

THE IMPACTIVISTA IMPLEMENTATION MAP FROM RESEARCH TO RESULTS

Tools for your well-being and relationships

Key Takeaways

01

Investing in your health translates into greater clarity, energy, and time.



02

Your quality of life is the key.



03

Each individual has a unique path.



05

We need systems to stay on track.



04

Your relationships matter.



The ImpACTivista Implementation Map is a system to improve the health, impact, and happiness of your team through assessments, tools, a virtual platform, and group coaching.



5 Dimensions of Quality of Life



Harvard Study of Adult Development

The study showed that the role of genetics and long-lived ancestors proved less important to longevity than the level of satisfaction with relationships in midlife, now recognized as a good predictor of healthy aging.

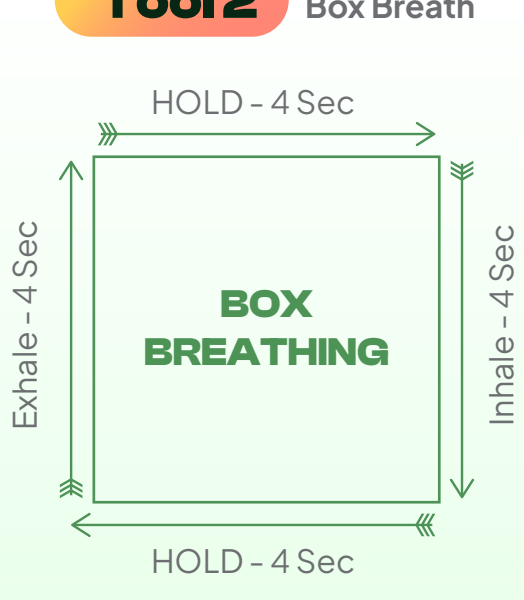
"When we gathered together everything we knew about them about at age 50, it wasn't their middle-age cholesterol levels that predicted how they were going to grow old, it was how satisfied they were in their relationships. The people who were the most satisfied in their relationships at age 50 were the healthiest at age 80."

Tool1

Understanding Consciousness: Mind, Body & Spirit

Tool2

Box Breath



Tool3

Nonviolent Communication is used to resolve interpersonal conflict using empathic communication skills. Empathy has been defined as the ability to understand and share in another's emotional experience or situation

The goal of non-violent communication (NVC) is to establish a relationship with others based on honesty and empathy.



Two sides of communication

Express

Clearly express how you are without judging, blaming, or criticizing.



RECEIVE

Empathically receive how the other person is without judging or hearing blame.



Step1

Observe

Make observations about the situation or behavior.



Step2

Feelings

Name your feelings or understand the feelings of the other person.



Step4

Request

Make a request. This is not a demand.



Step3

Needs

Express your needs or understand the needs of the other person.



The Four-Step Non-Violent Communication Process

NVC Syntax

To practice the four steps above, it can be helpful to use the basic sentence of NVC verbatim:

When I hear _____
I feel _____
Because I need _____
Would you be willing to _____



Or go to:

www.impactivo.com/implementation-map

For more information about the ImpACTivista Implementation Map