



# Eye of the Storm

Finding Peace Amidst Chaos

Mastering the deep spaces, hard  
places, and chaos in life.

with Deanna Stull, PCC

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# Eye of the Storm Syllabus – CLASS SEVEN

## **Storming Methodology®- Step Six.**

### **Inspiration. Influences. Inquiry.**

#### **Inspiration.**

- What gives them hope? What brings them back to calm?
- What are they inspired by?
- Soul Inspiration® and how to cultivate a place of peace within.

#### **Influences.**

- Who do they count on?
- The impact of chaos, challenge and messiness on relationships.
- Familial beliefs. Cultural Beliefs. Generational beliefs. Epigenetic Memory.
- Environmental Design.

#### **Inquiry.**

- When can you go deep?
- What role does powerful questioning play, when and where?
- Appreciative Inquiry.



# Eye of the Storm Syllabus – CLASS EIGHT

## **Storming Methodology®- Step Seven.**

### **Needs. Neuroplasticity.**

#### **Needs.**

This is a complex space in challenge. It subtle and loud, simultaneously, nuanced and deep.

- Processing Needs - Heirarchical Needs.
- Clarifier: Need or societal norm?
- Clarifier: Guilt or Need.
- Requesting help, the challenge of requests.
- How the support team shows up and its influence on well being.
- The 2 am challenge.

#### **Neuroplasticity.**

- Awareness of past patterns.
- Path of least resistance, is it the path to choose?
- Habit versus meaningful action.



# Eye of the Storm Syllabus – CLASS NINE

## **Storming Methodology®- Step Eight.**

### **Growth. Greatness. Gratitude.**

#### **Growth.**

- Post Traumatic Growth.
- Embracing "becomings" in the mess of it all.

#### **Greatness.**

- The call within the chaos, finding yourself in the moments that bring you to your knees.
- The beauty of chaos and discomfort, how is it a teacher.
- Joy, perfection, and greatness in hard times.

#### **Gratitude.**

- Finding the shred of rightness.
- Relishing/Savoring the Moment.
- Gratitude Practice Revisited.
- Three Blessings.



# Eye of the Storm Syllabus – CLASS TEN

## **Review of methods and theory.**

### **What is next? How to start to grow this aspect of your practice.**

- Ethics
- Malpractice
- Lines between coaching and healing professions.

### **The Courage to weather the Storm.**

- From where does hope come?
- Life continues as usual for everyone else, how do you coach them to be in "regular life"
- The solitary feeling of the storm.
- Forgiveness.

### **Becoming The Eye, are you ready?**

- What are your fears?
- What is your biggest Challenge?
- Where is your support?

### **Open Q and A.**



*Class Seven*  
*Inspiration. Influences.*  
*Inquiry.*

“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.”

Maya Angelou.

# Basic Structure of Storm Sessions

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## 1. Release

Check in at the beginning of sessions in the storm are very different. You have to set agreements early on about this beginning space. It's very easy for people in the storm to stay in story for the entirety of an hour long session if the presence of the coach isn't strong enough and centered enough to bring them to present moment..

This part of the session they are letting go of all that has happened since you last spoke, and def[ending on the storm, it could be a lot. The start of the session can waiver between download, venting and updates. Learning to guide this moment requires nuance and sensibility. There will be sessions comprised of only this in significant storms. But the hope is to move them out of story and into a clear space for regrouping and action.

You need the strength to guide your client.

## 2. Refresh

Here we coach the energy of our clients. Bringing them to the present, to the now. Fear, worry, anxiety all live in either the past or the future, if we can bring them to the present space you can begin to make room for learning, for reviewing and for coaching. In the storm, this is where they come back to authentic self, outside of the storm, outside of the blinders fear created. When we can guide them back to now, we open up the horizon for what is next.

## 3. Review

Looking at what is happening with a new perspective requires a deep presence and a willingness to sit in discomfort as a coach. This is where we challenge story, expand possibility, and remove the blinders cause by fear and pain. The truth can be fear in the storm, as it often requires action.

Timing is everything here. Trusting your intuition, and your full sense of when to step in is imperative. Small steps are often required. and even they can feel like to much. And since this can be a very contrary space, your client may take big leaps or feel like things aren't moving fast enough. You are here to be a voice of perspective and judgement free awareness. Once they start to see, really see, what is unfolding, and honor truth, you are ready for meaningful action. Before the clarity of truth and acceptance of what is action may be micromovements or safe space actions.

## 4. Resolve

Resolution has many forms when we are coaching the storm. Action happens when we have a truthful holistic view of the scenario and life of our client. Knowing what meaningful recurring actions are required is first in this discovery process, and be prepared for them to change and morph as you learn more about what is involved. Sometimes resolution is putting out a fire from a lightening strike, sometimes it is about

## 5. Renew

The renewal is of their sense of self and their capabilities.

It is a renewal of strength with an understanding of the truth in the storm. They leave with clarity around who they are and what they are truly capable of for the next week. It is a renewal of energy, at times of hope and often the belief they are capable of handing what is next.



## Soul Inspiration®

What is it that brings you hope in dark times?

What are the practices, actions and people that you always rely on no matter what is happening?

Finding the positive coping skills is helpful, but what we are searching for here is deeper than coping skills. Practicing resiliency building, mindfulness, meditation and gratitude sets the foundation for this deep space.

We are looking for the people/beings/places/things/actions/practices that connect them back to their true, whole self prior to The Storm. The infallible, the reliable and the powerful influences which keep you foundationally grounded as the winds are whipping around you and the rain is pummeling you.

You know you've found a place of Soul Inspiration when you can find 3 three or more of these traits within the activity, place, person or thing. can include any of the components below :

- Creates moments of deep gratitude.
- Creates Flow State.
- Calms Heart Rate.
- Creates feeling of happiness or contentment even during extreme crisis.
- Has been a part of life, prior to The Storm.
- Time drops away while in this experience.
- The experience rarely, if ever has negative results.
- The experience includes mastering a skill already practicing.
- The experience creates a feeling of relief or release, even if momentarily.
- Is easily accessible
- Can happen at any time, does not require scheduling
- Supports the greatness, strength or superpowers
- Can be done alone
- Includes movement in some capacity.

# *Understanding Soul Inspiration*®.



Openness to Experience

Mastery Oriented - Learners Mind

Intrinsically Motivated

Belief in Abilities

# *Understanding Soul Inspiration*®.



Constraint as a Positive

Approach Oriented versus challenge or circumstance

Less Competitive

Positive Focused - Shred of Rightness

# *Support/ Redemptive Assistance Partners*

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1. Main Partner:

2. Supporting Partner:

3. Emergent Support:

4. Background Support:

5. Biggest Challenge in this supportive space:

# *Belief Systems that may Create More Challenge*

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1. Familial:

2. Generational:

3. Cultural:

4. Epigenetic Theories:



## Your Environment.

People, places and things: What are you tolerating that adds to the challenge?

**“In the process of letting go, you will lose many things from the past,  
but you will find yourself.”  
- Deepak Chopra**

What action or influence can change this toleration?



*notes*



## Coming Up for Air.

When you are coaching someone who is living in the deep spaces because of the nature of the storm, you want to stay in a space of harmony between the deep and the surface.

We are not meant to live in the depths all of the time, coming to the surface for light, breath and calm is helpful.

If you stay in the depths you risk turning your partnership into a remedial salve for the challenge versus a life changing conversation. Come up for air, embrace lightness, laughter, silliness, inspiration, good and rightness.

### Inspiration

(Science: physiology) The act of drawing air into the lungs.

Origin: L. Inspirare, spirare = to breathe

The act of inhaling; the drawing in of air (or other gases) as in breathing. Breathing in.

**“Just as despair can come to one only from other human beings, hope, too, can be given to one only by other human beings.”**  
- Elie Weisel

What beliefs keep you from lightness, from surface and laughter is challenge?

# *Renew + Refresh - Appreciative Inquiry*

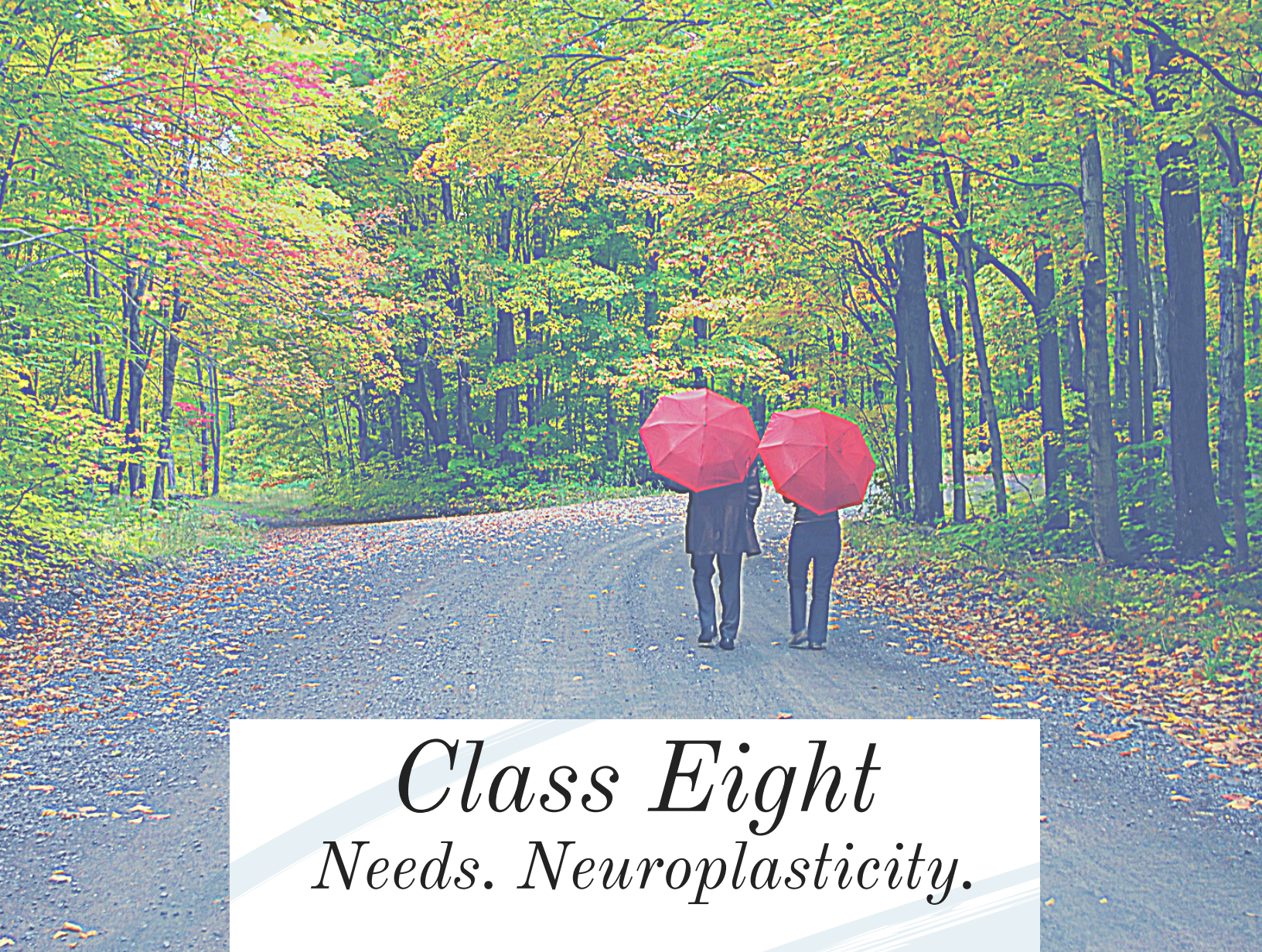
WHAT QUESTIONING IN THE STORM MAY LOOK LIKE IN SESSION.

## Questions for Refresh - Appreciative Inquiry

- Where did you show up courageous/strong? How did that happen?
- Where did you show up authentic/true? How did that happen?
- Where/when did you feel settled/centered/calm? How did that happen?
- What did you learn about your capabilities from a positive perspective?
- What do you know about your self right now?
- Where are you showing up as your best in this storm? How is that happening?
- What was most useful for you this week?

## Questions for Renewal - Appreciative Inquiry

- What do you most need to feel centered?
- Where are you inspired?
- How can we cultivate courage?
- What do you need to feel more vital?
- Who can you reach out to for support this week?
- How do you reconnect to your self in all of this, outside of fear/anger/sadness?
- What spiritual or nature based connections will support you in this next week?
- What strength do you need to step into for the coming week?
- What missing is impacting your experience and what can you do in this space?
- Where/what do you need to let go?



# *Class Eight Needs. Neuroplasticity.*

“There is nothing shameful or reprehensible about putting your needs first. In fact, by doing so, you can pursue your purpose efficiently and be generous to others at the same time.”

Dr. Prem Jagyasi.



# Heirarchical Needs

## FOOD - WATER - REST

- Proper Daily Nutrition
- Consistently Hydrated
- Sleeping 6- 8 hours a day
- Supportive suppliments as needed

## SECURITY - SAFETY

- Shelter
- Financial Needs
- Physical Safety from others
- Emotional Safety

## BELONGING AND LOVE

- Support of family/friends
- Partner/Relationship
- Redemptive Assistance Partners
- Support Groups/Therapeutic

## ESTEEM

- Inner Wellbeing
- Resiliency/Gratitude Practice
- Physical Movement
- Strengths Based Perspective

## SELF FULFILLMENT

- Spiritual Practice
- Internal Reference Points
- Mediation/Mindfulness
- Needs of the soul.

## STORM SPECIFIC NEEDS

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- 
- 
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## Needs.

Once you are clear and have a strong plan for hierarchal needs, the next step is processing needs over the whole life.

Within a storm, people's ability is to understand where they are in the need environments diminishes greatly. Helping your client to clarify if it is a genuine need, based on who they are as a human being or the challenge itself or if it comes from external reference points helps them to plan a day based on real internal needs.

Using clarifiers helps to understand the truth about the need.

### **Clarifiers:**

- **Need or societal need?**
- **Guilt or Need?**

In challenges, separations, divorce, death, illness, catastrophe, and most of the significant storms, there are intense societal beliefs or norms around how one should behave and what actions one should take.

Your role as a coach is to help your client figure out if this is an actual internal need or desire or if they are being influenced by these societal beliefs about need. Again familial cultural and generational beliefs play a role here, but broader worldwide beliefs also affect the space.

To coach someone powerfully and masterfully, you have to let all of those belief systems go and come from pure curiosity and wonder how they would like to show up in this particular moment.

Guilt versus need is a complex journey of discovery. Guilt can take a pervasive roll in a storm within hours of the storm's arrival. Helping your client determine the truth behind the need and becoming a redemptive assistance partner in this space could be life-changing. Needs based on guilt often turn into anger, resentment, and extreme stress. Powerful questions couched in empathy help your client to "see" truths so they can make choices based on true need versus a belief system forced upon them.



## Societal Need and Guilt - Your Journey.

Where has societal need replaced your own needs in a storm journey? What can you learn from your experience?

**“We are what we pretend to be,  
so we must be careful about what we pretend to be.”  
- Kurt Vonnegut**

Where has guilt influence your choices in a storm? What can you learn from this experience?



## Choice Fatigue.

Choice fatigue occurs when The Storm requires life-changing decisions, the more often, the more likely your client will experience this phenomena.

Your client hits capacity, and their ability to make daily, inconsequential, or simple choice, implodes and can result in fury, emotion, tears, anger, shutting down, or flight.

To the family/friends or supportive partners, it appears irrational.

It makes little sense until the moment is extrapolated out to include a holistic view of the entirety of their lives.

Discussing this possibility with your client BEFORE it happens helps them to understand what they are experiencing and also allows them to design relationship and network environments to support these choice moments.

Choice fatigue can show up in simple requests, which is why they seem confusing for all parties involved. In these moments, preemptive knowledge is power.

They are disconcerting, emotional, and confusing, otherwise. And they can destroy relationships without coaching and support in this space.



## Requests for Help/Assistance/Support.

Requesting help/support and assistance hold the same complexities as choice. Once in a storm experience, the ability to clarify the need for help or assistance gets lost in a sea of challenges.

People will offer help and support, but the offer's openness falls on deaf ears as the storm's intensity drowns out offers.

Coaching your client through the hierarchy of needs first allows you to clear this space for a more powerful presence here. If too much is swirling around, offers of help and assistance go nowhere, and your client will feel isolated, alone, and left feeling that no one is available for support even if this is very far from the truth.

Simple conversations with supportive people can go far here. Letting people into the vulnerable space of unknowing is fearful, as the pull of control will hold your client tightly.

Setting boundaries, fully expressing needs, and standing in this space with power can influence the storm's entirety.

For all of us, learning, "I am here if you need me," can be an ineffective or even stressful offer if eye-opening. Rarely are people in the storm able to do anything with open offers, as the storm consumes them.

Helping relationships and network environments make precise offers of specific support is similar to when the first few rays of light break through clouds when clearings begin.

### **Two AM Phenomenon**

In high-stress experiences middle of the night, Two AM waking stress and fear creates a deep sense of aloneness in the journey. It is a collective, shared experience; support systems are an essential environmental design component in the request for help.

The 2 am phenomenon can significantly contribute to rumination and PTSD if not addressed early in The Storm.

In this experience, awareness changes everything. The ability to create a supportive Two Am environment before experiencing it leads to more resiliency and daily capabilities.



## Help.

Where have you made/receive open offers of help that were not accepted? What can you learn from your experience?

**“Yes I’m seeking for someone, to help me.  
So that some day I will be the someone to help some other one.”  
- Vignesh Karthi**

What did you really want to offer or need in this experience?

# NEUROPLASTICITY

The Ability of the Brain to Reorganize Itself,  
Both in Structure and How It Functions

## HOW THE BRAIN CHANGES



### NEUROGENESIS

Continuous generation of new neurons in certain brain regions



### NEW SYNAPSES

New skills and experiences create new neural connections



### STRENGTHENED SYNAPSES

Repetition and practice strengthens neural connections



### WEAKENED SYNAPSES

Connections in the brain that aren't used become weak

## NEUROPLASTICITY CAN TAKE PLACE WHEN CHANGES OCCUR IN:



Characteristics of Dendritic Spines



Properties of Membrane and Ion Channels



Hormonal Activity



Microglia Activity



DNA Regulation and Transcription

# NEUROPLASTICITY CAN RESULT FROM:



Traumatic Events



Stress



Social Interaction



Meditation



Emotions



Learning



Paying Attention



Diet



Exercise



New Experiences

## THE **BRIGHT** AND **DARK** SIDES OF NEUROPLASTICITY



Neuroplasticity makes your brain resilient.

Neuroplasticity enables you to recover from stroke, injury, and birth abnormalities.

You can learn new ways of being and responding to conflict.

In many cases, you can also overcome depression, addiction, obsessive compulsive patterns, ADHD, and other issues.



Neuroplasticity means the brain is always learning.

But the brain is neutral - it doesn't know the difference between good and bad.

It learns whatever is repeated - both helpful and unhelpful thoughts, actions, and habits.

Therefore neuroplasticity may entrench depressive, anxious, obsessive, and over-reactive patterns.

# *Neuroplasticity resources and sources*

## *Neuroplasticity*

<https://www.psychologytoday.com/us/blog/the-athletes-way/201702/how-do-neuroplasticity-and-neurogenesis-rewire-your-brain>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4026979/>

<https://positivepsychology.com/neuroplasticity/>

<http://jonlieffmd.com/blog/human-brain/more-about-neuroplasticity>

## *Meditation*

<https://meditation-research.org.uk/neuroscience/meditation-and-neuroplasticity-five-key-articles/>

<https://www.wbur.org/commonhealth/2018/04/06/harvard-study-relax-genes>

<http://centerhealthyminds.org/assets/files-publications/DavidsonBuddhaIEEESignalProcessingMagazine.pdf>

## *Infographic on previous pages Courtesy of NICAMB*

<https://www.nicabm.com/brain-how-does-neuroplasticity-work/>



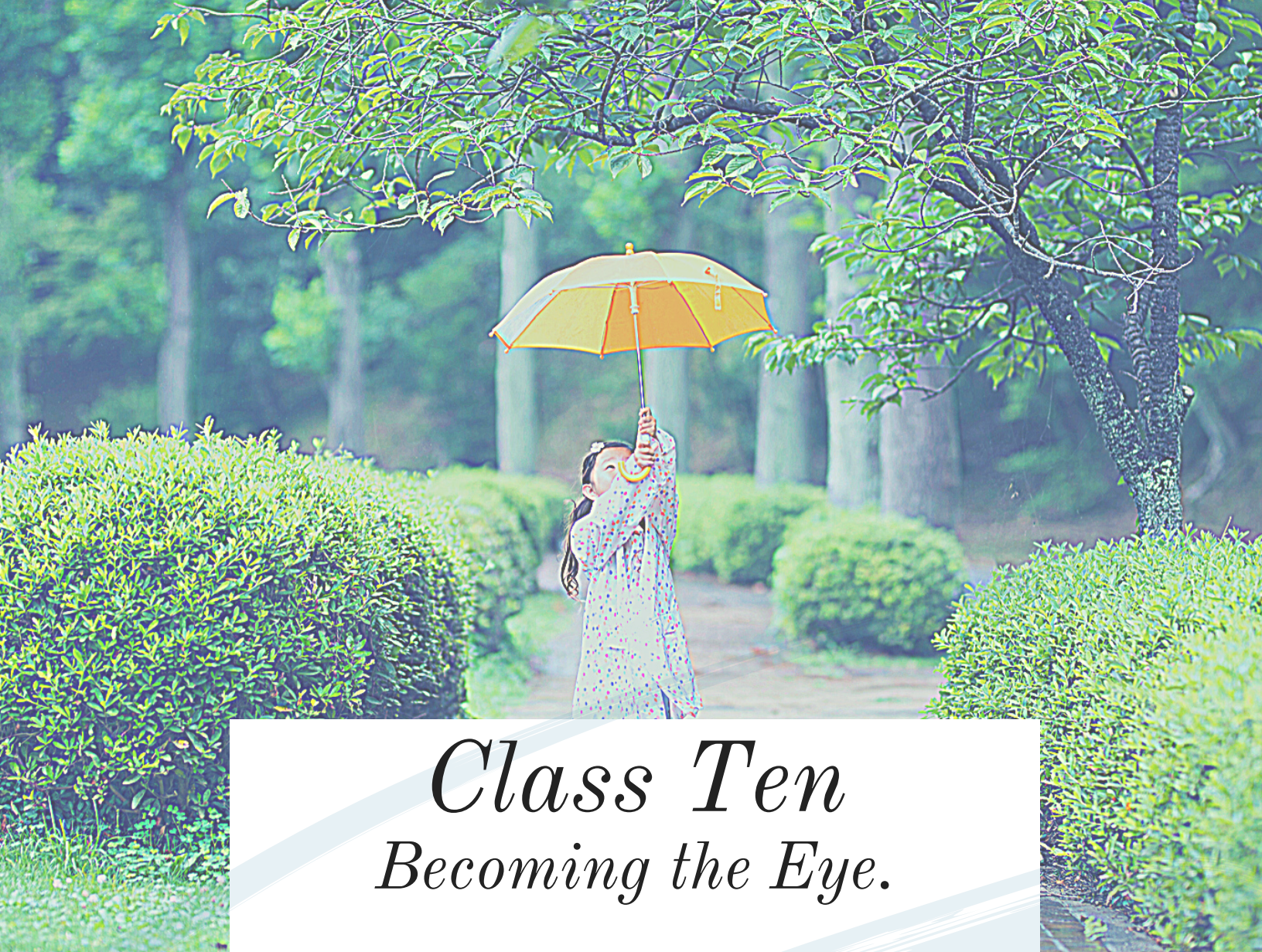
# *Class Nine*

## *Growth. Greatness.*

### *Gratitude.*

“There is nothing shameful or reprehensible about putting your needs first. In fact, by doing so, you can pursue your purpose efficiently and be generous to others at the same time.”

Dr. Prem Jagyasi.



## *Class Ten* *Becoming the Eye.*

“There is nothing shameful or reprehensible about putting your needs first. In fact, by doing so, you can pursue your purpose efficiently and be generous to others at the same time.”

Dr. Prem Jagyasi.



# *Crisis Resources*

## SUICIDE HOTLINES

1-800-273-8255

**National Suicide Prevention Hotline**

<https://suicidepreventionlifeline.org/talk-to-someone-now/>

**Crisis Text Line** -- Text Hello to 741741

800-950-NAMI

**National Alliance on Mental Illness**

## SELF HARM

800-950-NAMI

**National Alliance on Mental Illness**

**Crisis Text Line** -- Text Hello to 741741

## SEXUAL ABUSE

1-800-656-4673

**RAINN's (Rape, Abuse & Incest National Network)**

## DOMESTIC ABUSE

800-799-7233

**National Domestic Violence Hotline**

1-855-812-1001

**National Deaf Domestic Violence Hotline**

## ADDICTION

1-800-662-4357

**SAMHSA National Helpline**

## CHILD ABUSE

1-800-422-4453

**Childhelp National Child Abuse Hotline**



# *Crisis Resources*

## CRISIS LINE - ADULTS

**Crisis Text Line** -- Text Hello to 741741

800-950-NAMI

**National Alliance on Mental Illness**

## CRISIS LINE TEENS

1-877-968-8491

Text teen2teen to 839863

**YouthLine:** safe space for children and adults ages 11 to 21.

## LGBTQIA CRISIS

1-888-843-4564

**LGBT National Hotline**

1-877-565-8860

**Trans Lifeline**

1-888-234-7243

**LGBT Senior Hotline**

## LGBTQIA CRISIS: TEENS

1-800-246-7743

**LGBT National Youth Talkline**

1-866-488-7386

OR text START to 678678

**The Trevor Project**

## DISASTER DISTRESS

1-800-985-5990

Text: TalkWithUs to 66746

**Disaster Distress Helpline**

## ACTIVE DUTY/VETERANS

1-800-273-8255 : PRESS ONE

Text: 838255

Support for deaf: 1-800-799-4889

[VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/Chat)

**Veterans Crisis Line**