Welcome back to Unleashed (at work & home). Can you believe it’s been a full year? It’s December already! That’s crazy. I decided that we’re going to have a little podcast hiatus for December and just take some time to think and absorb and maybe go back and relisten to a few episodes that you might have missed or that you want to hear again.

We have covered so many topics is here. I loved talking to all the amazing guests.

We talked about resourcefulness and flexibility. Dedication, personality traits, the importance of play and choice setting yourself up for success. We talked about self-injuring behavior and the terrible increase in suicide and suicidal ideation.

We flipped it over and then we talked about celebration and empathy. We talked about second chances and childhood trauma. And how many people in animal-care professions have had negative childhood experiences. We talked about being a bold learner. And we talked about knowing when you’ve got just enough, that perfect moment of satiation.

We talked about self-compassion, and we talked about reaching out.

We have covered a lot about human behavior this year and this is a great time for us to just stop and absorb and really think about it. What does it mean for each of us? What does it mean for you? For me? I have two questions that I’m dying to hear your answers to.

First I’d like to know what topics you want to explore in 2019. I’ve got my list, but I know you’ve got yours too. Please tell me.

And who do you want to hear on the podcast? Who should I be talking to and what should we be talking about? I would love to get your feedback. Email me at Colleen@ColleenPelar.com That would be a huge help.

So now that we’ve got my needs out of the way, let’s talk about yours. So let’s be thinking about it’s the year-end.

What went well this year?
What are you so proud of?
What are the things that you look back and you say, "Gosh on January 1st, this didn’t exist and now look at it!"

Let’s start thinking forward a little bit.
What do you hope to accomplish next year?
What are you working on at the moment?
What challenges do you face in pursuing those goals?
What’s working well for you with that?
What isn’t working so well?
How will your life be affected if you reach that goal?
What are the things that get in your way?
And are you playing a role in those?
You want to be thinking about how to help you move forward. And one thing you’ll notice in every episode of UNLEASHED at work and home, I asked my guests for action steps. If I say, "Somebody would like to adopt this behavior and they want to get started, but they aren’t sure how, what do you recommend as their very first steps?"
So all of the episodes have some suggestions for how to move forward on, I don't know, just improving your life in all different facets.
Action is what matters. Some of us spend a lot of time thinking about things. I’m certainly prone to that, but not you. You take action, right? You are the kind of person who just dives in.
But if you’re someone who would really like to have a safe place to practice some of these actions, to be more comfortable with exploring behavior in a safe environment before you try things out in the real world, I have something special that you might really like.
I’m starting some groups. They’re called UNLEASHED Resilience Groups and we are going to have a bunch of them in 2019 and these groups are about action.
They’re about helping you learn to be your very best self. We’re going to be meeting online so you can be at home in your PJs and expanding your mind and improving your life all from the comfort of your home, with your favorite dog beside you, petting their silky fur.
We’re going to dive into some of these topics
We’re going to be thinking about how they affect our lives and what we can do with them and in each. Each week we’re going to have an activity and we will do something and then talk about how that felt. Was it comfortable for you? Was it uncomfortable? What did you think about it? What worked well and what didn’t? That’s where the magic of learning occurs, but now I’m talking all about how they work and not talking about what we’re going to be learning
So let’s back up a moment here. There are three different kinds of groups and they’re going to cover a variety of topics. Some of them are identifying what you’re really good at. What are your signature strengths? Building positivity and gratitude. Learning about mindfulness and savoring and the four elements of savoring: basking, thanksgiving, luxuriating, and marveling. Reframing mind chatter and neuroplasticity. Learning to work with your worries and talk back to your judgments. Cultivating forgiveness. identifying and changing limiting beliefs. Looking at ways we get in our own way. Learning to be nicer to yourself. Fostering some self-compassion
Identifying the five most common triggers for people: scarcity, certainty, autonomy, relatedness, and fairness, the SCARF model. Changing habits, taking knowledge from your
head to actually implementing it and cultivating intuition and inner wisdom. Knowing when to trust your gut. We're also going to cover optimistic and pessimistic explanatory styles and that's a fancy way of saying how we look at things affects what we do about them. And I will tell you I have always thought I was an optimist until I did a little bit more research. And it turns out I'm an optimist about most things, but my personal explanatory style of why things happen to me tends to be more pessimistic. So that was a little eye-opener for me and I'll be happy to share with you all the ways that it changes our perspective when we can look at the explanatory style from a variety of angles.

We're going to talk about active constructive responding, which will improve your communication with the people you love most. And we're going to talk about the things you can control and the things you can't knowing the difference. Sanity saver! We're going to talk about establishing and maintaining healthy boundaries, and we're going to talk about understanding our present and envisioning the future.

There's a lot in each of these classes. There are three different kinds so that was the full list from all three classes of the topics that you're going to be able to dive into in a small group setting a maximum of 10 students per class, online Zoom class, that you can do from the comfort of your home and all starting in 2019. So if you would like to improve your life and have a little bit more joy, a little bit more lightness, less stress and just find yourself surrounded by a nice supportive community of like-minded individuals an UNLEASHED resilience group might be right for you. Check them out

You can go to the website. It's ColleenPelar.com/groups. I'll be back in January with lots more topics and lots more amazing guests. So I hope you're going to take some time this December and think about where you are right now. And what's ahead for you? There are amazing things ahead and I can't wait to see what you accomplished in 2019.

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Helping veterinarians, vet techs, and other pet professionals feel resilient, healthy, and energized through resilience programs designed to combat burnout and compassion fatigue