



FIND YOUR VOICE - RECLAIM YOUR POWER

POP QUIZ!!!



TRUE OR FALSE

1 in 3 MCA members have admitted to
hiding their true feelings behind a fake smile.



SMILE!

DAVID SMITH
EXECUTIVE DIRECTOR





JUST BECAUSE SOMEONE LEAVES THE WORKPLACE PHYSICALLY
HEALTHY DOESN'T MEAN THAT THEY AREN'T HURT OR INJURED.



I AM
BROKEN

**BODY DYSMORPHIC
DISORDER**

BIPOLAR DISORDER

**ATTENTION
DEFICIT DISORDER**

ADDICT

**GENERALIZED
ANXIETY DISORDER**



**CLINICAL
DEPRESSION**

**DISSOCIATIVE
IDENTITY
DISORDER**

SCHIZOPHRENIA

OBSESSIVE COMPULSIVE DISORDER





THE #1 TIP FOR POSITIVE MENTAL HEALTH

**AVOID SURROUNDING
YOURSELF WITH
A###HOLES**

TRUE OR FALSE

Men and women experience similar symptoms of mental health issues, but men react differently than women.



| FEMALES | MALES |
|---------|-------|
| | |
| | |
| | |

| FEMALES | MALES |
|---------|-------|
| SADNESS | |
| | |
| | |

| FEMALES | MALES |
|------------------|-------|
| SADNESS | |
| BLAME THEMSELVES | |
| | |

| FEMALES | MALES |
|-------------------|-------|
| SADNESS | |
| BLAME THEMSELVES | |
| TURN TOWARDS FOOD | |

“

ALCOHOL IS THE ONLY DRUG THAT
YOU HAVE TO JUSTIFY WHY YOU ARE
NOT TAKING IT
INSTEAD OF JUSTIFYING WHY YOU DO.



TRUE OR FALSE

You respond the same way towards your
emotional pain as your physical pain.





EMOTIONS ARE

ENERGY

TRUE OR FALSE

You have a hard time reaching out for help.









“

**OVER TIME I LEARNED HOW TO UNCLENCH
MY FISTS AND REACH OUT FOR HELP WITH
FINGERS FULLY EXTENDED.**



“

**OVER TIME I LEARNED HOW TO UNCLENCH
MY FISTS AND REACH OUT FOR HELP WITH
FINGERS FULLY EXTENDED.**

**TO MY SURPRISE, I FOUND MORE HANDS
REACHING BACK THEN I COULD EVER HAVE
IMAGINED.**

- ERIC HARDER, HR, CAMECO CORP.

MENTAL HEALTH | IT'S TIME TO TALK



TRUE OR FALSE

Suicide is not about death,
but rather an escape.





THE TWO MOST IMPORTANT THINGS IN LIFE ARE
LOVE AND FORGIVENESS







TRUE OR FALSE

It's uncomfortable approaching someone who appears to be struggling with their mental health.



**HOW DO YOU SUPPORT
THE PEOPLE AROUND YOU?**



I am here for you.

I am here for you.

Thanks. I am going through a tough time so it means a lot.

I am here for you.

Thanks. I am going through a tough time so it means a lot.

Sorry. I lost all my contacts.
Who is this?

I am here for you.

Thanks. I am going through a tough time so it means a lot.

Sorry. I lost all my contacts. Who is this?

This is your Uber driver.

I am here to pick you up.

1

ACT ON YOUR INTUITION

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2 LISTEN - DON'T FIX

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3 VALIDATE THEIR COURAGE

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3 VALIDATE THEIR COURAGE

4 DIRECT THEM TOWARDS RESOURCES

1 ACT ON YOUR INTUITION

2 LISTEN - DON'T FIX

3 VALIDATE THEIR COURAGE

4 DIRECT THEM TOWARDS RESOURCES

5 CONTINUE TO CHECK IN

**YOU CAN'T POSSIBLY
UNDERSTAND WHAT I'VE
GONE THROUGH!**

HELP ME TO UNDERSTAND

TRUE OR FALSE

You may never know the impact your words
or actions have.





IAN MCNEIL



TRUE OR FALSE

You were born resilient.



**TRUE STORIES OF
LIFE'S GREATEST CHALLENGES**

with foreword by Clint Malarchuk

BORN

RESILIENT

by Bestselling Author

Allan Kehler

B.Ed., B.PhEd.









Born Resilient™



TRUE OR FALSE

Change is hard.

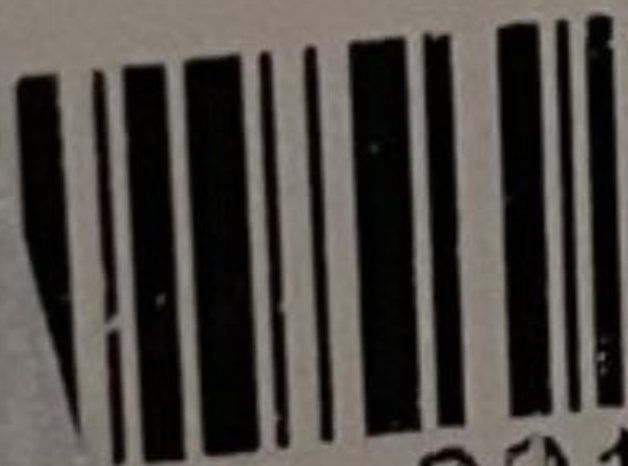


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BONUS



6 COMMITMENTS TO STOP EXISTING AND START LIVING FOR YOU!

- 1. USE YOUR VOICE IN TIMES OF NEED**
 - Voice is a muscle, use it!
 - Find your voice - include your power
- 2. SLOW DOWN AND RECONNECT**
 - Limit up time technology to recharge
 - Connect meaningful conversations with yourself, others, and nature
- 3. GIVE YOURSELF PERMISSION TO FEEL**
 - Suppressing emotional pain will manifest into physical pain
 - Feeling leads to healing
- 4. PROTECT YOUR ENERGY**
 - Establish boundaries to create your own peace
 - Surround yourself with people who bring you up, not down
- 5. SMALL STEPS LEAD TO BIG CHANGES**
 - If you want something different, you have to do something different
 - Your greatest loss can lead to your greatest rewards
- 6. PRIORITIZE YOUR WELLNESS**
 - Make time for number one
 - Taking care of yourself is part of taking care of others



CHANGE CREATING NEW HABITS

1. Identify one thing you need to change: _____

2. What is your greatest incentive to make this change? _____

3. Complete a pros and cons list about making this change.

| PROS | CONS |
|------|------|
| | |
| | |
| | |

4. How important is it for you to make this change?
1 2 3 4 5 6 7 8 9 10

5. How confident are you that you can make this change?
1 2 3 4 5 6 7 8 9 10

6. Identify roadblocks that will make it difficult to make this change (people, places, and situations):

7. Make a list of supports that can assist you through change:

THOUGHTS → FEELINGS → ACTIONS

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6 COMMITMENTS

TO STOP EXISTING AND START LIVING FOR YOU!

1

USE YOUR VOICE IN TIMES OF NEED

- Vulnerability equals strength
- Find your voice - reclaim your power

2

SLOW DOWN AND RECONNECT

- Unplug from technology to recharge
- Create meaningful connections with yourself, others, and nature

3

GIVE YOURSELF PERMISSION TO FEEL

- Neglecting emotional pain will manifest into physical pain
- Feeling leads to healing

4

PROTECT YOUR ENERGY

- Establish boundaries to create your own peace
- Surround yourself with people who bring you up not down

5

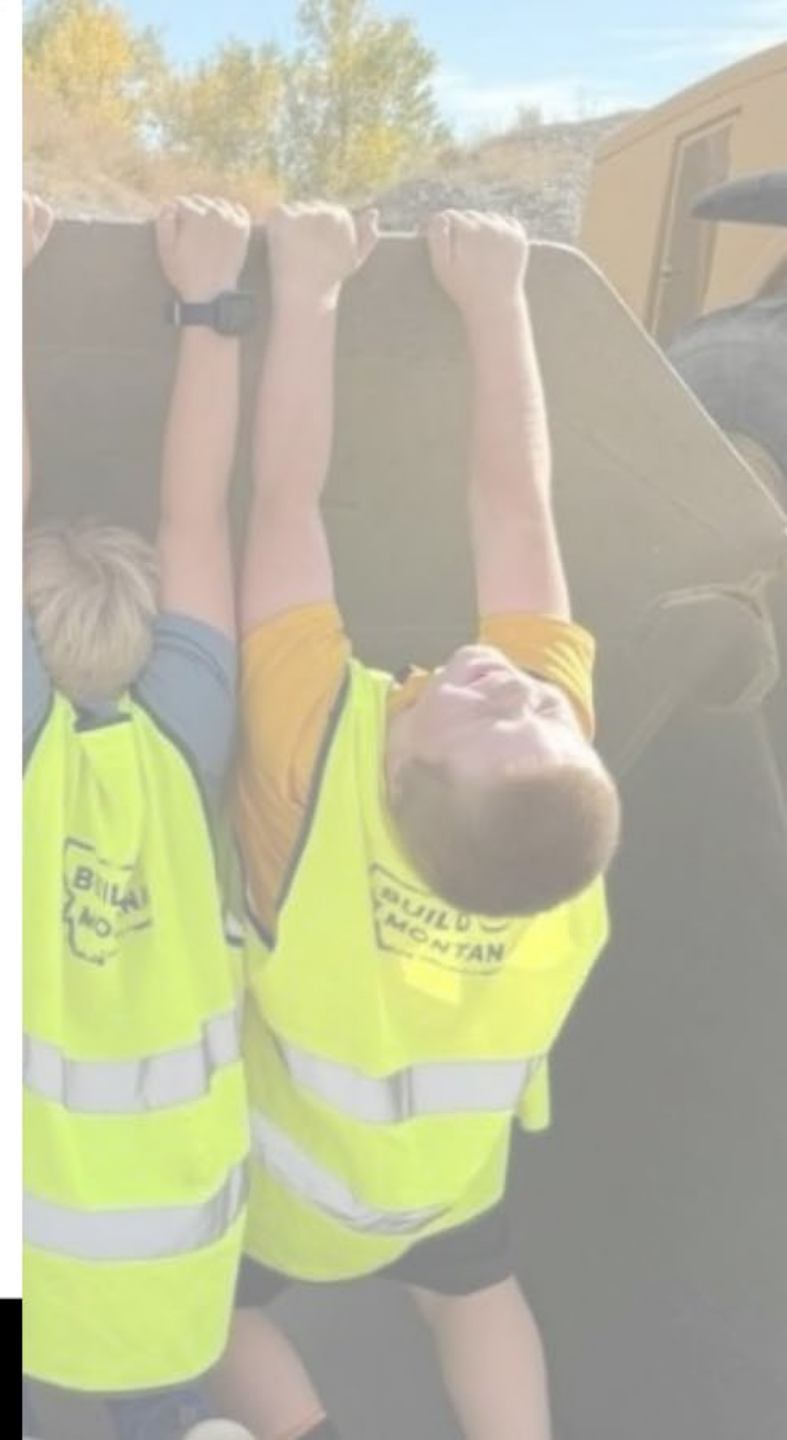
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TRUE OR FALSE

Contractors build more than structures -
They build strength when they stand together.



THE MONTANA CONTRACTORS ASSOCIATION IS THE PREMIER MEMBERSHIP ORGANIZATION REPRESENTING MONTANA'S CONSTRUCTION INDUSTRY & PROFESSIONALS WHILE IMPROVING THE QUALITY OF LIFE AND SAFETY IN OUR **COMMUNITIES.**





"MEN'S HEADING."

—/MILE M. LEE 2019



TED^x







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BONUS



6 COMMITMENTS TO STOP EXISTING AND START LIVING FOR YOU!

- 1. USE YOUR VOICE IN TIMES OF NEED**
 - Voice is a difficult muscle to strengthen
 - First year voice - include your partner
- 2. SLOW DOWN AND RECONNECT**
 - Limit up from technology to recharge
 - Create meaningful connections with yourself, others, and nature
- 3. GIVE YOURSELF PERMISSION TO FEEL**
 - Repeating emotional pain will manifest into physical pain
 - Feeling leads to healing
- 4. PROTECT YOUR ENERGY**
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