



Finding Joy Despite Your Soul-Sucking Career

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As humans, we all need meaningful work, satisfying relationships, and to feel good in our bodies. When we become disillusioned or dissatisfied with our career, that negativity spirals into all areas of life. Our physical and mental health suffers, it's easier to abuse alcohol, food, or the people you love. It is possible to flourish and have joy, fulfillment and peace, despite your soul-sucking career.

In this workshop we will take the first steps towards finding your passion and purpose, getting in touch with who you really are, and staying happy, healthy and satisfied no matter what the external circumstances.

What is Your Current Level of Satisfaction?

At Work:

At Home:

In Your Body:

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Find & reclaim the true essence of who you are so you can find congruence & balance between your personal and professional lives and feel comfortable, confident & purpose driven in all you do.

What are my

- Labels
- Roles
- Scripts

What "should" I do?

- Shoulds

Questions to Ponder

- What kind of a person do you want to be (not what do you want to do)?
- What is the legacy you want to leave?
- How do you want to show up, every day in life, knowing that the quality of each day determines the quality of your life?
- How do you stay true to yourself, your values, and your responsibilities and still live the kind of life you want to live?

Exercise

Introduce yourself without using your job or title, degrees, level of education, religious or political affiliation, role, or who you are in relationship to others.

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Develop clear boundaries and an integrated self-care mindset in order to feel healthy, happy, and free from burnout.

How to stop living for the weekend or for vacation, and start living every day!

Fight, Flight, Freeze or FLAUNT!

- Find Your Fetish
- Laugh Out Loud
- Accept Unconditionally
- Navigate the Negative
- Trust in Your Truth

Mindset is Great, but Get Out of Your Head & Embody Your Body

- Where are you holding?
- What do you feel?

Scan Through the Five Senses

- What do you see?
- What do you hear?
- What do you taste?
- What do you smell?
- What can you touch/feel?
- What's really going on?

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Reclaim your sense of worth and validate yourself for who you are.
break free from constantly seeking to please, conform, or out-perform
and cultivate internal, lasting peace

Objectification From Others vs. Self-Objectification

The act of treating someone as an object or a thing. Part of dehumanization, which is the act of disavowing the humanity of others. A person is objectified if they are reduced to being a body, a machine, an appearance, a tool, they are seen as interchangeable with others, are not given autonomy, a voice, are denied subjectivity, or are treated as if they can be owned.

Obvious Ways

- Not wearing what you want to wear.
- Not doing what you want to do.
- Limiting yourself and your own enjoyment of yourself and your life.

Not So Obvious Ways

- Being a workaholic – Believing your value is dependent on your paycheck or the hours you bill.
- Being codependent - Identifying yourself as a support mechanism or a self-esteem prop, not as a whole person.
- Basing your identity on your area of expertise - Defining yourself by what you're good at.
- Staking your value on your physical or mental prowess – Improving your fitness and level of education is great, but you're not worth more for being strong, fit or brilliant.

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As cartoonist Bob Thaves said about Fred Astaire, "Sure he was great, but don't forget that Ginger Rogers did everything he did, backwards...and in high heels."

Where are you dancing backwards and in high heels?

Assumptions & Beliefs

- Where are you locked into beliefs that aren't true?
- How might you be trapping yourself with the bonds of "that's just the way it is" and giving your power away?

Challenge Yourself: "Is this really true?"

- There are no opportunities for advancement at work.
- I'm getting the short end of the stick here, I'm not appreciated.
- I'm the only one who can adequately take care of the kids.
- So-and-so is always late and I am always stuck waiting and missing out on things I want to do.

Role Play

Think of a difficult situation in your life right now, either at home or at work where you feel frustrated or powerless. Help your partner identify where you may be objectifying yourself or getting locked into beliefs that might not be true.

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Use the power of hypnosis as a self-development tool to utilize the whole brain in decision-making, habit management, and goal setting.

Hypnosis Overview

Hypnosis is a natural state that all people move into and out of approximately seven times a day. It's a state of heightened suggestibility where rapid learning can occur.

Conscious Mind

Where we make decisions, process and analyze. It represents 5-12% of the mind's power.

Subconscious Mind (or Unconscious)

Similar to the operating system of a computer. The non-linear portion of the mind that makes up approximately 88-95% of the mind's power and drives our behaviors and habits.

Habit Control

Hypnosis makes it easier to create new beliefs, behaviors or attitudes by bringing 100% of our brain on board. Instead of struggling to overcome the 88-95% percent of brain that is preventing change, we align the subconscious mind with the conscious mind and bring one hundred percent of the brain on board.

Hypnosis in Action

Get comfortable, let's go a guided, group hypnosis.

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