

# theBALCONY

PRESENTED BY **LEADERSHIP INSPIRATIONS**

## OCTOBER 2021



## ACTIVITY OF THE MONTH

### Mole Game

This is a long time favorite of our Coaches! We use this activity to show how fast we can create stories in our head about the people we work with and how that can impact the success of our team. It helps us to focus on building and maintaining trust on teams, as it is one of the most important things we can do. This activity is not only effective, but so entertaining as well! Check it out!

[GET INSTRUCTIONS](#)

## IN THIS ISSUE

**10/05**

### **Mental Health Awareness**

October is Mental Health Screening Month. Read about Zz's struggle...and triumph...over depression.

**10/12**

### **The Stories We Tell Ourselves**

Anxiety is scary! Check out Kylie's grounding questions that help her back to a good place.

**10/19**

### **I'm Coming Out**

Share in Kevin's story about coming out to his family.

**10/26**

### **The Four Traps of Halloween**

Don't get trapped! Explore four different traps that take the safety (and fun) out of Halloween!

## FEATURED CONTENT

### **WHAT'S GOING ON AT LI?**

Is our new program series the right fit for you and your team? How do you understand the ME in TEAM? Read to find out and get in contact with us!

### **LEADERSHIP LESSONS & QUESTION OF THE DAY LIBRARY**

As a subscriber, **you get early access** to this month's leadership lessons! AND...

Strike up a fun conversation every day in October with our Question of the Day Library!

## MENTAL HEALTH AWARENESS

With all the festivities that enter our lives in October, it's so important to recognize the "spooky" narrative of depression and mental health. October is National Depression and Mental Health Screening Month, bringing awareness to the need for accessible and affordable mental health screenings, reducing the stigma towards depression...

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## THE STORIES WE TELL OURSELVES

I have struggled with anxiety since I was a young child. If you have never experienced these feelings, I want to paint a picture for you; my brain has the ability to make up the most creative stories imaginable when I am anxious. It is like my own little college improv group that takes one thought, word, situation and just runs with it until it is almost unrecognizable. I will admit that I have a love/hate relationship...

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## I'M COMING OUT

Coming out was definitely a process and a half for me. For a long time I felt confused about my sexuality and what I was genuinely interested in. Growing up I was raised in a very strict and conservative Christian home. Going as far back as to remember that once I merely...

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## WHAT'S GOING ON AT LI



Our new program series "Understanding the ME in TEAM" is in full swing! Join teams like the Center for Pediatric Dentistry (pictured left) and explore the inner workings of your team to understand your group dynamic, address stress & conflict, make feedback your friend and improve workplace morale, camaraderie, and ultimately the success of your team! **[Contact us to learn more!](#)**

# WHAT'S GOING ON IN THE **WORLD**



Halloween is so much fun because it's a time of year when we're not only allowed to break from tradition and societal expectations, we're actually encouraged to.

On Halloween we get to take on different personas and act in ways we normally wouldn't. We get to be expressive with creative costumes, decorations, or themed parties.

Halloween brings a lot of creative freedom, but with that freedom comes responsibility. Halloween carries with it some dangerous traps that can be easy

to fall into if you're not careful. Thankfully, a little awareness and education can help you steer clear of these traps and prevent your Halloween from becoming scary for the wrong reasons.

The first trap of Halloween is failing to consider physical safety. There are certain risk factors at play during Halloween that aren't as prominent in everyday life. For example, taking food or candy from strangers, roaming around outdoors or by streets after dark, and wearing masks or costumes that might obscure your vision or mobility. Thankfully...

[READ MORE](#)

## LEADERSHIP LESSONS

As a Newsletter Subscriber, you get **EARLY ACCESS** to this month's Leadership Lessons! To take advantage, click the links below:

[Mental Health](#)

[The Stories We Tell](#)

[I'm Coming Out](#)

[Four Traps](#)

## OCTOBER QUESTIONS AVAILABLE NOW!

Visit our website to get access to fun questions every day in October!



[CLICK HERE TO VIEW ALL QUESTIONS](#)