



TODAY'S WEBINAR:

Reducing the Impact of Stress in the Face of Uncertainty

College Success
Foundation

Housekeeping

Submit Questions anytime:

- Just type your question into the Q&A at the bottom of the control panel
- Questions will be addressed during the Q&A session at the end of the presentation

This webinar will be recorded:

- We will share a link with you in the coming days.

Webinar Outline:

- > Welcome
- > Housekeeping
- > Speaker Introduction
- > Main Presentation
- > Q&A Session

Meet the speaker.

Student Success Consultant & Coach:

- 20+ years of counseling and coaching experience (13 years in student coaching)
- Authored two books for college students on resilience and emotional regulation
- Works closely with executives and students on interrupting Imposter Syndrome, self-doubt, stress and anxiety

A portrait of Kristin Taylor, M.A., a woman with long blonde hair and glasses, resting her chin on her hand. The image is overlaid with a semi-transparent red filter.

Kristin Taylor, M.A.

Student Success Coach and
Consultant

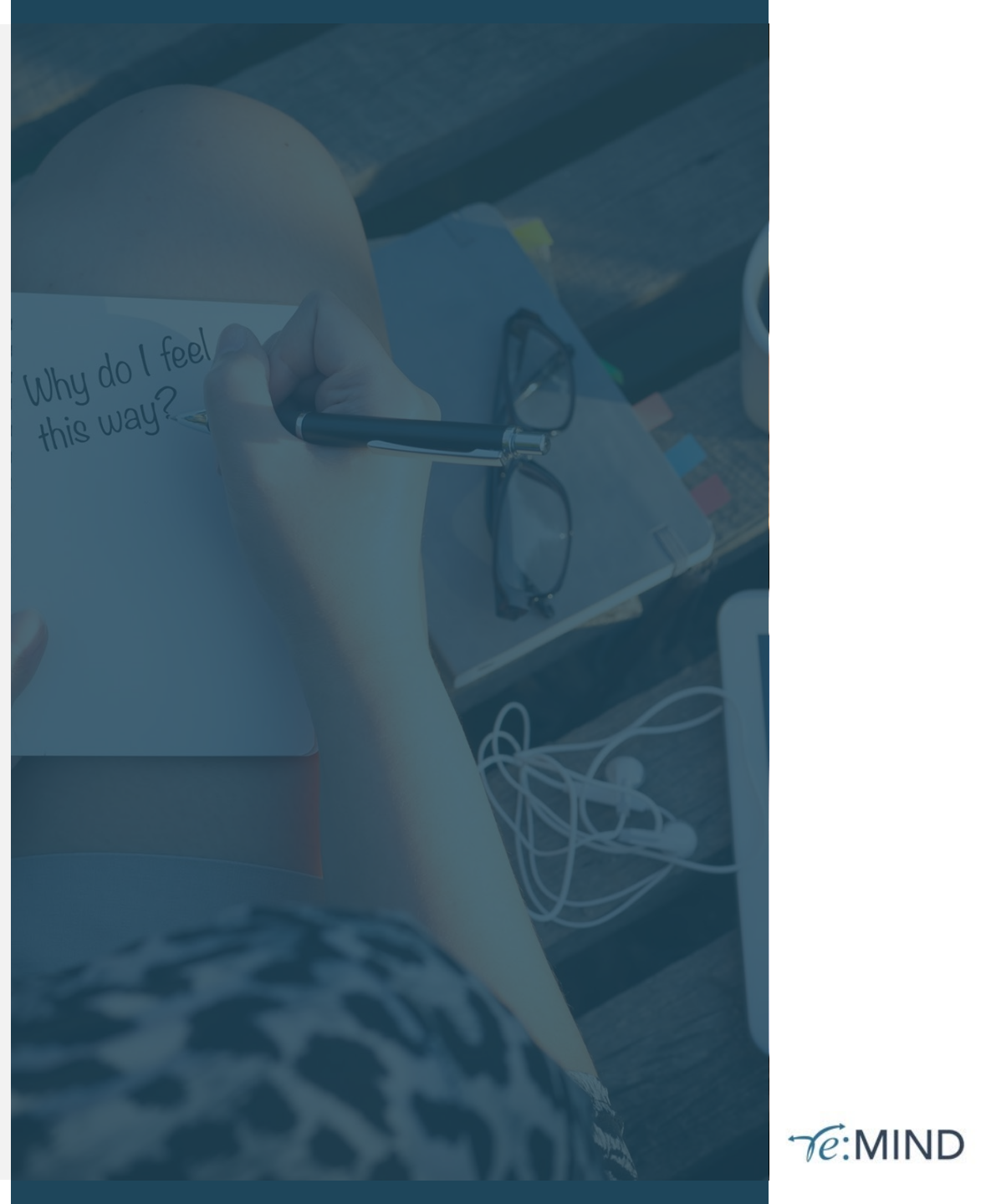
1. Expectations for Today:
 - a. 3 New Coping Skills
2. Start Small: we're all in different places
3. Practice



Patience and Practice^{PP}

Emotional Regulation: Mindfulness + Neuroscience + Possibility

1. When stressed, our habits of thought and belief are not always reliable
2. Emotional regulation starts in the body
3. Self-Compassion is key to brain science and cultivating calm



We are in the same storm, but not in the same boat.

Your history, your context and your story matters. Your power lies in how you respond to it.

Neuroplasticity

Re-Wiring the Stress Response

<https://www.youtube.com/watch?v=ELpfYCZa87g>

What is N.I.C.E.?

N Name

I Invite

C Comfort

E Ease into what's
more possible/next
steps



Q&A

Audio Settings ^



Chat



Raise Hand



Q&A

Leave Meeting

Submit Your Questions:

- Just type your question into the Q&A at the bottom of the control panel
- Questions will be addressed as time permits

The screenshot shows a Q&A window with the following content:

You asked: 18:03
What happens when I raise my hand?

Molly Parker answered: 18:04
I can take you off of mute.

Please input your question

Send Anonymously Send