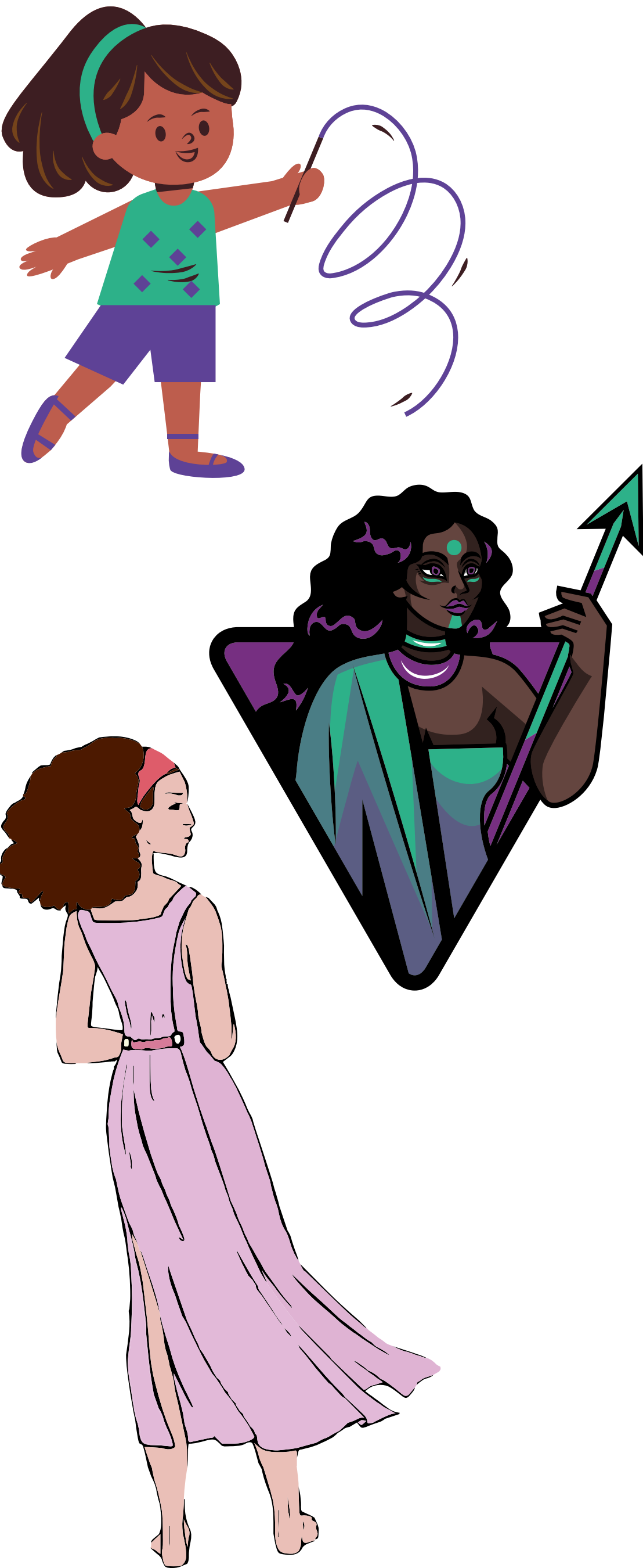


# Lead Better Under Stress

## *Understanding the "3 Selves"*

Information influenced by Neuroscience, Trauma-Informed Care, and Attachment Theory



### Child

Helpless; Under-resourced  
& Easily-threatened.

### Defender

Often the Dominate Player;  
The persona we wear in the world;  
Seeks to protect us from our child's  
safety, unworthiness, & fear.

### Adult

Most capable & mature self;  
Us at our very best;  
Treats emotions with care and  
compassion.



# Lead Better Under Stress

## *Accepting Your Own Limitations*

Information influenced by Neuroscience, Trauma-Informed Care, and Attachment Theory

### Notice

Anytime you feel "less than" or "better than."



### Slow Down

Self-regulate; Breathe;  
Name your emotion.



### Acknowledge

Rather than judging & criticizing, normalize your humanity. We all face negative emotions & we all have shortcomings.



### Embrace

Get comfortable with discomfort. Discomfort is a prerequisite for growth.



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