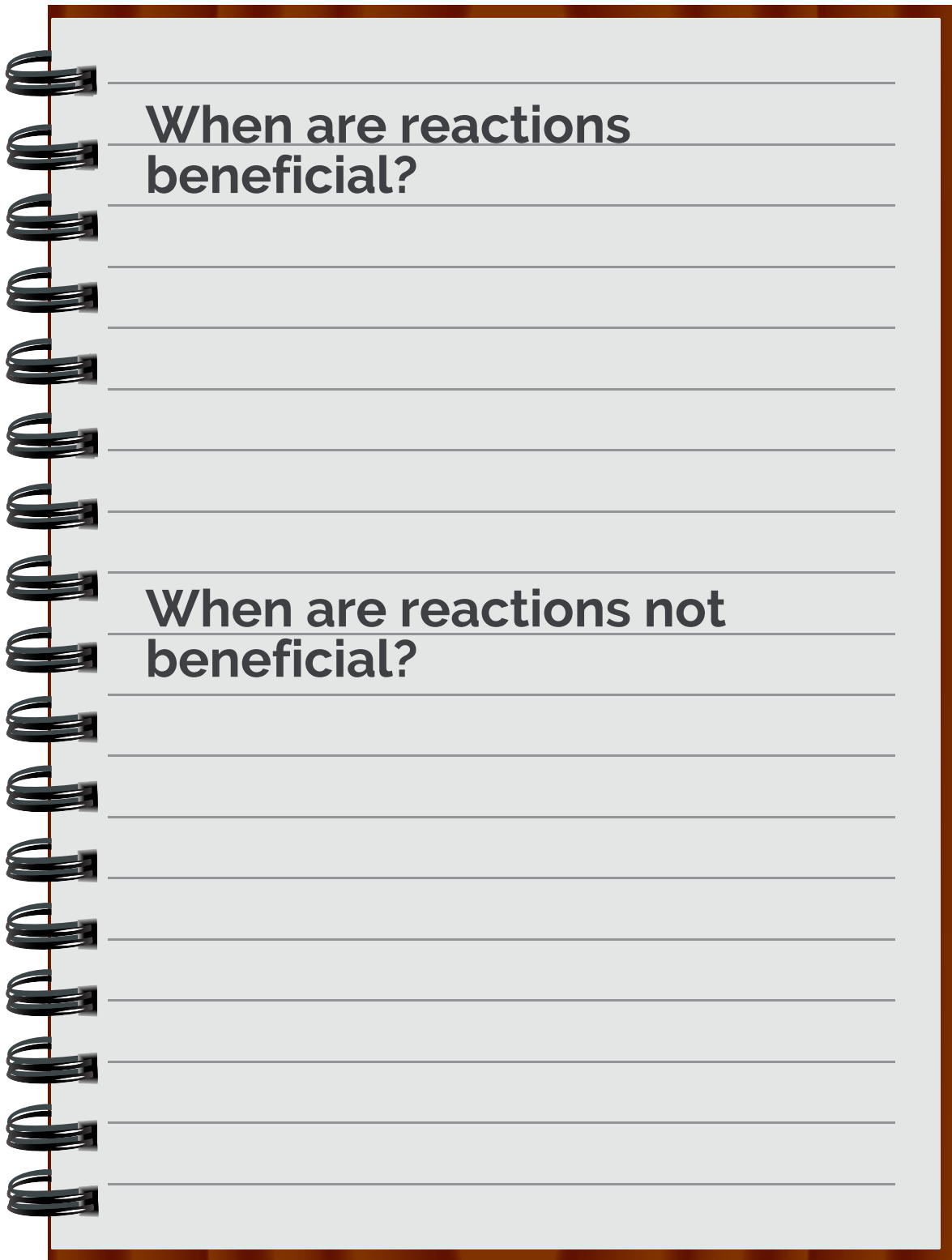
Viktor Frankl / Stephen Covey

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A spiral-bound notebook with a brown cover and a light gray page. The page has horizontal lines. On the left side, there is a black spiral binding. The page contains two questions in bold black text, each followed by several lines of space for writing.

**When are reactions
beneficial?**

**When are reactions not
beneficial?**

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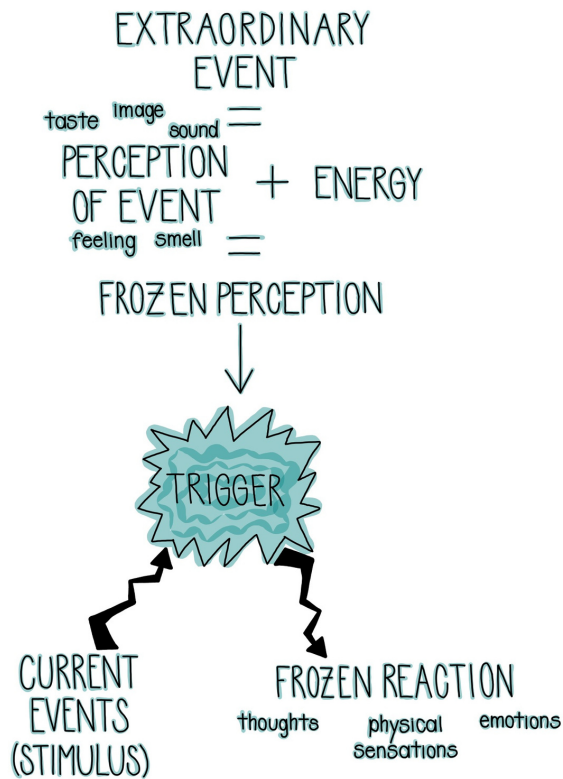


**How do reactions get in the
way in your everyday life?**

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Think of:

- A car accident.
- A presentation.
- An angry boss.
- A heavy workload.

Any others?

ACTING OR REACTING?



ELIMINATE THE TRIGGER, REGAIN THE CHOICE.



HOW DO YOU RESPOND?

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THE VISION

CONNECT WITH WHAT IS MEANINGFUL.

INSPIRATION

what inspires me
now?

what inspired me
10 years ago?

what inspired me
as a child?


PERSPIRATION

what am i willing
to work for now?

what was i willing
to work for
10 years ago?

what did i love to
figure out as a child?

draw what feels meaningful in the moment:



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THE BLOCKS

IDENTIFY WHAT GETS IN THE WAY.

make some notes about what gets
in the way:

thoughts →

feelings →

work →

other people →

what i need →

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THE TRIGGERS

the triggers

LET GO OF WHAT BOTHERS YOU.

create a list of things that
bother you:

☐ _____

☐ _____

☐ _____

☐ _____

decide which you would like
to resolve first.

use Logosynthesis for
each item.

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THE ACTION

the action
DESIGN YOUR ACTION MAP.

plan your action:

WHAT RESOURCES DO I NEED?

WHAT DO I NEED TO LEARN?

WHO CAN HELP ME?

WHAT IS MY TIMELINE?

WHAT ARE MY KEY ACTIONS NOW?

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THE FLOW
t h e f l o w
ENJOY EXTRAORDINARY LIVING!

keep your plan top of mind
and let it flow!

REVIEW the vision
THE VISION
ANNUALLY.

BE AWARE OF the blocks
THE BLOCKS
AS YOU MOVE FORWARD.

RESOLVE the triggers
THE TRIGGERS
ROUTINELY-DAILY OR WEEKLY.
AS NEEDED

UPDATE the action
THE ACTION
AS
YOU GET NEW INFORMATION.

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About Cathy Caswell

Cathy Caswell enjoyed a corporate career working in production, marketing and sales in the food industry. She experienced first-hand how reactive behaviour negatively impacted people from achieving their goals and the goals of the organization. In many cases, patterns developed over time without even recognizing how they get in the way.

In 2013, she was introduced to Logosynthesis® and recognized the opportunity to support everyday living. As a Practitioner and Instructor in Logosynthesis®, she coaches and teaches people how to use the model to enjoy life more fully and thrive in our times. She is the author of two books describing her personal and professional experience so that others may learn how to start using Logosynthesis now to feel better.

About Logosynthesis

Logosynthesis® is a comprehensive model
for healing and development,
based on the power of words
to restore the flow of life energy.

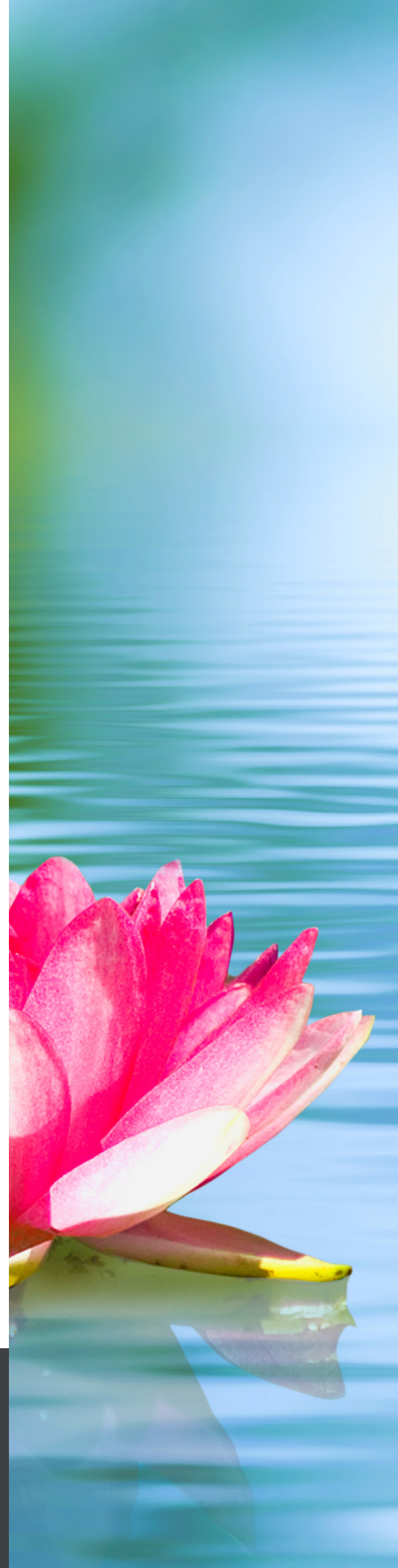
- Willem Lammers, 2021 -

The model is being used by an international group of coaches, counsellors and therapists with surprising results. Based on a survey of this group, it is their preferred method for professional self-care and working with clients. (The Healthy Living Plan, 2017)

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Testimonials

We live in challenging times. In a world that is characterized by increasing volatility, uncertainty, complexity and ambiguity (VUCA for short), certainty and stability have become rare goods. It is increasingly difficult to find them on the outside, which represents a particular challenge for leaders in organizations across the globe. But there is a hope. By doing the inner work, those in charge can find clarity, certainty and stability within themselves - which will affect everything and everyone they interact with. Based on Logosynthesis, Cathy Caswell shows an effective path for effective (self-)leadership and personal development, both of which are directly connected to each other. Highly recommended.

- Thomas Gelmi, Executive Coach & Catalyst for InterPersonal Development Movadis GmbH, Forbes Coaches Council -

By sharing both her personal story and professional development Cathy has gifted us with insight into an elegant response to complex, individual challenges. We owe it to ourselves and to those around us to examine Logosynthesis and how the proper use of three simple but powerful sentences can improve life for all concerned.

- Blair Richards, MBA - CIO at Halifax Port ILA/HEA -

Every day there is more compelling evidence for each of us to consider and to tap into our body's intelligence, because our brains do not work in a vacuum. All experience happens in our bodies. We learn to listen to the impact distress, change and increased chronic pressure has on our emotional and physical health or we work hard to discount it, avoid it and even pretend emotions don't affect us.

I was introduced to Logosynthesis by my therapist a number of years ago, at a time when I was experiencing burnout and in the throes of a personal crisis and extreme feelings of overwhelm. Cathy's story of her own journey using Logosynthesis, as well as her natural skill of breaking down and guiding understanding of how and why it works and how to integrate it into daily living during our new normal, is essential reading. This is a life-changing, healthy practice to help you gain skills to build resilience, to cope in the moment, and to deepen self-awareness with use. Don't wait.

- Kim MacDonald, MBA; Founder - 13 FACTORS for Business Growth -

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