

**NAMSS**

**47<sup>th</sup>**

**EDUCATIONAL**

CONFERENCE & EXHIBITION

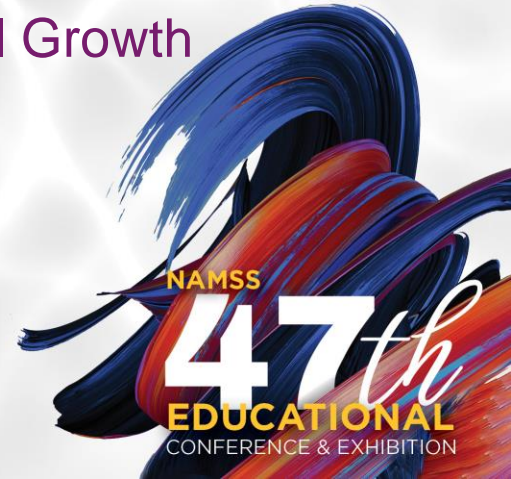
Orlando, Florida | September 10 – 13, 2023

**Building Better:**  
Setting the Foundation  
for the Future of the Profession

# Get Comfortable with Being Uncomfortable

The Importance of Discomfort and Professional Growth

#NAMSS23







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*PAMSS Immediate Past President*

*Pronouns: She/Her*

# Get Comfortable with Being Uncomfortable







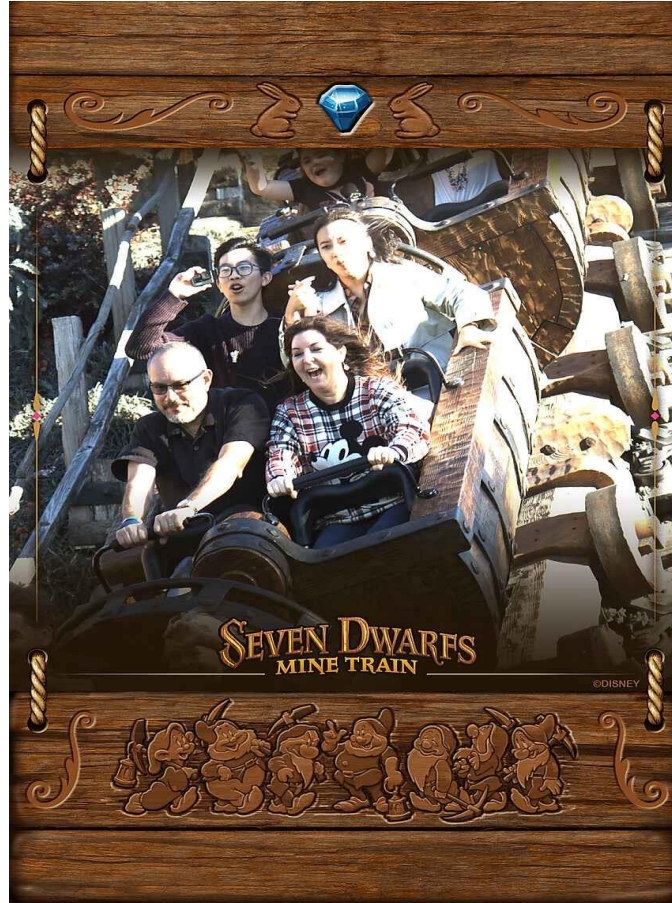
# 2018





2018

2021





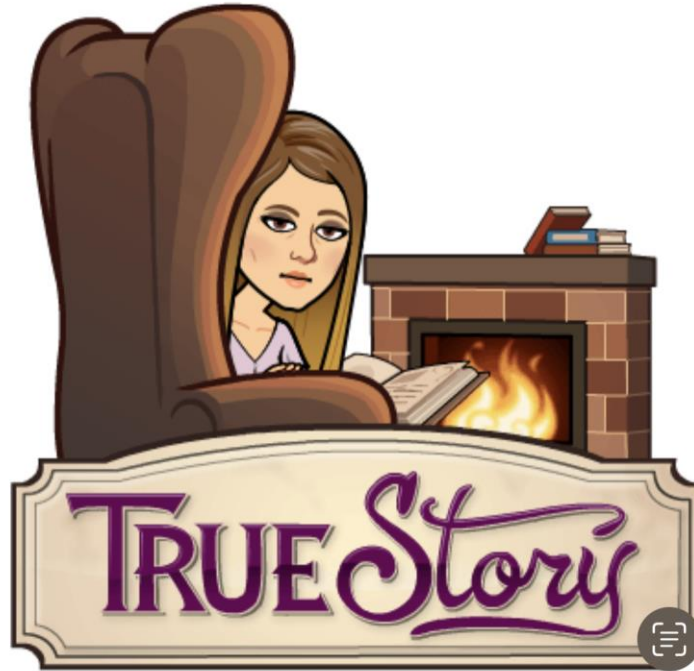


2023

# Get Comfortable Being Uncomfortable



# Why is this Topic Important?





# Why do we love our comfort zones?



Comfort Zone: “A situation in which you feel comfortable and you do not have to do anything new or difficult” - Cambridge Dictionary

# Comfort Zone

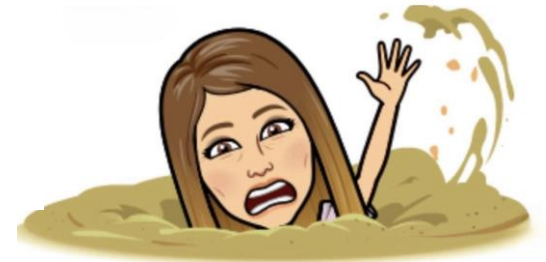


# Comfort Zone





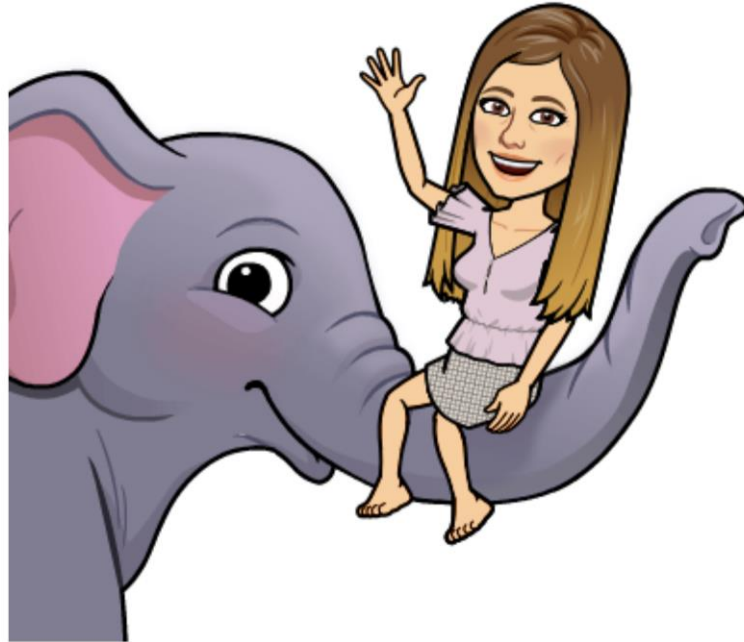
# Comfort Zone



# Stepping Outside your Comfort Zone



# Stepping Outside your Comfort Zone





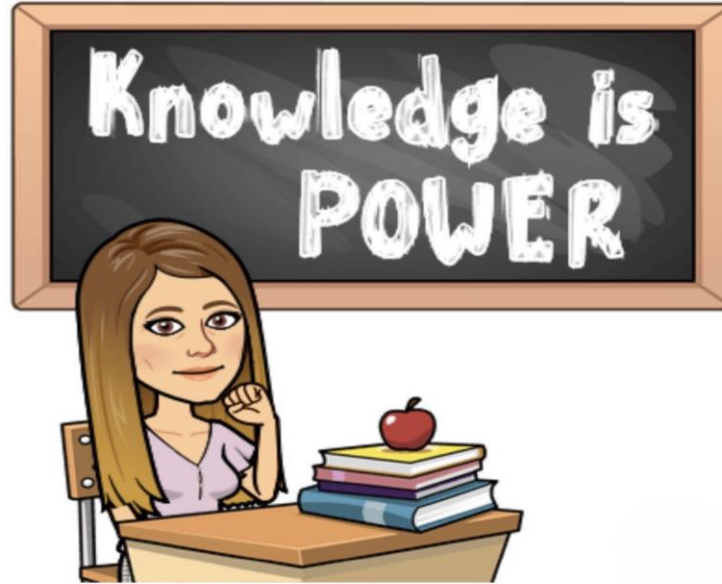
# Comfort Zone to Growth Zone



# Fear Zone

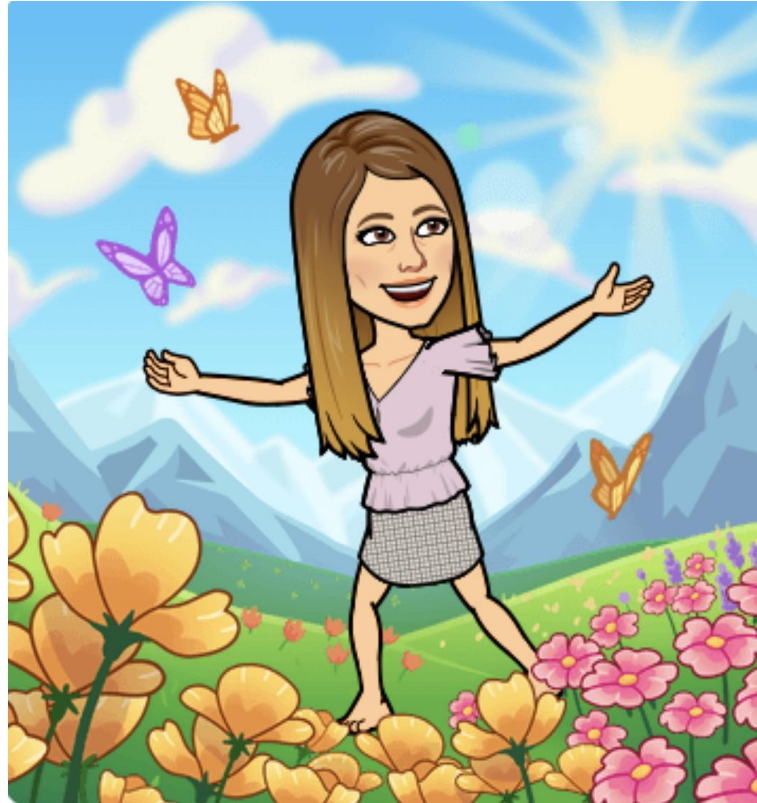


# The Learning Zone





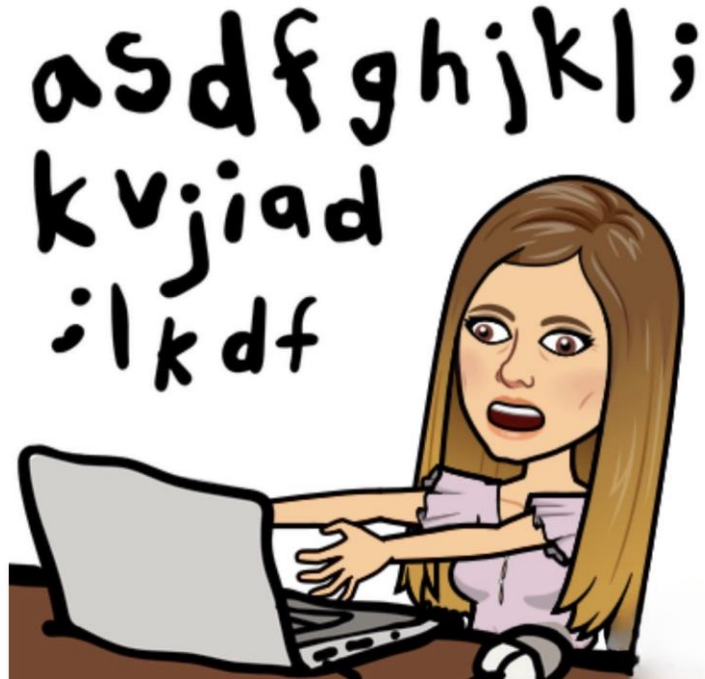
# The Growth Zone



# New Position



# New Position



# Comfort Zone to Growth Zone





# Leadership



# Comfort Zone to Growth Zone



# Difficult Conversations

**We need to talk.  
This is  
serious.**

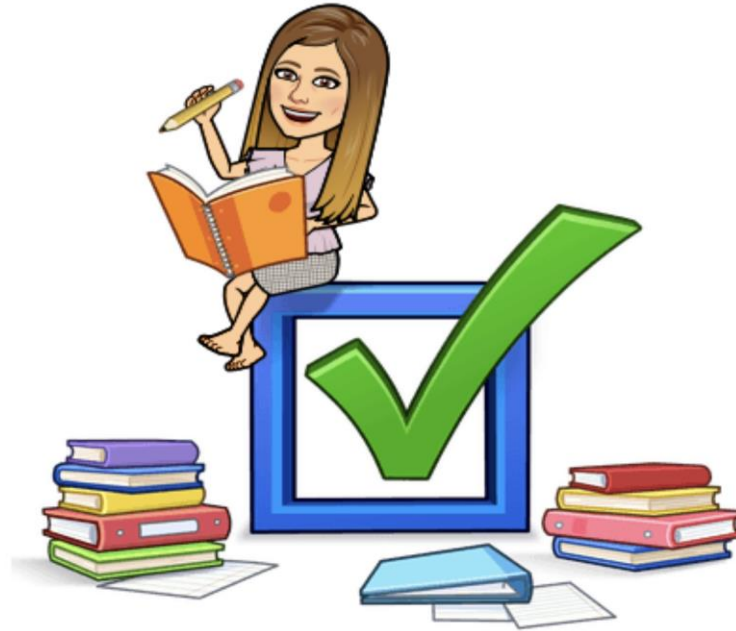


# Difficult Conversations





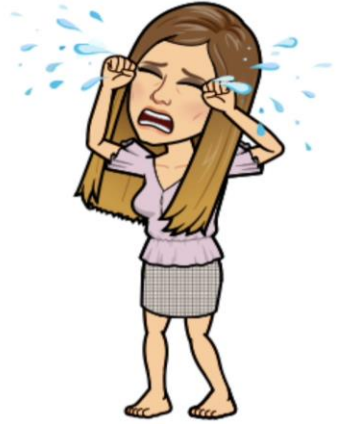
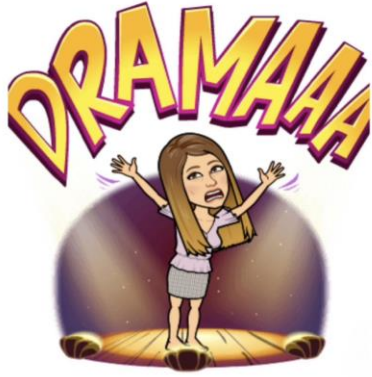
# Working with Different Personalities



# Working with Different Personalities

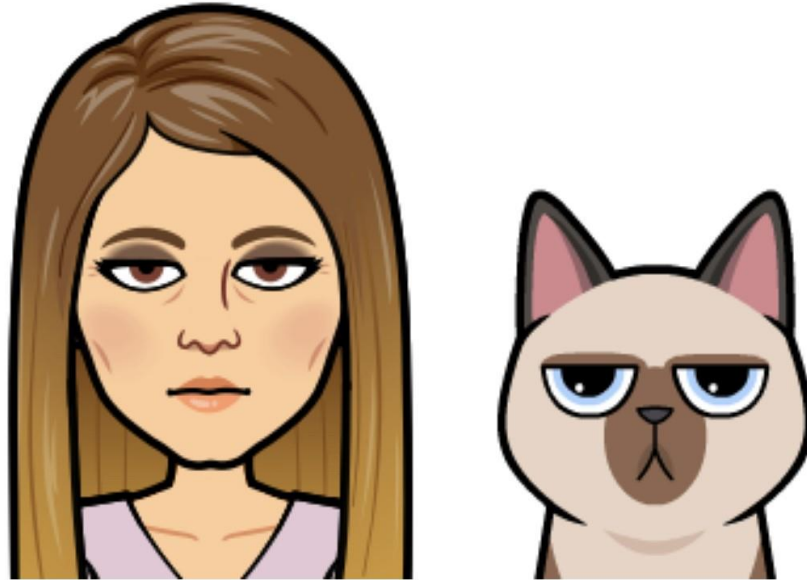


# Difficult People



- The Gossip
- The Blamer
- The Drama Queen
- The Control Freak
- The Victim
- The Quiet One
- The Paranoid One
- The Passive-Aggressive
- The Narcissist

# Difficult People





# Difficult People

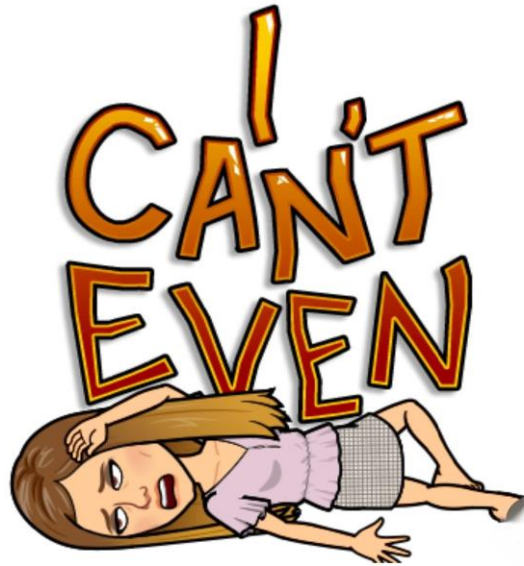
**WHAT  
HAPPENED?**



# Coping Mechanisms

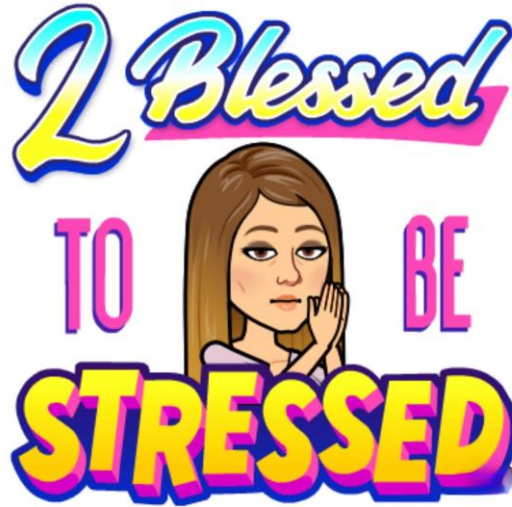


# Coping Mechanisms



Un-Healthy coping mechanisms lead to long term negative consequence.

# Coping Mechanisms



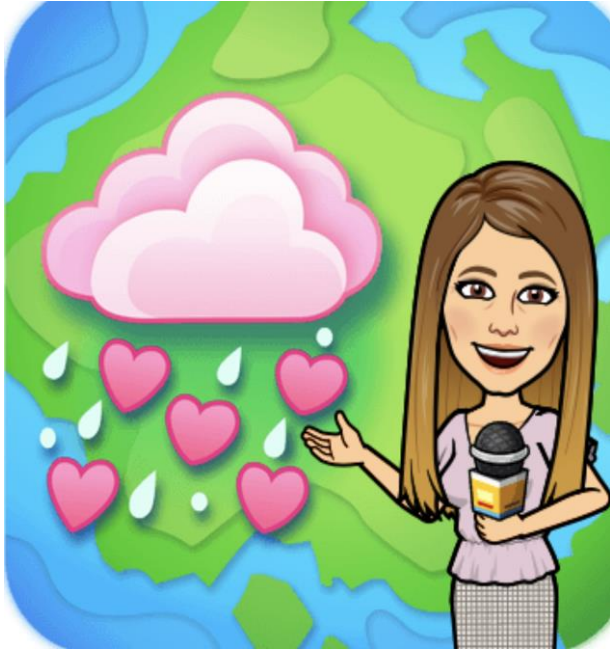
Healthy coping mechanisms which leads to long-lasting positive outcomes



# Embrace Discomfort



# Embrace Discomfort



- ***Identify the source of your discomfort.***
- ***Embrace the emotions you're feeling.***
- ***Reframe your experience in a positive light.***
- ***Repeat until you build up your tolerance to discomfort***

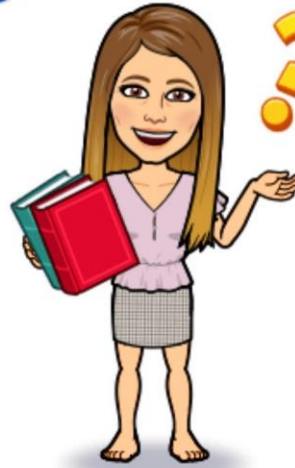
***- Tony Robbins, Life Coach***

# Conclusion



# Questions?

Any Questions?











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