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Calm Not Busy How To

CALM not BUSY helps nonprofit change agents like you and me gain the upper hand on our workload, while refortifying our passion for the work we do. Kivi's approach helped me integrate deliberate planning, thoughtful strategy, and priority setting that empowers me to do the most productive, effective communications work I can in one day.

CALM not BUSY: How to Manage Your Nonprofit's ...

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The 23 CALMing Actions to Go from BUSY to CALM. CALM not BUSY is the framework we created to help you understand how to manage your nonprofit's communications work for maximum effectiveness. You should work on being more Collaborative, Agile, Logical, and Methodical (CALM) and less Bogus, Unrealistic, Sidestepping, and Yoked (BUSY).

The 23 CALMing Actions to Go from BUSY to CALM - Kivi's ...
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The book: CALM not BUSY. Targeted at busy nonprofit

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communications managers, CALM Not BUSY: How to Manage Your Nonprofit's Communications for Great Results is a relatively short book (for which most of us will be grateful). Much of the content is based on interviews she conducted with communications professionals – so it has the feel of a ...

CALM not BUSY: book for nonprofit communications managers ... Take the CALM not BUSY Assessment to get your personalized CALM Score. Learn how simplifying your communications work makes you more strategic. How to lead others through good communications decision making. How to minimize the chaos, busyness, and stress so you enjoy the work more. How to apply CALM not BUSY to real-world situations.

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CALM not BUSY - Bold and Bright Media

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CALM Not BUSY: How to Manage Your Nonprofit's ...

In her new book, CALM not BUSY: How to Manage Your Nonprofit's Communications for Great Results, Kivi shares what she has learned from coaching hundreds of nonprofit communications directors and teams. Effective nonprofit communication is about much more than list targeting, relevant messaging, email open rates, and social media scheduling. The most successful communications directors and teams are those who are Collaborative, Agile, Logical, and Methodical.

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Be CALM not BUSY: How to Manage Your Nonprofit's ...

However once you realize being yourself and acting in a way that makes you happy is what matters, rather than unrealistic ideals created by the media, you will become a much more balanced and calmer person. If you continue to struggle with a busy mind, start practicing meditation and exercise.

How to Calm a Busy Mind - MoodSmith.com

Practicing progressive muscle relaxation can help you calm down and center yourself. To do this, lie down on the floor with your arms out by your side. Make sure your feet aren't crossed and your...

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Results
How to Calm Down: 15 Things to Do When You're Anxious or Angry

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A good place to start in calming a busy mind is to focus on your breathing. Taking some deep breaths and observing the rise and fall of your chest can help to bring calm to both body and mind. Try breathing in through your nose and out through your mouth in slow rhythms letting the breath flow effortlessly.

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7 Techniques to Help Calm a Busy Mind – MindOwl

How to be CALM not BUSY: for nonprofit communications directors When and why busyness is the norm. Confronting all this busyness openly and honestly is hard in the nonprofit sector. We... The source of BUSY. The more you reflect on what busyness really means, the more likely you are to see it for ...

How to be CALM not BUSY: for nonprofit communications ...
HOW TO FIND CALM WHEN LIFE IS TOO BUSY Explore nature – Nature is beautiful and inspiring. Take yourself for a walk, listen to the birds, look out for... Turn off the screens – Get away from the TV, computer, your phone. You don't need the movement or noise to clutter up... Meditate – Find a quiet ...

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How to find calm when life gets too busy - Balance Through ...

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Use the time to do things that bring you all closer together and do things that usually you all would be too tired or too busy to do.

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How to calm children's fears around coronavirus | Metro News
Stay calm and carry on, act as if nothing is wrong and give lots of praise and treats for calm behaviour. It's okay to cuddle and stroke your pet if it helps them relax, but do not pet and reassure...

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