



EPISODE 005: Managing Nervous System Protection in the Workplace with Teo Pile

When we talk about safety in the workplace, we often think having a roof over our heads and good air conditioning does the job. But what we're really talking about are those inner subconscious stories you tell yourself when you get an email from your boss and suddenly your heart rate skyrockets. What does this mean?

Join me and my guest this week, Teo Pile, as we discuss anxiety in the workplace, the key to a sound mind and body connection and breaking free from nervous system protection mode. Teo is a Somatic Trauma and Nervous System Coach who guides women to untangle the traumatic cues of their body and symptoms to rebuild safety and self-trust. We also get a glimpse into how Teo transformed her entire life after tapping into more self-agency and choice.

We discuss:

- How constantly operating in a space of protection will impact our conversations and actions
- How to release yourself from the "I always need to be doing something" mentality and bring your body back into connection
- That coregulation with your colleagues is also an option and we don't always have to figure everything out on our own

Connect with Teo:

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I hope you enjoyed this episode of Evolve: A New Era of Leadership. To learn more visit my website: www.carolynswora.com or send me an email to support@carolynswora.com. I'd love to hear from you.