

OVERCOMING ADVERSITY LEADING IN UNCERTAIN TIMES

An interactive, 3-part webinar with:

Chief John Buckman | Tim Shurr | Dan Seidberg

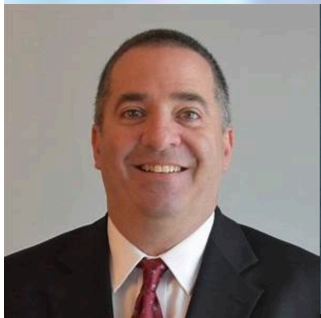
Part 1: Thursday, March 26, 1:00 pm ET

Part 2: Monday, March 30, 7:00 pm ET

Part 3: Wednesday, April 1, 1:00 pm ET

LINK: <https://www.survivingtothriving.me/webinar>

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Dan Seidberg



John Buckman



Tim Shurr

STARTING SHORTLY...

Your Presenters:

Chief John M. Buckman III

Chief Buckman served 35 years as Fire Chief of the German Township VFD, and is currently the Director of Government and Regional Outreach for IamResponding. He has been involved with the International Association of Fire Chiefs, serving as President in 2001-2002 and he served as Chair in 1994 of the Volunteer and Combination Officers Section. He has authored over 120 articles and presented education programs in each State and Canadian province. Today he is most excited to spend time with his youngest grandkids and making photos

Tim Shurr, MA President, Shurr Success, Inc.

Tim is a leading expert in reducing anxiety and stress. Over the last 25 years, he has facilitated over 15,000 individual coaching sessions and has authored numerous books, audio programs, and online training classes. Tim has also partnered with the IAFC's VCOS in providing "Mesmerizing Leadership For Fire Chiefs" online classes.

Daniel Seidberg President, IamResponding.com

Dan is a business leader, having founded and run businesses since he was 14 years old. Dan is currently the co-owner and President of IamResponding.com, which is the premier emergency communications system used by 8,000+ emergency response entities and 400,000+ emergency responders. Dan also serves on the Board of Education of a K-12 public school district.

The Current Reality:

491,623 confirmed COVID-19 cases worldwide

69,210 confirmed COVID-19 cases in the US

3,404 confirmed COVID-19 cases in Canada

22,169 confirmed COVID-19 deaths worldwide

Source: <https://coronavirus.jhu.edu/map.html>

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More Reality:

3,300,000 new unemployment claims filed in the US
(just last week)

In many parts of the US and elsewhere:

K-12 School Districts: **closed**

Colleges and Universities **closed**

Non-essential business: **closed**

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What Does This Cause:

Tremendous Uncertainty, plus:

Stress | Anxiety | Isolation | Depression

What Does This Require:

Strong, determined, empathetic,
compassionate and patient leadership

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What Can You Do?

Ears & Eyes

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Overcoming Adversity!

LEADING IN TODAY'S STRESSFUL
ENVIRONMENT

JOHN M. BUCKMAN III

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“WHAT IF?”

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HOW TO BUILD RESILIENCY

1. Maintain good relationships with close family members, friends and others.
2. Avoid seeing crises or stressful events as unbearable problems.
3. Accept circumstances that cannot be changed.
4. Develop realistic goals and move toward them.
5. Take decisive actions in adverse situations.
6. Look for opportunities of self-discovery after a struggle with loss.
7. Develop self-confidence.
8. Keep a long-term perspective and consider the stressful event in a broader context.
9. Maintain a hopeful outlook, expecting good things and visualizing what is wished.
10. Take care of one's mind and body, exercising regularly, paying attention to one's own needs and feelings.



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Self-Management Tips

- Get adequate REST, not just sleep...
- Spend time with spouse and kids...
- Eat regularly and healthy...
- Go for a walk...
- Talk to people about things besides business...
- Take a nap...
- Listen to your favorite music...
- Call a friend...
- Limit alcohol consumption...
- Read a book...
- Listen to an audio book or podcast...

3 STEPS TO *QUICKLY*
REDUCE ANXIETY
&
CALMLY
TAKE CHARGE
IN A CRISIS!

TIM SHURR, MA

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500,000 Years Ago...



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STRESS PREPARES



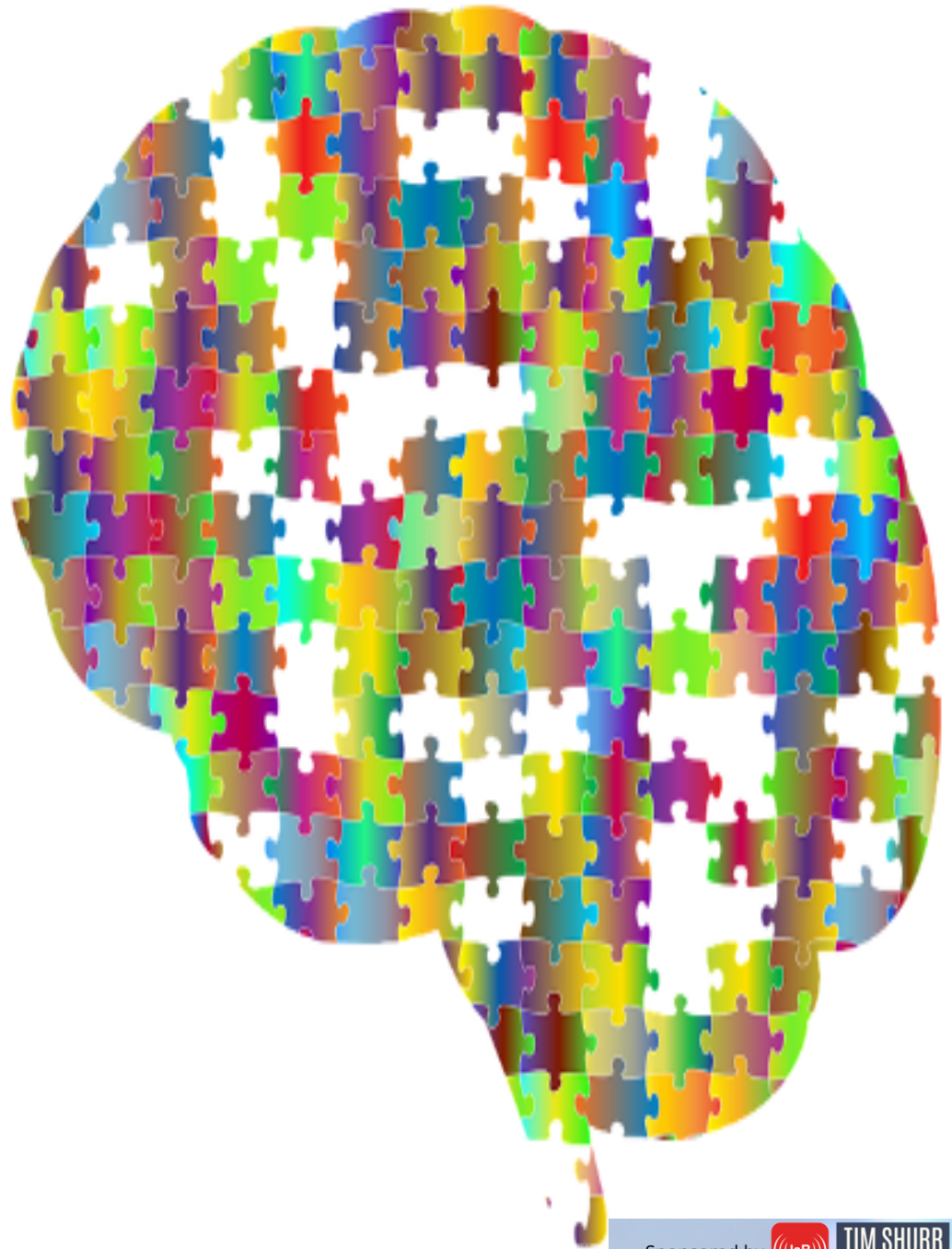
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2 Hard-Wired Systems

- **Fight Or Flight**
- **Relaxation Response**



ANXIETY
OCCURS WHEN
YOUR INNER
FIRE ALARM
GETS
ACTIVATED
WHEN THERE'S
NO FIRE!



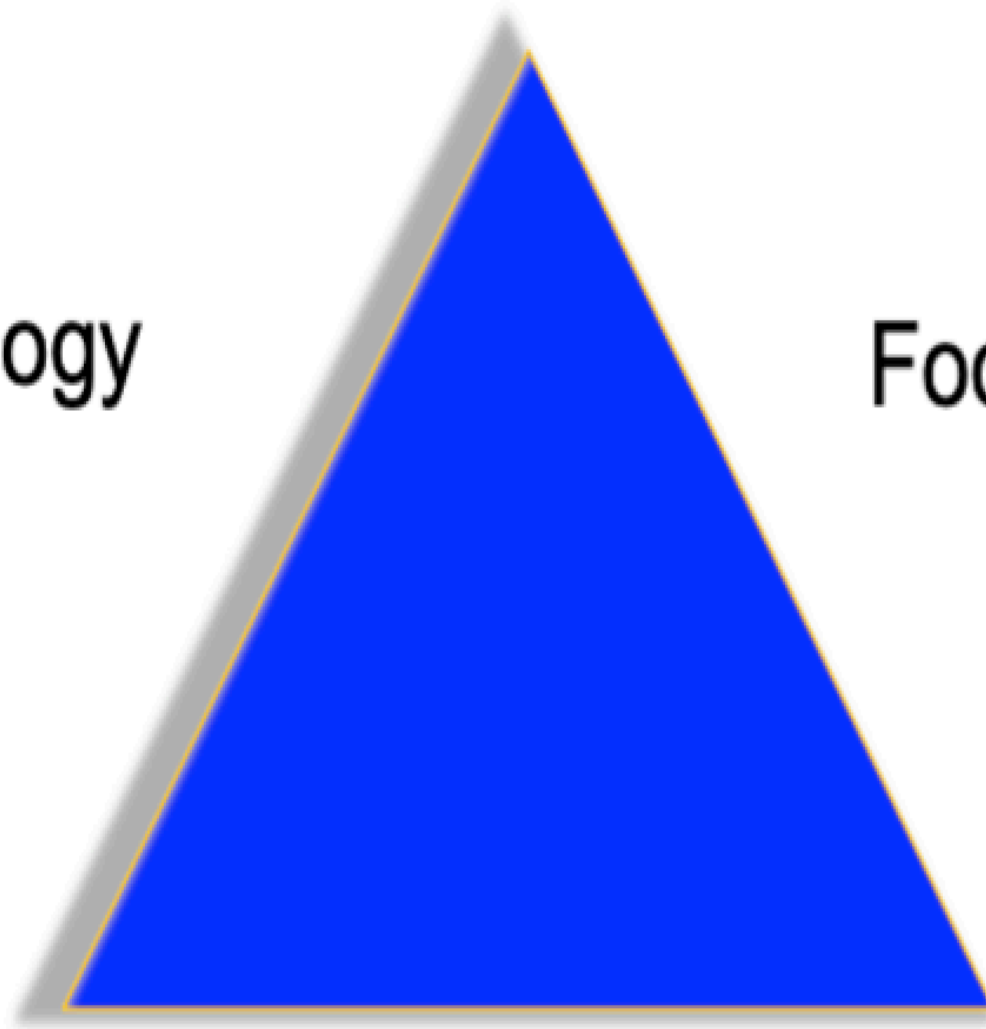
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Physiology

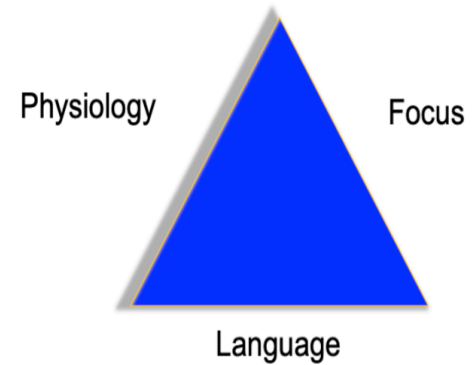
Focus



Language

**How To Activate
Any Emotional State!**

How To Activate Fight/Flight (ANXIETY)!



PHYSIOLOGY (Body)

Breathe through your mouth, short & shallow, upper chest. Tighten muscles. Move quickly. **SPEED UP!**

FOCUS (Mental Imagery)

Imagine what you DON'T want to have happen.

Play “worst case scenarios” in your mind.

Make scary future events or hurtful memories from the past large and clear in the theatre of your mind and repeatedly replay them.

LANGUAGE (Self-Talk)

Tell yourself things are NOT going to work out.

Be discouraging, non-supportive, and critical of yourself and others!

How To Activate Relaxation (CALM)!



PHYSIOLOGY (Body)

Breathe through your nose, slow & deep, belly breathing.

Loosen muscles. **SLOW DOWN!**

FOCUS (Mental Imagery)

Imagine what you WANT to have happen. **Play “desired outcomes” in your mind.** Transform worrisome thoughts by asking yourself, “What do I want to have happen?” Shrink fears down and put more energy into **being present & resourceful!**

LANGUAGE (Self-Talk)

Tell yourself things ARE going to work out. **Be encouraging, supportive, and kind to yourself and others!**

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