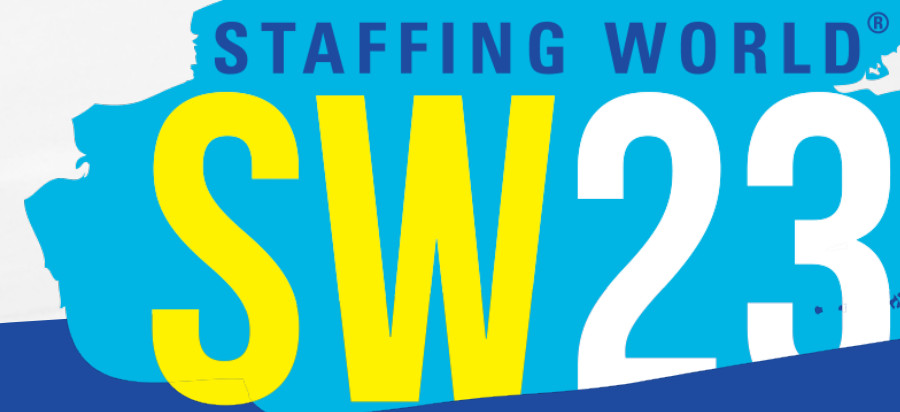




# Increase Collaboration and Communication Through Chaos and Change

Krista Ryan  
Founder, Workplace Performance Coach  
KfG Coaching LLC



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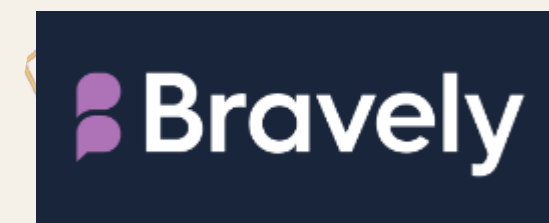
Welcome Staffing World!



I'm Krista Ryan

Let's Have Some F\*!#ING FU

# KFG around the world



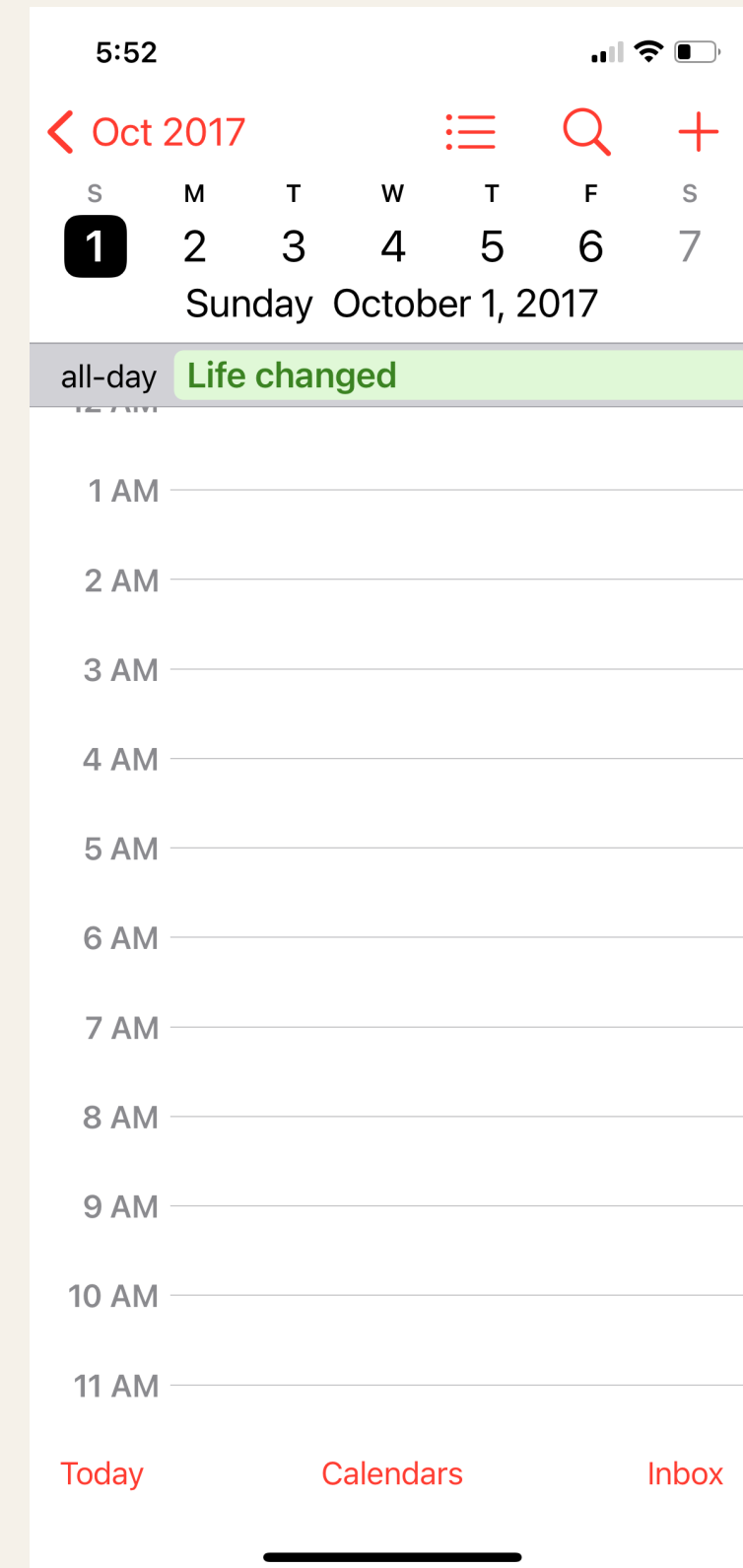
"If you are looking for a powerful formula to live your life, the KFG Formula is for you."

— Jack Canfield  
Coauthor of the *Chicken Soup for the Soul*® series and *The Success Principles™: How to Get from Where You Are to Where You Want to Be*





# Life Changed



K

Know

Awareness

Accountability

F

Focus

Values

Intention

G

Go

Mindset

Reset

**K**  
**Know**

Awareness

Accountability

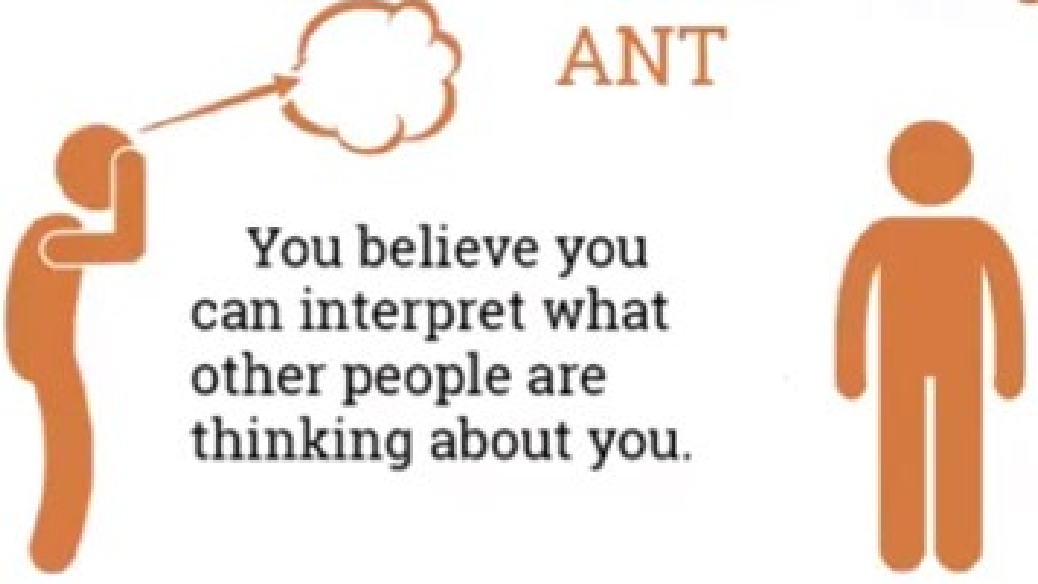






# ANT Traps: Automatic Negative Thoughts

Mindreading ANT




You believe you can interpret what other people are thinking about you.

Labeling ANT




You attribute negative character traits to yourself.

Fortunetelling ANT



You predict negative outcomes based on no or faulty evidence.

Catastrophizing ANT




You consider the worst case scenario when considering outcomes.

Addition By  
Subtraction

Circle of Accountability





what we can't control

event

+

response

what we can control

=

**outcome**



F

Focus

Values

Intention



# Values

**Acceptance:** to be open to and accepting of myself, others, life, etc.

**Adventure:** to be adventurous; to actively seek, create, or explore stimulating experiences

**Assertiveness:** to respectfully stand up for my rights and request what I want

**Authenticity:** to be authentic, genuine, real; to be true to myself

**Beauty:** to appreciate, create, nurture or cultivate beauty in myself, others, the environment, etc

**Caring:** to be caring towards myself, others, the environment, etc.

**Challenge:** to keep challenging myself to grow, learn, improve

**Compassion:** to act with kindness towards those who are suffering

**Contribution:** to contribute, help, assist, or make a positive difference to myself or others

**Cooperation:** to be cooperative and collaborative with other

**Courage:** to be courageous or brave; to persist in the face of fear, threat, or difficulty

**Creativity:** to be creative and value divergent thinking

**Curiosity:** to be curious, open-minded and interested; to explore and discover

**Diligence:** to be hardworking, industrious, energetically devoted

**Encouragement:** to encourage and reward behavior that I value in myself or others

**Freedom:** to live freely; to choose how I live and behave, or help others do likewise

**Friendliness:** to be friendly, companionable, or agreeable towards others

**Forgiveness:** to be forgiving towards myself or others

**Fun:** to be fun-loving; to seek, create, and engage in fun-filled activities

**Generosity:** to be generous, sharing and giving, to myself or others

**Gratitude:** to be grateful for and appreciative of the positive aspects of myself, others and life

**Honesty:** to be honest, truthful, and sincere with myself and others

**Humor:** to see and appreciate the humorous side of life

**Humility:** to be humble or modest; to let my achievements speak for themselves

**Independence:** to be self-supportive, and choose my own way of doing things

**Intimacy:** to open up, reveal, and share myself in my close personal relationships

**Innovation:** To be innovative and prioritize creative solutions

**Justice:** to uphold justice and fairness

**Kindness:** to be kind, compassionate, considerate, nurturing or caring towards myself or others

**Leadership:** to use influence to lead, inspire, and motivate others toward a shared goal. Love: to act lovingly or affectionately towards myself or others

**Order:** to be orderly and organized

**Open-mindedness:** to think things through, see things from others' points of view, and weigh evidence fairly.

**Patience:** to wait calmly for what I want

**Persistence:** to continue resolutely, despite problems or difficulties.

**Pleasure:** to create and give pleasure to myself or others

**Reciprocity:** to build relationships in which there is a fair balance of giving and taking

**Respect:** to be respectful towards myself or others; to be polite, considerate and show positive regard

**Responsibility:** to be responsible and accountable for my actions

**Romance:** to be romantic; to display and express love or strong affection

**Safety:** to secure, protect, or ensure safety of myself or others

**Self-awareness:** to be aware of my own thoughts, feelings and actions

**Self-care:** to look after my health and wellbeing, and get my needs met

**Self-development:** to keep growing, advancing or improving in knowledge, skills, character, or life experience.

**Self-control:** to act in accordance with my own ideals

**Spirituality:** to connect with things bigger than myself

**Skillfulness:** to continually practice and improve my skills, and apply myself fully when using them

**Supportiveness:** to be supportive, helpful, encouraging, and available to myself or others

**Trust:** to be trustworthy; to be loyal, faithful, sincere, and reliable



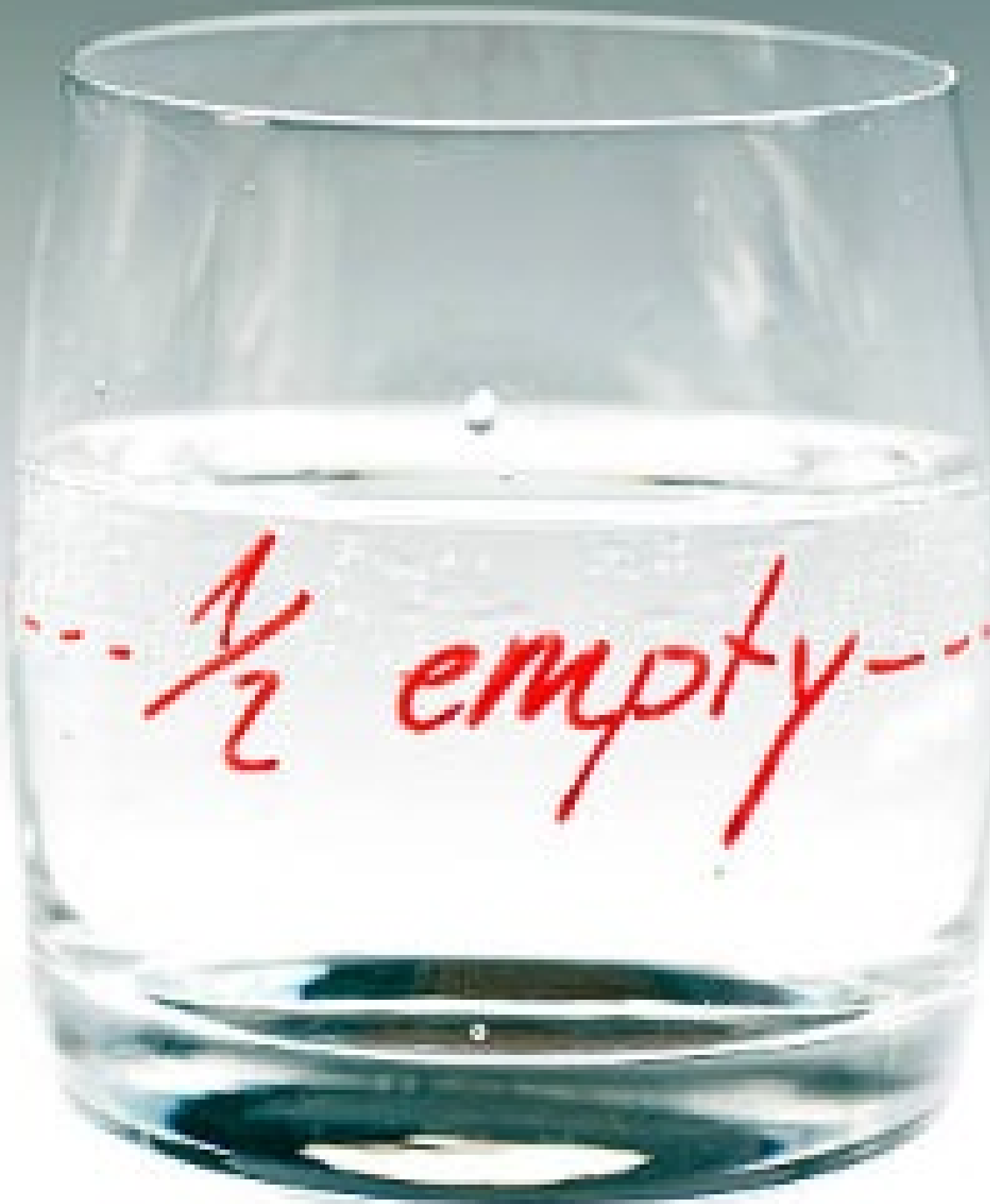


GT

Go

Mindset

Reset





# NEUTRAL THINKING

A thought process that focuses on the objective and concrete facts without judging or grading.





# 3 C's

C a t c h I t

C o n t r o l I t

C h a n g e I t



Poop  
in the  
pool

“Let me hear your voice.”







# Contact Krista

## LinkedIn

<https://www.linkedin.com/in/krista-ryan-pcc>

## Email

[hello@kristaryan.com](mailto:hello@kristaryan.com)

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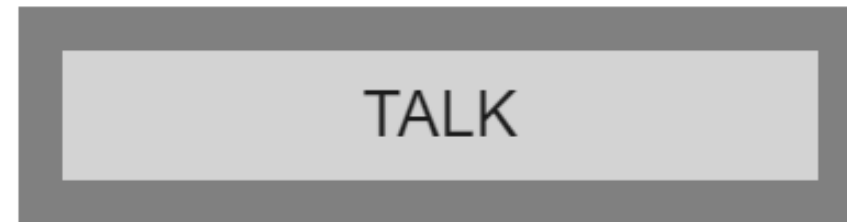
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get easier.

We get better.