



NATIVESELF CARE

PRESENTATION 2024

The Self-Care Quotient

Knowing the first steps of your self-care journey and tips on cultivating S.A.F.E. Spaces for normalizing well-being at work



www.nativeselfcare.com



www.myseftapp.com



INTRODUCTION

ABOUT ME

I am a former addiction counselor turned human capital consultant and your employee well-being advocate. I believe in normalizing well-being at work with gamified creative wellness experiences and building S.A.F.E. (Supportive, Authentic, Fulfilling, Empowered) Space's. I'm a wife of a fellow disabled veteran, a mom of 2 beautiful children, I love to finger paint for self-care and the founder and chief curator of www.nativeselfcare.com and myseftapp.com



Ann-Marie Talley, MS

Founder NativeSELF CARE & Sensory Events for Teams

ABOUT OUR ORGANIZATION



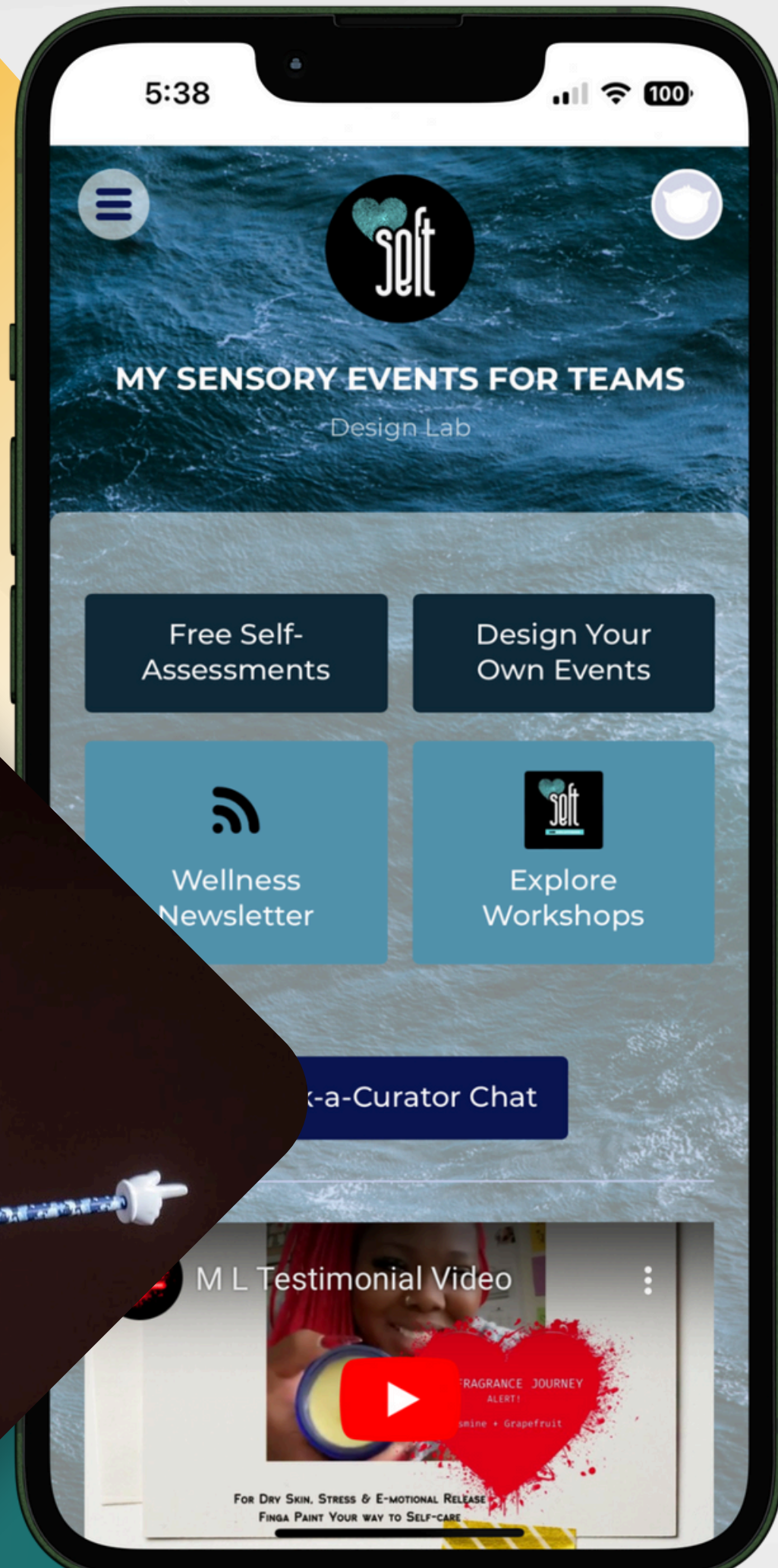
NativeSELF CARE

NSC is a wellness events hub and social network with a mission to build new platforms and pathways to employee well-being through creative, holistic, and sensory-driven experiences. We specialize in promoting wellness in the workplace with services designed to disrupt stress, improve employee dynamics, and elevate employer branding.

Sensory Events for Teams

Our affiliate brand, Sensory Events for Teams offers the mySEFTapp a free design lab for business wellness solutions and takes the next step in making workplace wellness event planning tools accessible. With SEFT's innovative workshops and multi-sensory experiences plus NSC wellness network, we help organizations gamify well-being, build their wellness brands and cultivate S.A.F.E. (Supportive, Authentic, Fulfilling, Empowering) spaces online and in-person.





WHY AM I HERE?

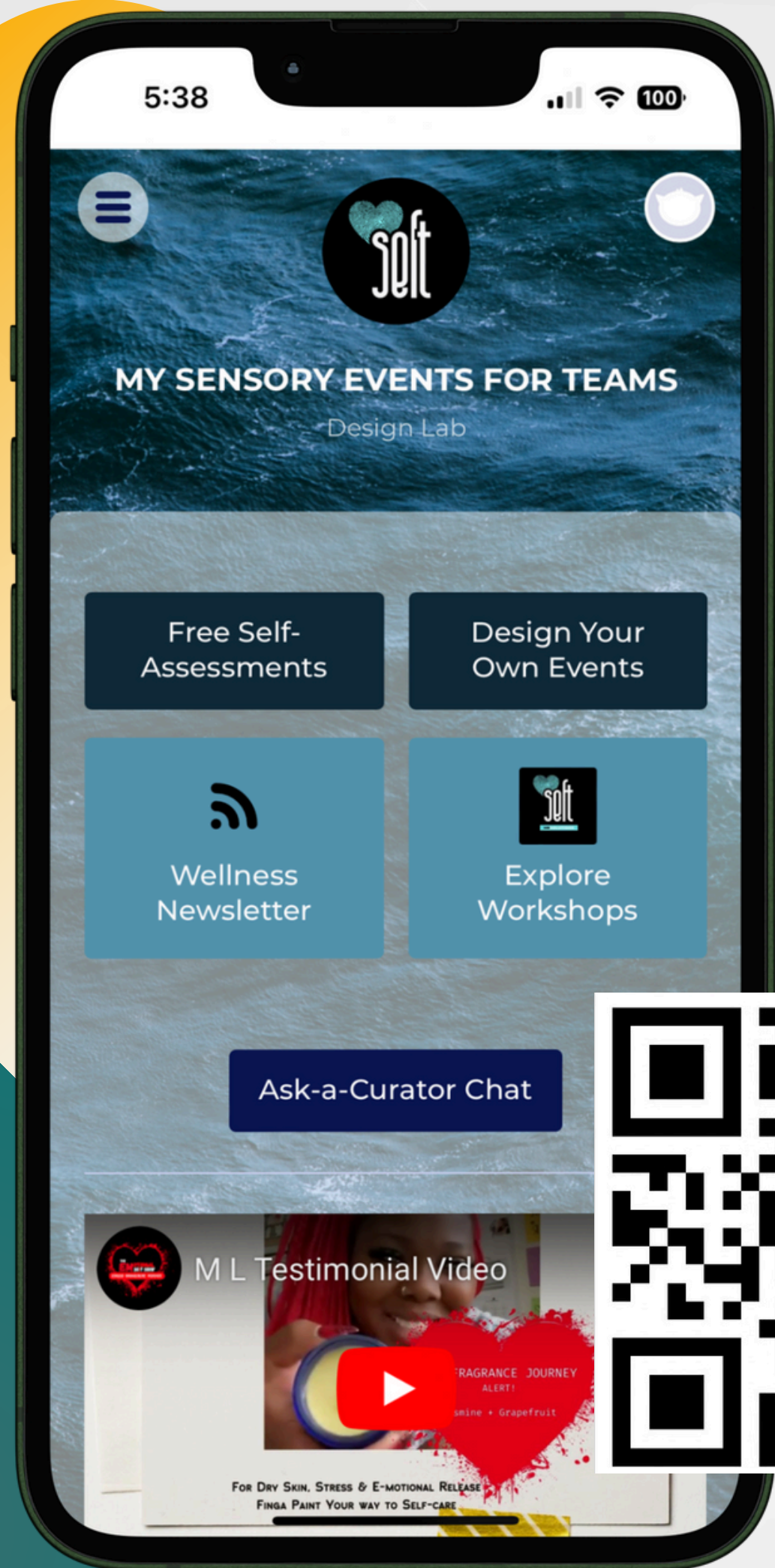
I'm here because you're here and
I love making a big deal about your well-being at work
I had stars in my eyes
I got rejected and experienced burnout at work
I am a disabled veteran who's a sexual assault survivor
I live with a stress induced autoimmune disorder and I chose to
work in a near constant stressful profession.
I'm here to explore the Self-Care Quotient, S.A.F.E. Spaces &
how your self-care can form community around normalizing
well-being at work.

**Demo My SEFT App
Workshop Design Tool**

**Self-Assessments
and Goal Setting**

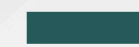
**Gamification of
Wellness at work**

**Sensory Self-Care
Tools at Work**



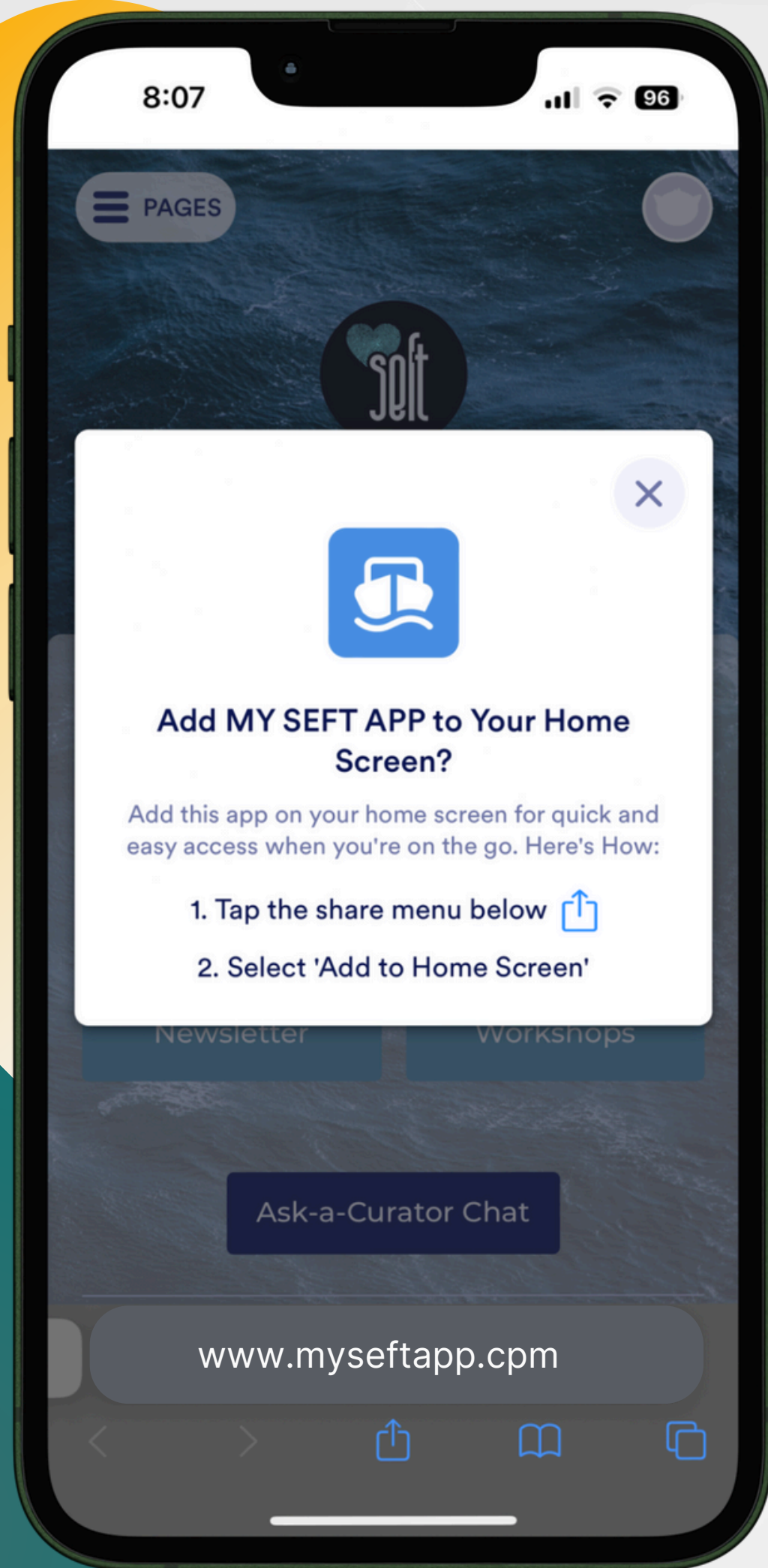
DEMO MY SEFT WEB APP

Step 1




Scan the QR code or go to myseftapp.com

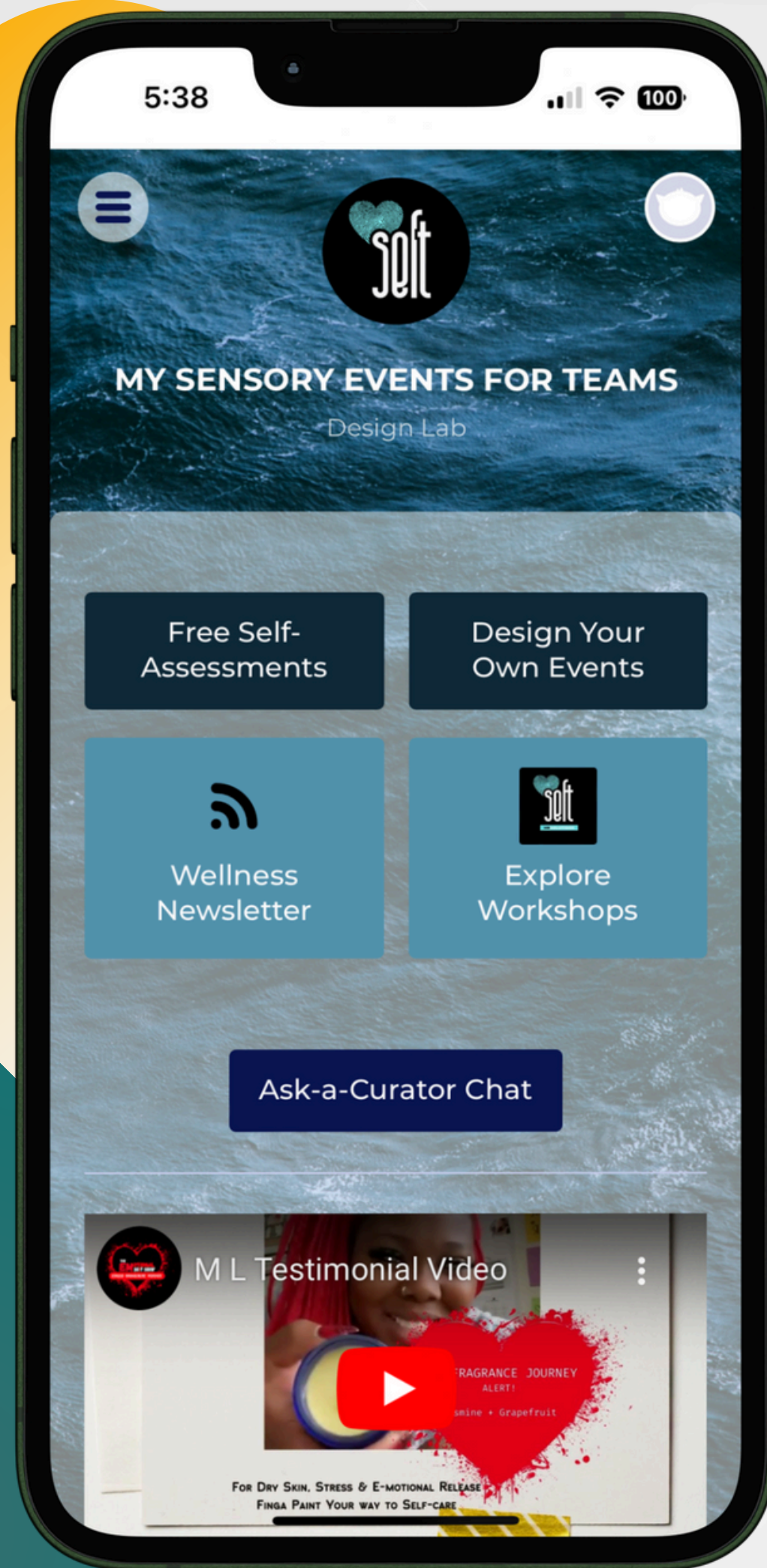




ADD TO HOME SCREEN

Step 2

1. Tap the share menu below for Safari and above for Chrome 
2. Select **'Add to Home Screen'**
3. Or use the app in your browser



ACCESS TODAY'S SELF-ASSESSMENT AND AGENDA

Step 3

1. Tap free self-assessment
2. Tap the Self-Care Quotient Self-Assessment

AGENDA



Group Guideliness & Media Release

Setting the container



Self-Assessment

Complete the Self-Care
Quotient self-assessment



Activity: Mini Wellness Quest

Intro to mind-body skills,
sensory self-care tools &
cultivating S.A.F.E. Spaces at
work



Self-Assessments & Goal Setting

The Self-Care Quotient

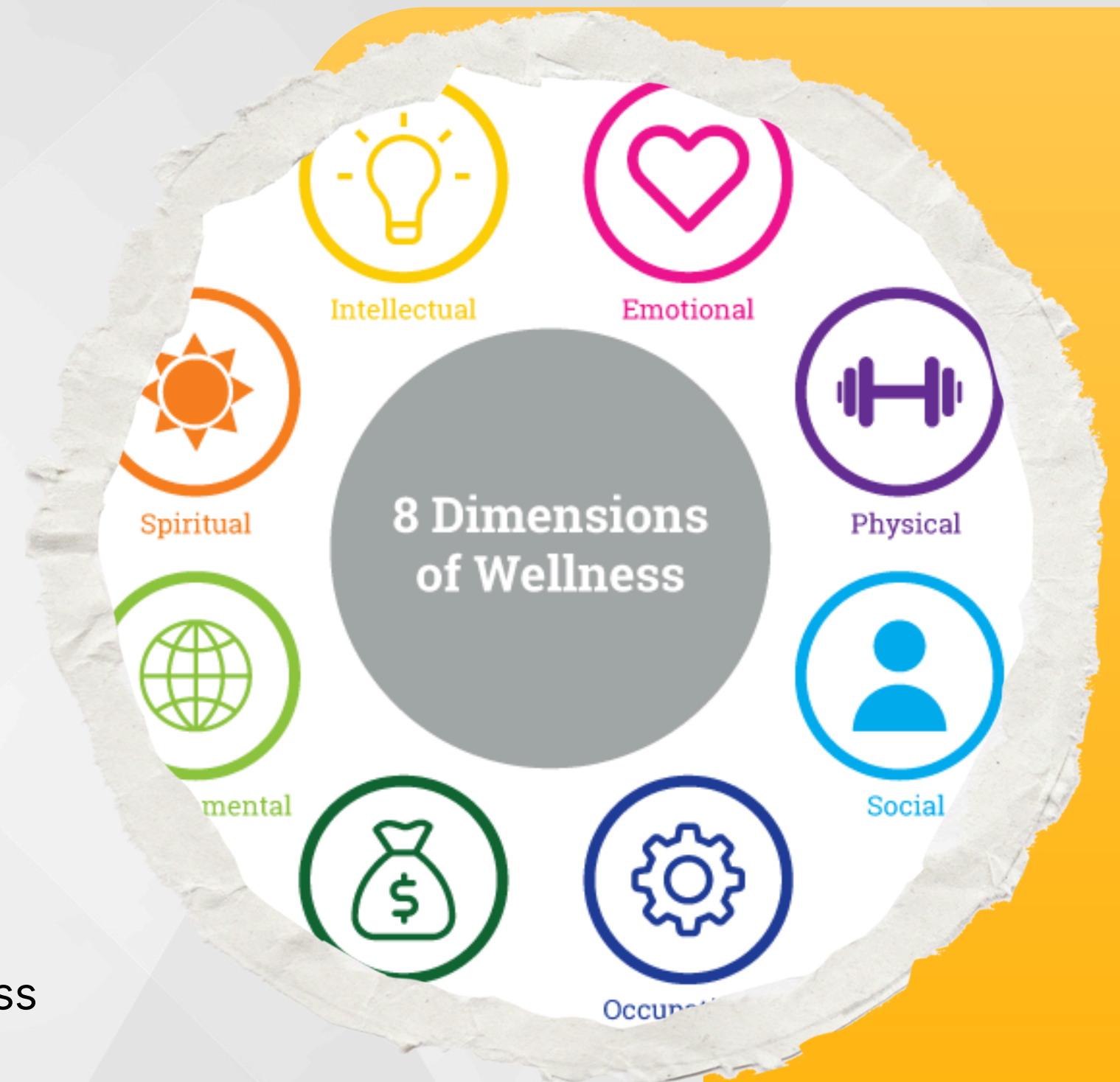


What We Measure

The SCQ is a measure or metric that represents an individual's ability to consistently practice effective self-care habits. It evaluates how well someone balances their physical, emotional, intellectual, social, spiritual, occupational, environmental and financial well-being, and applies those aspects in day-to-day life.



The SCQ provides insight into a person's self-awareness, wellness habits, and overall life management using the 8 dimensions of wellness as a guide.





Key Insights

DEVELOPING YOUR SELF-CARE



Self-Care Actions Practiced

SCAP represents the actual self-care behaviors or actions you are currently engaging in (e.g., exercising, meditation, time management, stress relief techniques).



List your wellness goals or standards

List 3 personal wellness goals or standards you have that contribute to your overall wellness. Rate each goal by importance level.



Self-Care Actions Needed

SCAN represents the recommended or necessary self-care actions that need to be practiced to maintain balanced well-being



The 8 Dimensions of Wellness

The dimensions of wellness a holistic approach to well-being and the ratings contributes to your individual overall quality of life, recognizing that wellness extends beyond physical health.





Your SCQ RESULTS

Understanding your Results

Your Self-Care Quotient (SCQ) result can be expressed as a percentage or point scale. A score closer to 100% or 55 points means that you are fully implementing the necessary self-care activities, a lower score like 35 indicates room for improvement.



SCQ Uses

The SCQ quotient helps people assess whether they are meeting their self-care needs or falling behind, encouraging better well-being strategies. Like NSC wellness events hub where you can explore gamified wellness experiences and events. Choose your own experience, from mind-body skills wellness quests or creative sensory self-care challenges.

THE SELF-CARE QUOTIENT SCORE CHART

% PERCENTAGE	100	81	63	45	27
POINTS	55	45	35	25	15



Activity: Gamification

MINI WELLNESS QUEST

Intro to mind-body skills & sensory self-care tools

The Finga Painting Reverie: A Guided Imagery Experience

What you'll learn:

Intro to Sensory Self-Care Tools that Improve Self-Care Outcomes at Work, A Simple Mindful Hand Massage Guided Imagery Technique and Breath Work





SENSORY SELF-CARE TOOLS FOR YOUR WELLNESS QUEST

What is Finga Painting?

During a Finga painting reverie you're the work of art, the self-care quotient and one of the most important steps in our sensory self-care challenges. Finga Painting is a self-care action practice (SCAP) where you gently massage your skin with our plant-based body butter scented or unscented.

Our kinetic massage butters are great aids in many creative processes like finger painting unboxing experiences and this finga painting reverie. This plant-based body butter acts as an oil-based moisture barrier protecting the skin from acrylic paints.



GUIDED IMAGERY

TOOLS FOR YOUR WELLNESS QUEST

What is Guided Imagery?

Guided imagery is a mind-body skill technique that helps us to create mind-body connections through our thoughts, breath and senses. Finga paint body butta is the curator's aid in preserving their skin for molding, sculpting, self-soothing experiences that help us tap into the healing power of the vagus nerve as you traverse your self-care universe.





Workshop Wrap-up

AGENDA



**After Workshop Self-
Assessment & Feedback
Form**



**Short Q&A Discussion
Session**



**Explore Our Sensory
Tools Display & End of
Workshop**



Q& A Session

Time for Questions & Discussion



—

This is your opportunity to ask questions and share your thoughts. Your questions are valuable, and I encourage everyone to take part in the discussion or use the I pass rule.





NATIVESELF CARE

Thank You For Attending

*Thank you once again for your time and attention.
I look forward to continued collaboration and the
exciting possibilities that lie ahead.*



www.nativeselfcare.com



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