

NFF PRESENTS

Connecting with Families Experiencing Challenges through Coaching

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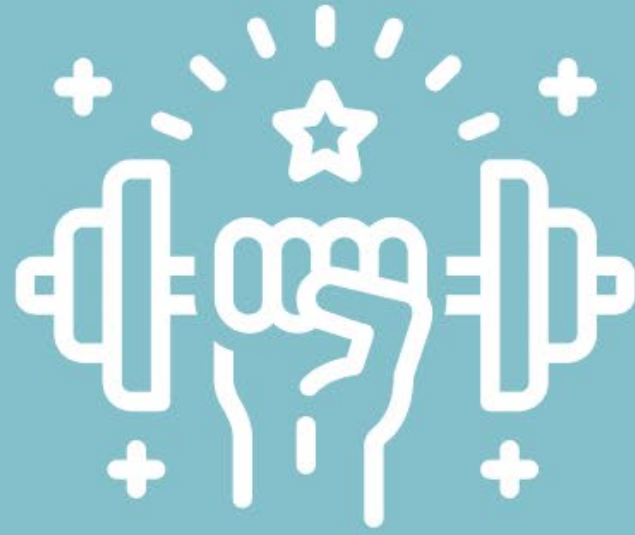
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Wednesday, August 27, 2025
2:00 -3:30pm ET



trauma-responsive



strengths-based

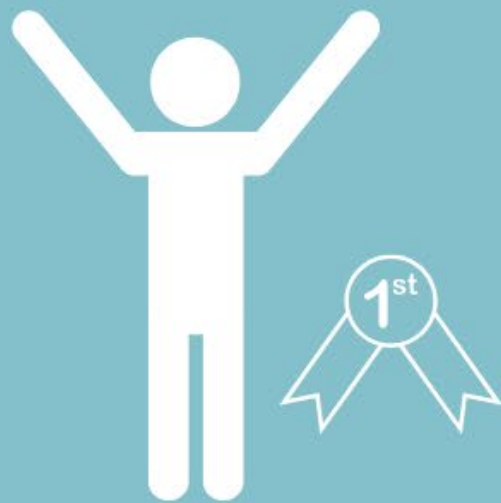


avoids blaming
caregivers



community-driven

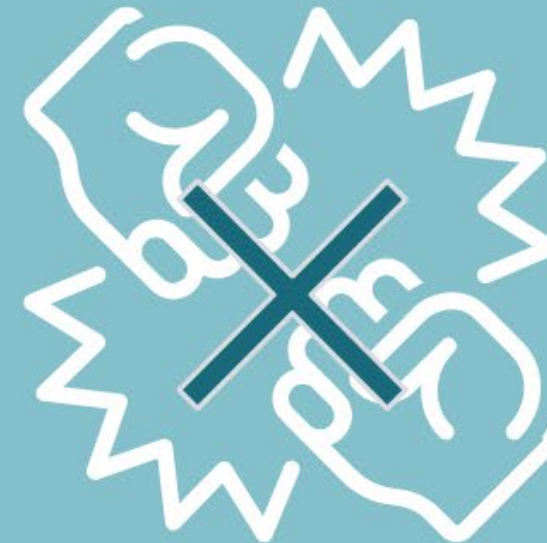
NFSTAC uses family-driven language!



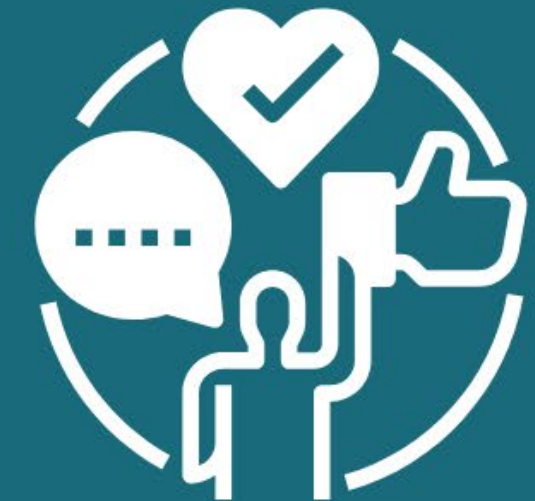
person-first



respectful



nonjudgmental



consistent with
our actions



CONNECTING WITH FAMILIES EXPERIENCING CHALLENGES THROUGH COACHING



National
Empowerment
Center

*Presented by
Joey Arcangel & Eydie Pasicel*

WELCOME & INTRODUCTIONS



- Name
- Where are you joining us from?



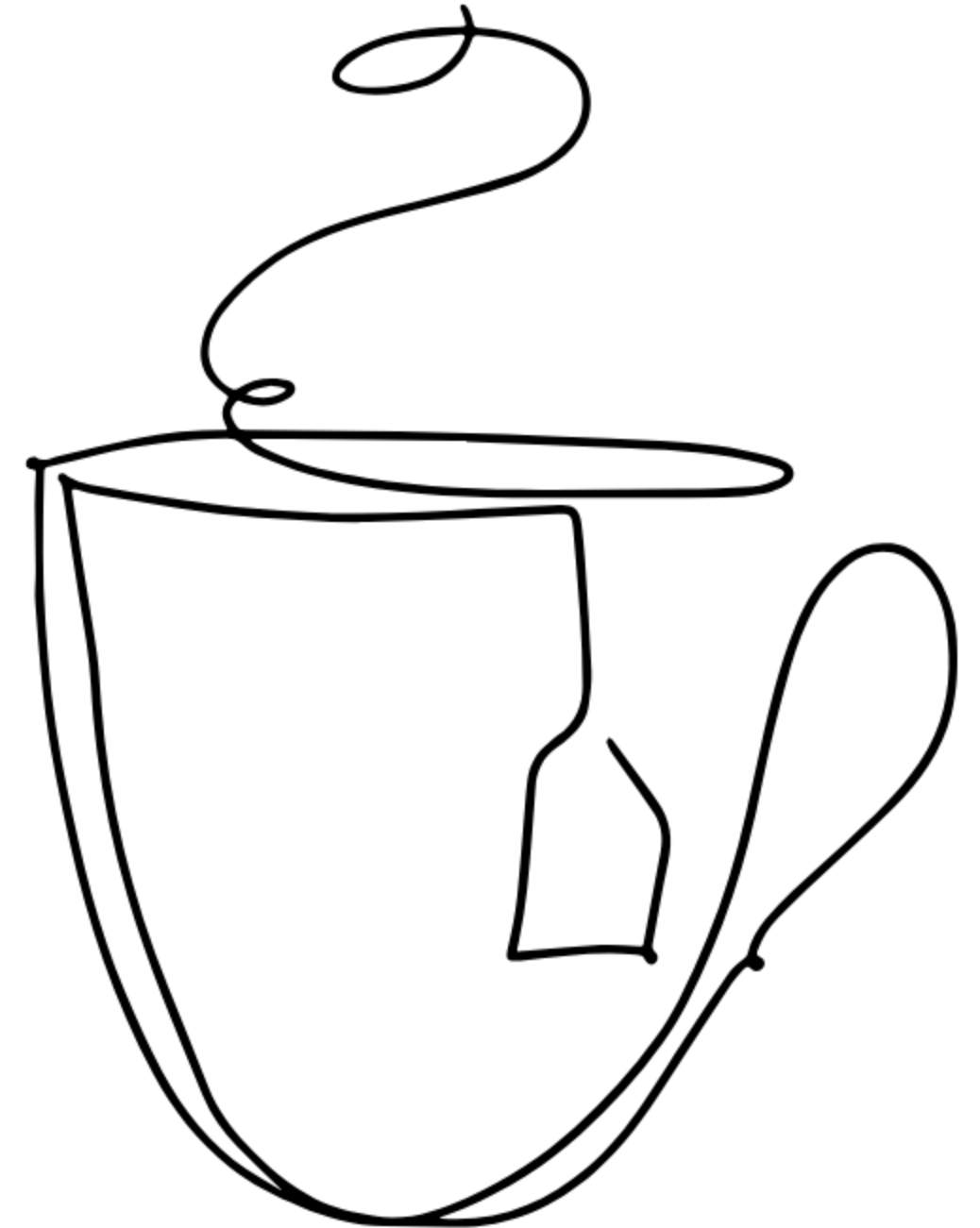
PRESENCE

What would help you—or the parts of you that are showing up—feel more grounded in this space?

WHAT IT IS

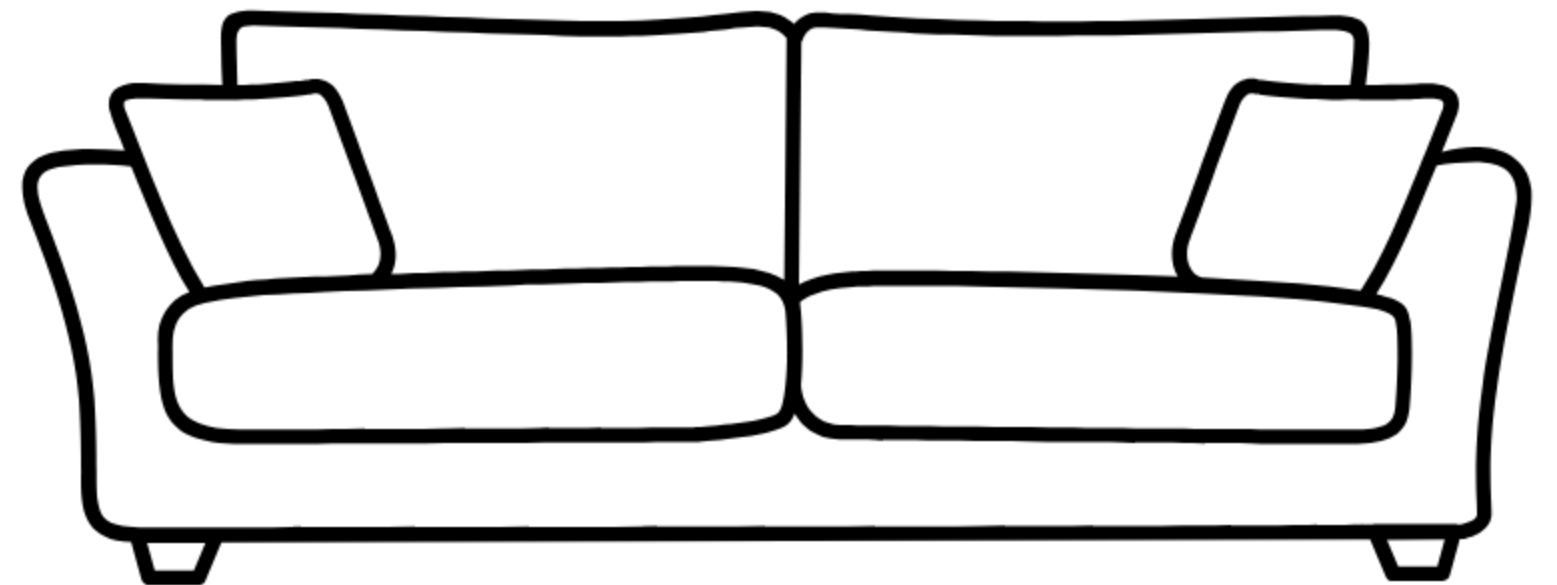


- A forward moving collaborative partnership
- Focused on goals, growth, and clarity
- Rooted in a belief that the client is already whole, resourceful, and capable



WHAT IT ISN'T

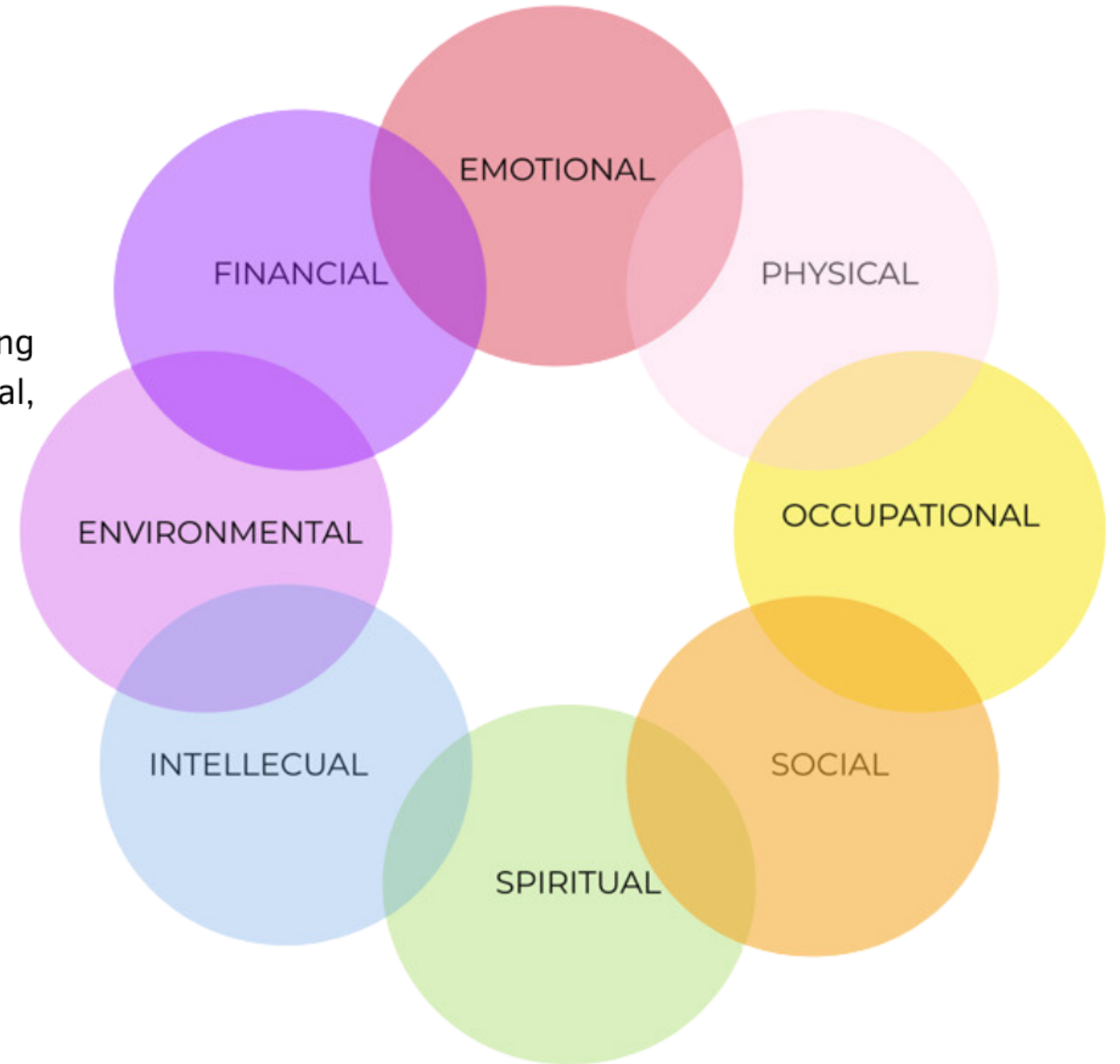
- Therapy
- Consulting
- Training & teaching



8 DIMENSIONS OF WELLNESS

8 DIMENSIONS OF WELLNESS

“The Substance Abuse and Mental Health Services Administration (SAMHSA) defines wellness as overall well-being that incorporates the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person’s life.”



EMOTIONAL

Recognizing, expressing, and managing feelings effectively; coping with life's challenges

- I feel able to express my emotions in a healthy way
- I have strategies for managing stress when it arises
- I seek support when I'm feeling overwhelmed
- I am kind to myself during hard times

PHYSICAL

Caring for your body through physical activity, nutrition, sleep, and routine medical care

- I move my body regularly in a way that feels good
- I nourish myself with food that supports my energy
- I get enough rest and sleep most nights
- I attend regular medical or preventative health checkups

SOCIAL

Building healthy, supportive relationships and a sense of belonging

- I feel connected to people who care about me
- I have at least one person I can talk to about personal things
- I feel part of a community or group
- I engage in relationships that are mutual and respectful

SPIRITUAL

Finding Purpose, meaning, and alignment with your values and beliefs

- I make time for practices that nourish my spirit (i.e., nature, meditation, prayer)
- I feel a sense of purpose in my life
- My actions are aligned with my values
- I feel connected to something bigger than myself

INTELLECTUAL

Engaging in creativity and mentally stimulating activities that expand knowledge or skills

- I feel curious and open to learning new things
- I regularly engage in activities that challenge me intellectually
- I read, listen, or explore ideas that interest me
- I pursue personal growth through learning or hobbies

OCCUPATIONAL

Finding personal fulfillment and alignment in work or daily roles

- I feel a sense of purpose or satisfaction in my work or daily roles
- I believe my strengths are being used in meaningful ways
- I maintain a healthy work-life balance
- I feel supported and respected in my work environment

ENVIRONMENTAL

Living in harmony with your surrounding and respecting the environment

- My home or workspace feels safe and comfortable
- I take actions that support environmental sustainability
- I minimize clutter and maintain a space that feels good
- I spend time in nature or places that restore me

FINANCIAL

Feeling a sense of control and satisfaction over current and future financial situations

- I understand my financial situation and budget
- I feel secure in meeting my basic needs
- I have plans or goals for my financial future
- I can talk about money without intense stress or shame

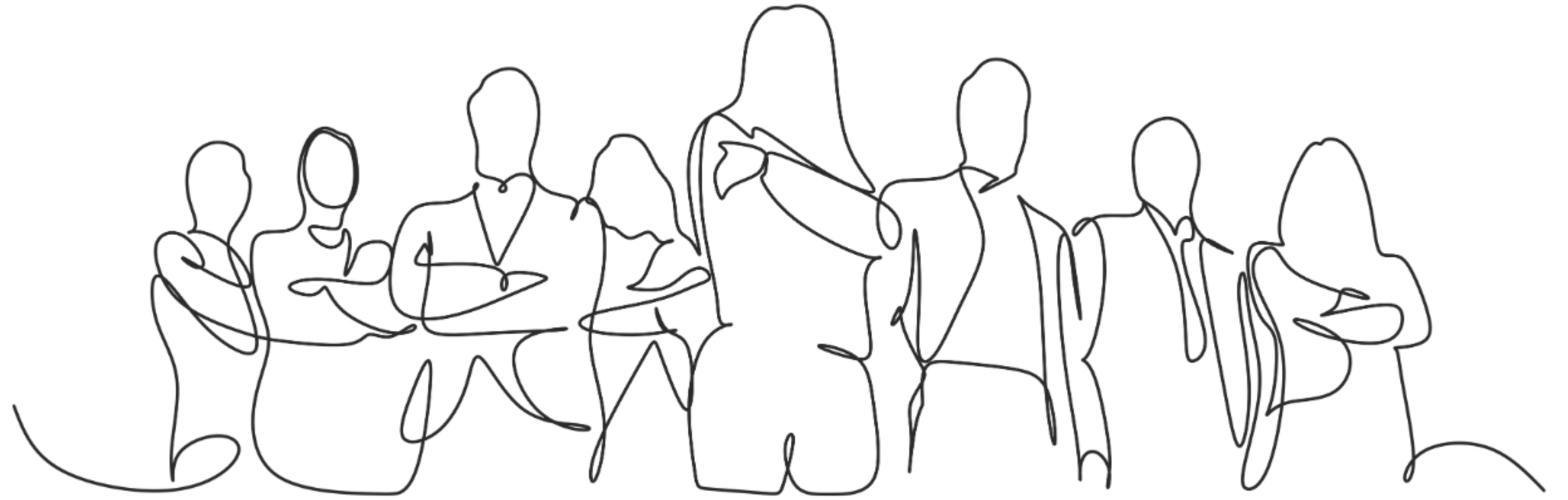
COACHING QUESTIONS

As you reflect on each dimension of wellness, ask yourself:

- *Which areas feel strongest for you right now?*
- *Which areas would you most like to grow in?*
- *What support, resources, or shifts might help you improve your wellness in one of these dimensions?*

INTERNAL FAMILY SYSTEMS

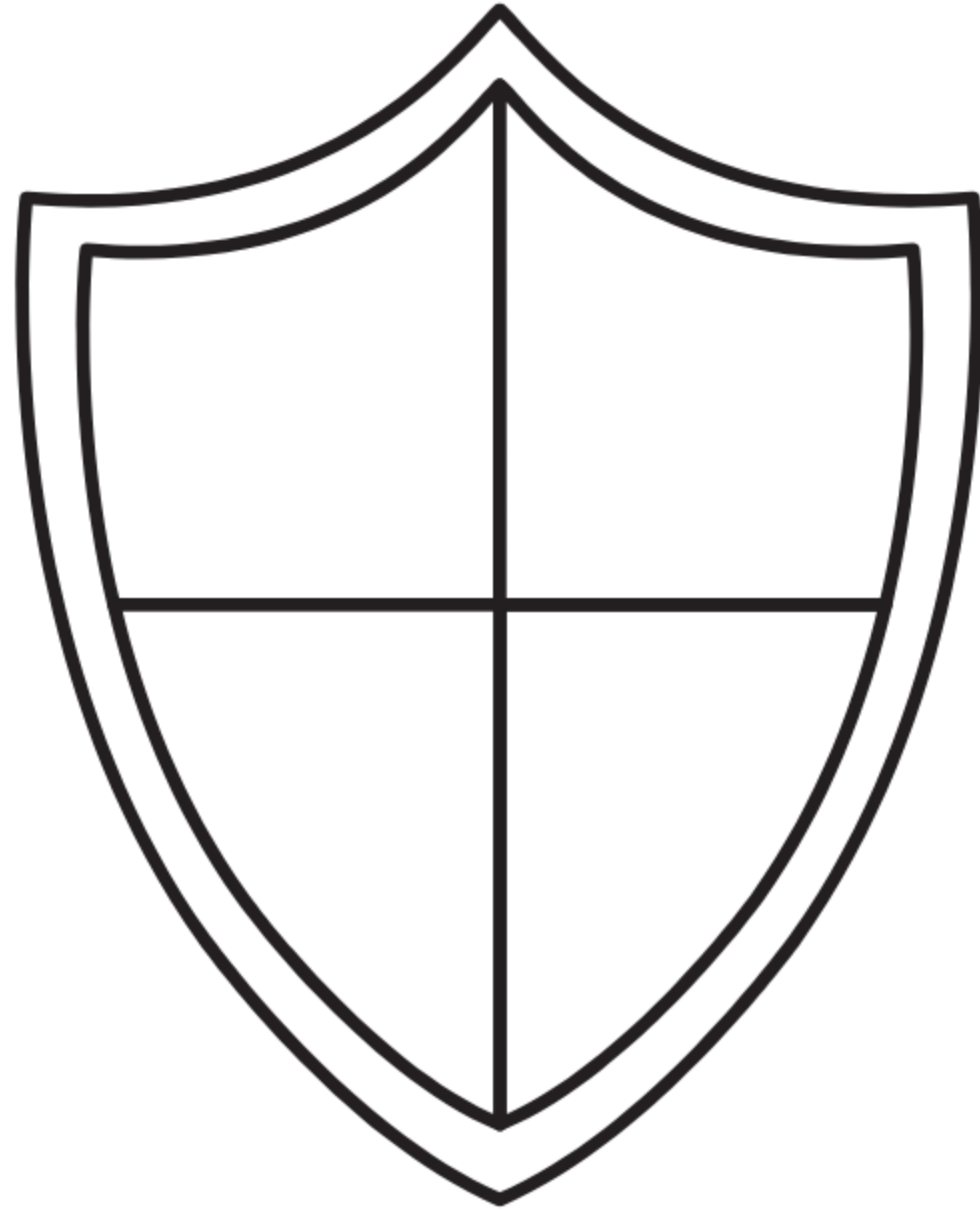
INTERNAL FAMILY SYSTEMS



Parts: IFS posits that everyone has various "parts" within their psyche, each with its own role and function

FROM AN INTERNAL FAMILY SYSTEMS (IFS) PERSPECTIVE, WELLNESS ALSO MEANS

Honoring the many parts within us—each with its own thoughts, needs, and roles—while cultivating Self-energy (curiosity, compassion, calm) to support internal harmony and wholeness across all these dimensions.

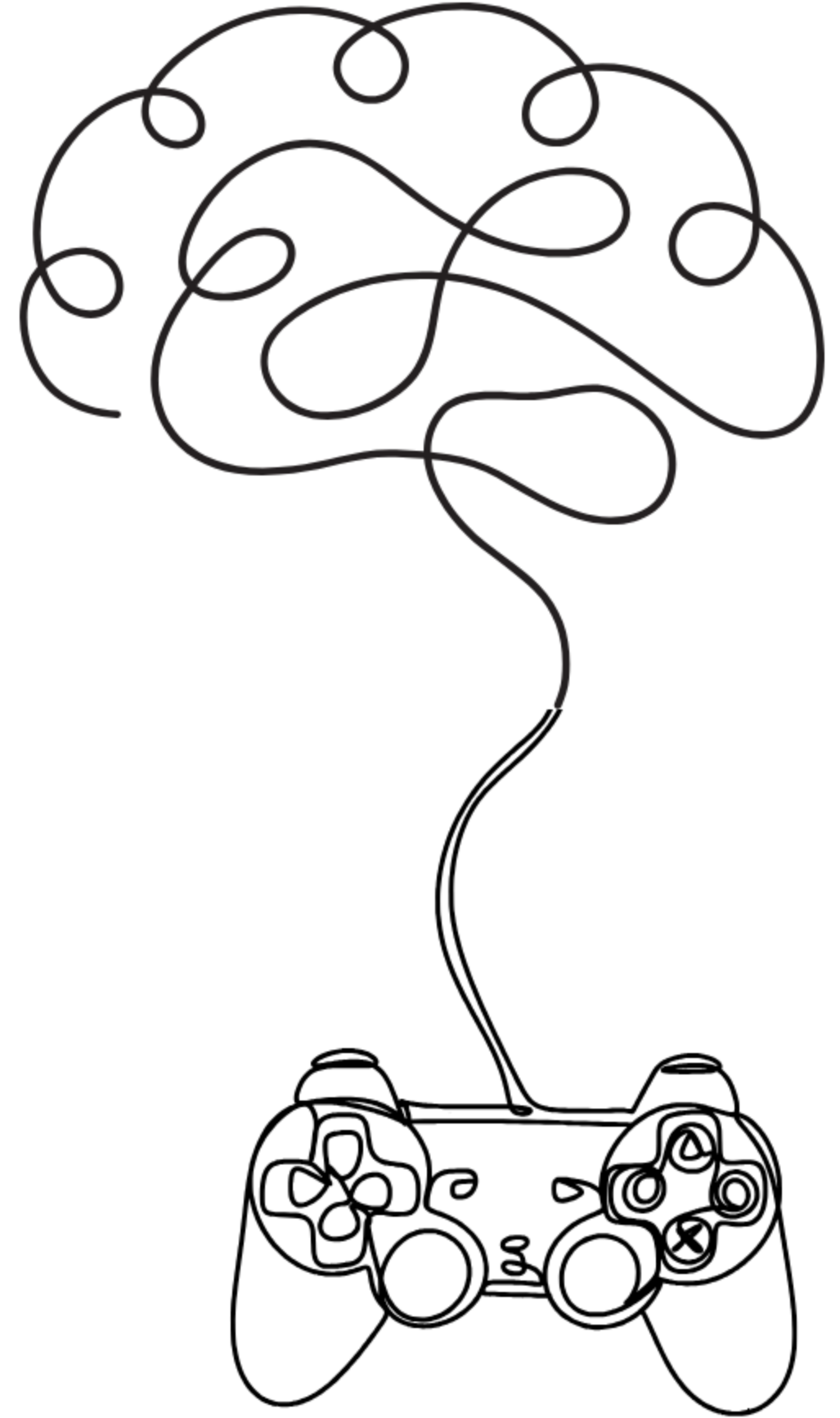


PROTECTIVE PARTS:

These are parts that have developed to protect the individual from emotional pain, often stemming from past experiences.

MANAGERS:

These parts try to control the individual's environment and emotions to prevent feeling vulnerable.





FIREFIGHTERS:

These parts react impulsively to intense emotions, often through distracting or numbing behaviors

EXILES:

These parts hold
painful emotions and
memories, often from
past trauma



8 C'S OF SELF

CURIOSITY

COURAGE

CREATIVITY

CONNECTEDNESS

COMPASSION

CALMNESS

CONFIDENCE

CLARITY



5 P'S OF SELF

THESE ARE ADDITIONAL QUALITIES ASSOCIATED WITH THE SELF:

PRESENCE

PERSPECTIVE

PATIENCE

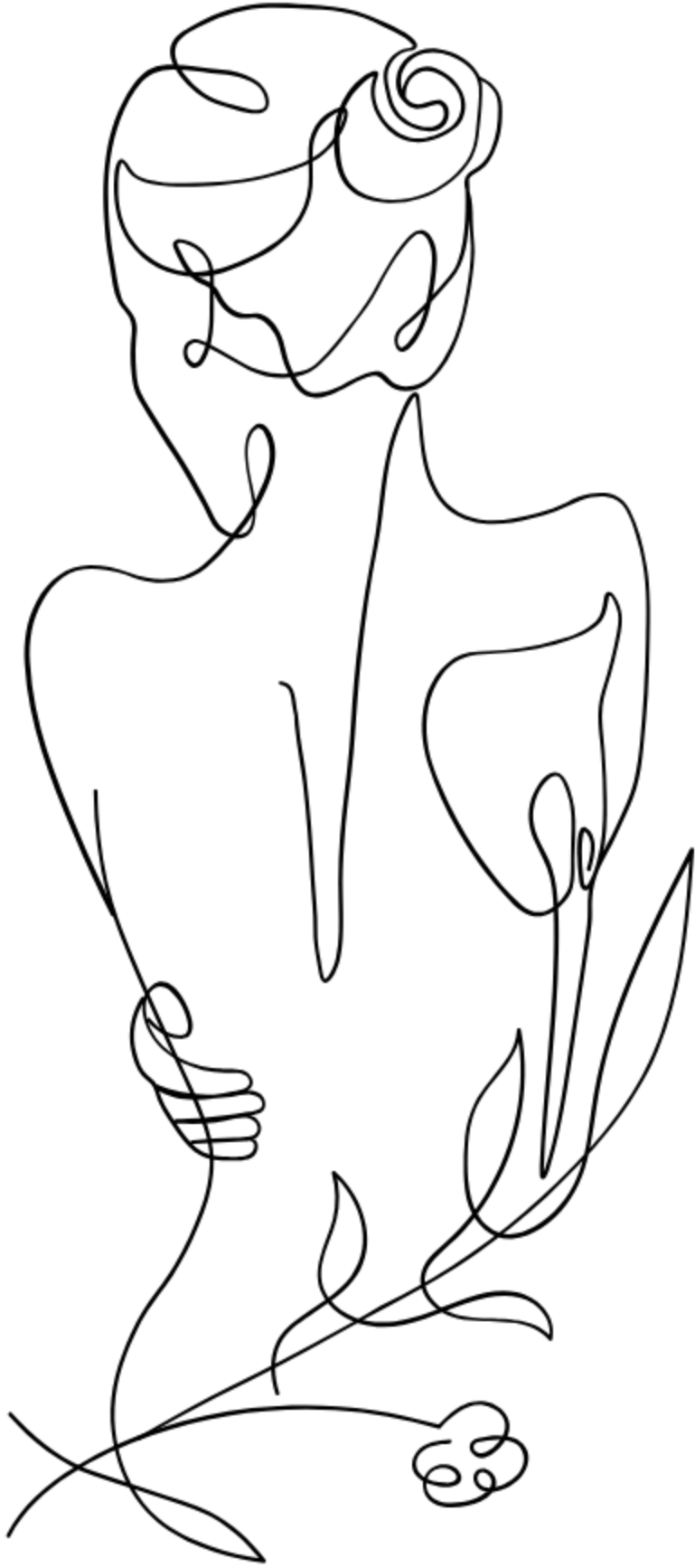


PERSISTENCE

PLAYFULNESS

LIVE COACHING DEMONSTRATION

Explain what's about to happen
& relationship



I AM...

I am _____.

I am Self.

I come from _____ and

_____.

I find calm in _____ and comfort in

_____.

I cry when _____.

I find joy in _____.

I laugh out loud when _____.

I am heading towards _____.

I am seeking _____.

Today, I celebrate _____.

I am _____.

I am Self.

STAY CONNECTED

We'd love to hear from you.



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Follow up and next steps

In our follow up email, within 3-5 business days, look for:

- A link to the recording of today's presentation
- Today's presentation slides
- Invitations to upcoming events
- Additional resources
- Ways to stay connected with us
- A letter of participation emailed to you

www.ffcmh.org

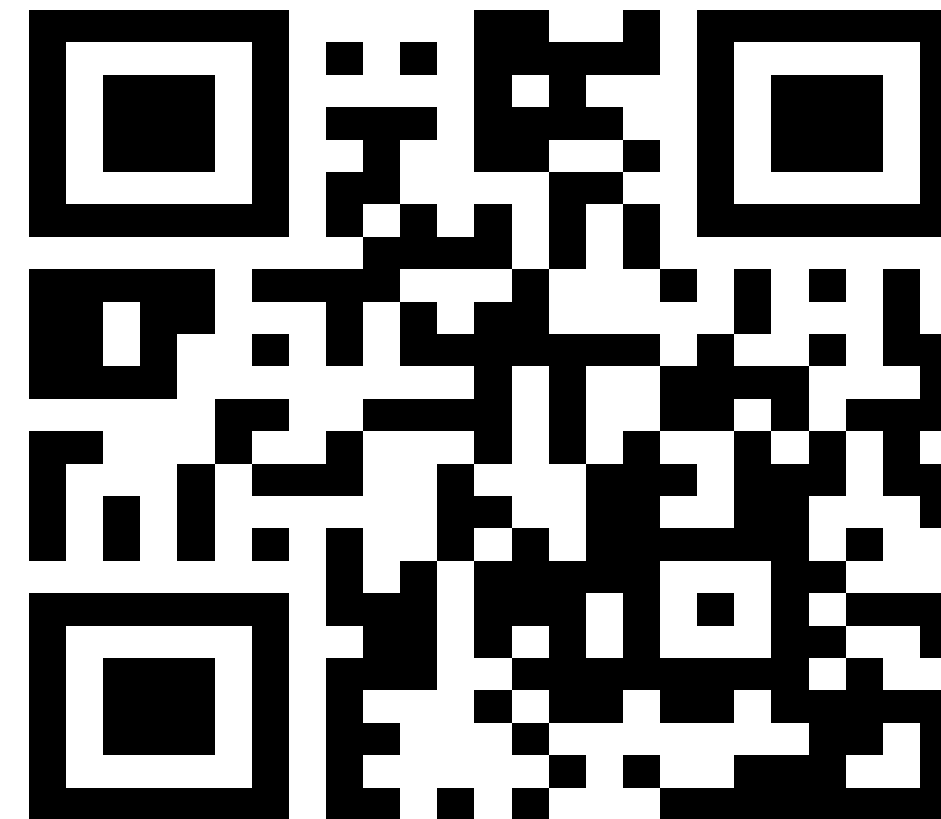


Feedback Survey

Thank you for joining us!

Please complete the SAMHSA-required Feedback Survey you will be directed to when the webinar ends.

<https://lanitek.com/P?s=904588>



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Thank you for joining us!