

Webinars



Webinar Toolkit: November 2022

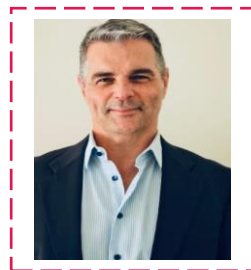
“Men’s Mental Health”

This toolkit will cover some of the contents from the webinar, including:

- *Our belief system*
- *Psychosocial Health*
- *Locus of Control*
- *Psychosocial Lifestyle Traits*
- *Emotional Intelligence (EQ)*
- *The CARE-K Model*

If you missed this webinar linked to this toolkit, you can watch the recording available on the Kaelo website - <https://www.kaelo.co.za/kaelo-webinars-2022/>

Your Facilitator



Tracy Nickloes

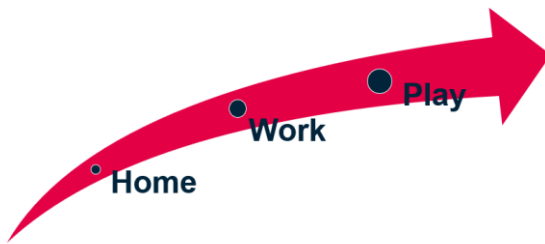
*Business Strategist, Facilitator,
Mentor and Coach*

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Question for Self:

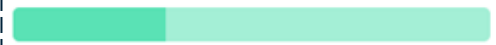
Are you on-track with your dreams, as they pertain to;



And if not, **Why Not?**

Are you on track with your dreams?

Yes 32%



No 67%



Webinar Responses Above

If we change our belief system, we can change how we do life!



Mahatma Gandhi

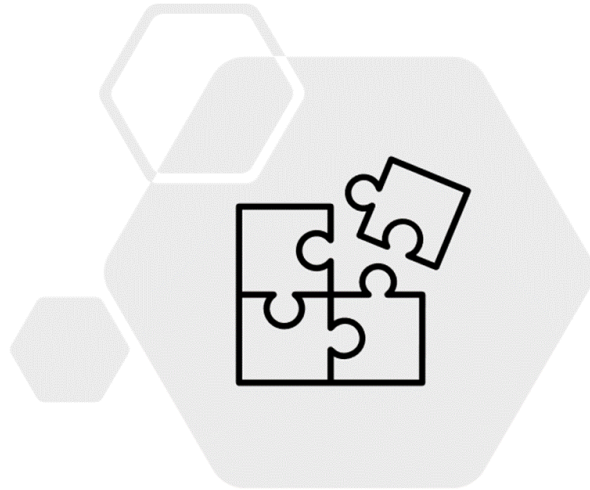
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Components of Psychosocial Health

Four elements of our well-being, namely;

1. Mental
2. Emotional
3. Social
4. Spiritual



Factors Influencing Psychosocial Health

1. Strong vs Disruptive family environment
2. Toxic vs Positive community interaction
3. Societal and Generational Norms
4. Locus of Control

Locus of Control

Degree to which people believe that they, as opposed to external forces, have control over the outcome of events in their lives

Strong external locus of control:
When someone believes what happens to them is luck or fate with everything due to external forces in their environment. (they are not in control)

Strong internal locus of control:
When someone believes they are in control of what happens to them, and so their actions are likely to have a positive effect on their environment.

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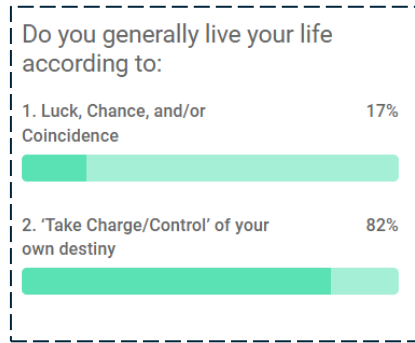
Question for Self

Do you generally live your life according to:

'Luck, Chance, and/or Coincidence'... (1)

Or

Do you more often 'Take Charge/Control' of your own destiny? (2)



Webinar Responses Above

Psychosocial Lifestyle Traits:

Healthy Psychosocial Lifestyle Traits	Poor Psychosocial Lifestyle Traits
<ul style="list-style-type: none"> • Optimistic • Like themselves • Accept their mistakes • Take care of themselves • Have empathy for others • Control: anger, hate, tension, and anxiety • Positive Outlook • Self-Esteem/Respect • Responsible/Accountable • Diet, Exercise, Sleep, etc. • Compassion • Self Regulation 	<ul style="list-style-type: none"> • Low self-esteem • Allow others to 'walk' over us • Poor personal habits • Avoid risk-taking • Overly sensitive • Blame others for our mistakes • Don't take responsibility for our actions & words • "Negative things just happen to me" • Playing the victim card • We prefer to be led by others • Prone to stress, anxiety and depression • Disengaged / low resilience • Pessimistic

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Emotional Intelligence (EQ)

Self-awareness

*knowing what we are
feeling at any given time
and understanding*

*the impact these moods
have on others*

Self-regulation

*Controlling or redirecting
our emotions; anticipating
consequences before
acting on impulse*

Motivation

Utilizing emotional factors to achieve goals, enjoy the learning process and persevere in the face of obstacles

Empathy

Sensing the emotions of others

Social skills

Managing relationships, inspiring others and inducing desired responses from them





The CARE-K Model

Threat Activation Disengagement	Engagement Drivers	Reward Activation Engagement
<p>Decreased</p> <ul style="list-style-type: none"> • Glucose/Oxygen • Collaboration • Attention • Problem-solving • Emotion regulation <p>Increased</p> <ul style="list-style-type: none"> • Cortisol Levels • Mental fatigue • Stress Response • Anxiety / Sadness • Mind wandering 	<p>Choice (empowerment)</p> <p>Assurance (security)</p> <p>Reputation (recognition)</p> <p>Equality (fairness)</p> <p>Kinship (acquiescence)</p> <p><small>Dr Therése Kairuz and Tracy Nickloes (MBA) People Matter: A New Lens on Leadership</small></p>	<p>Good levels Dopamine</p> <p>Increased</p> <ul style="list-style-type: none"> • Cognitive resources • Positive risk-taking • Clarity • Creativity • Problem-solving • Insight • Ideas for actions • Perceptual views • Joy / Feelings 'Flow'

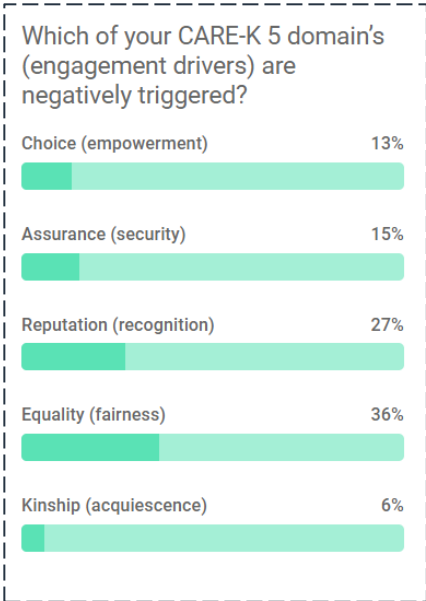
Question for Self

Using the CARE-K model, share which of your 5 domain's (engagement drivers) are negatively triggered.

Perhaps take time to consider...Why!

Self-Awareness

Knowing which of our 'buttons are being pushed' (driver's triggered) positively or negatively, and understanding WHY, is the first step in changing of our mindset(s)



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Thank you for joining the session!

Remember you can access the recordings, toolkits and register for each monthly session on the Kaelo website: <https://www.kaelo.co.za/kaelo-webinars-2022/>

Up next month:



HIV/Aids in our world today

Tuesday, 13 December, 14:00 CAT

To Register: <https://www.kaelo.co.za/kaelo-webinars-2022/>

Your Facilitator



Dr. Zaheen Omar
Medical Doctor

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We look forward to seeing you there!