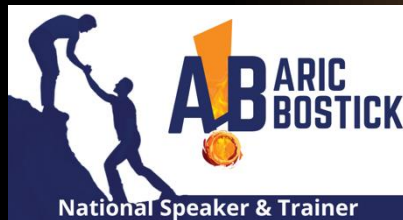


The Power of Showing Up

An Attachment-informed Approach to
L.E.A.D. in the Workplace and at Home





We are all in the
relationship business.





The *Science of Attachment* gives us a roadmap.

L.E.A.D.

Look through the
lens of *attachment*

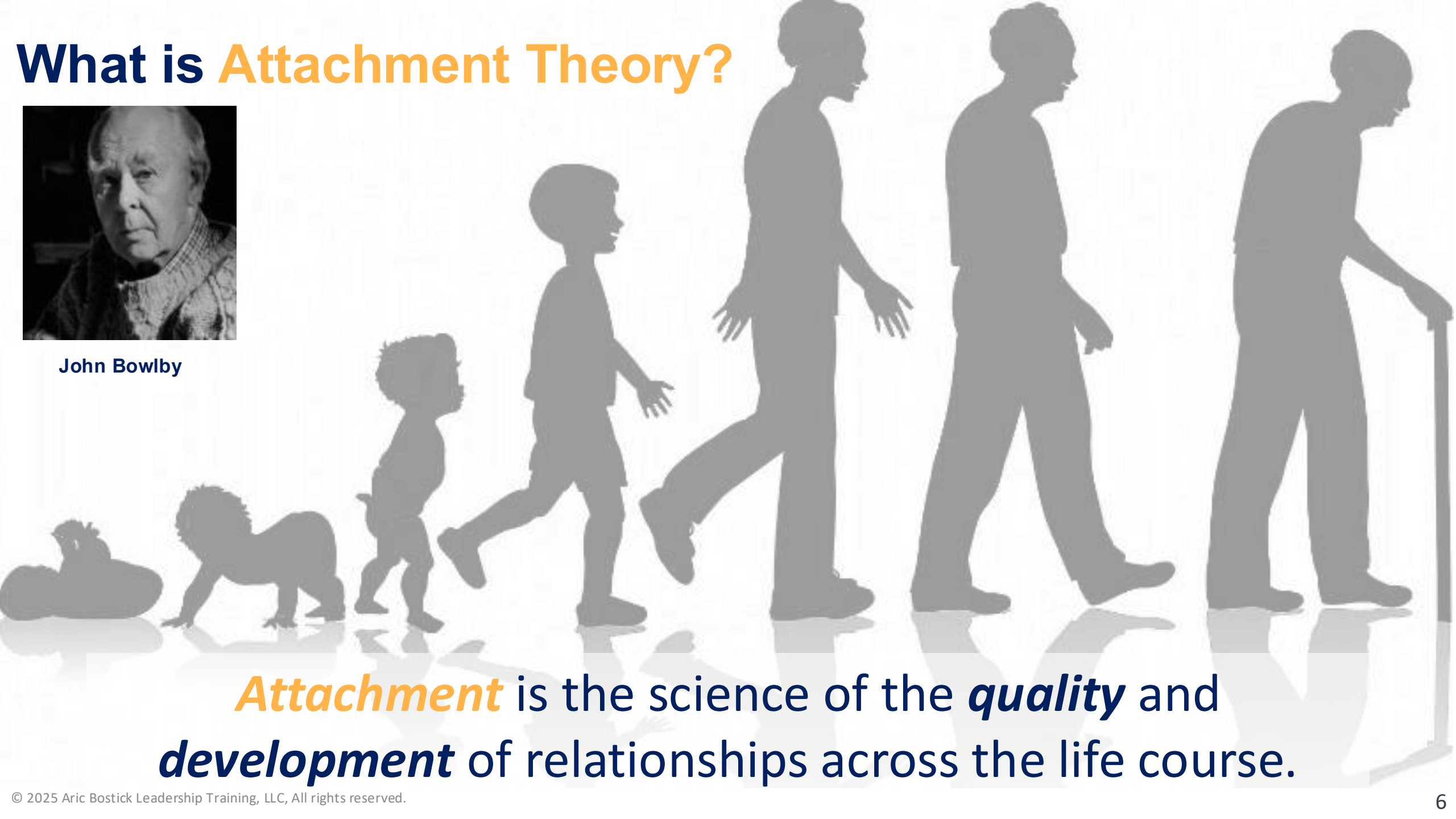
See how your patterns shape how you
lead and love.



What is Attachment Theory?



John Bowlby



Attachment is the science of the **quality** and **development** of relationships across the life course.

Attachment 101

All mammals, and some birds, have an
Attachment System

When we feel
anxious, in danger,
or in need.



Our Attachment
System is *activated*



We seek proximity and
support from our caregiver



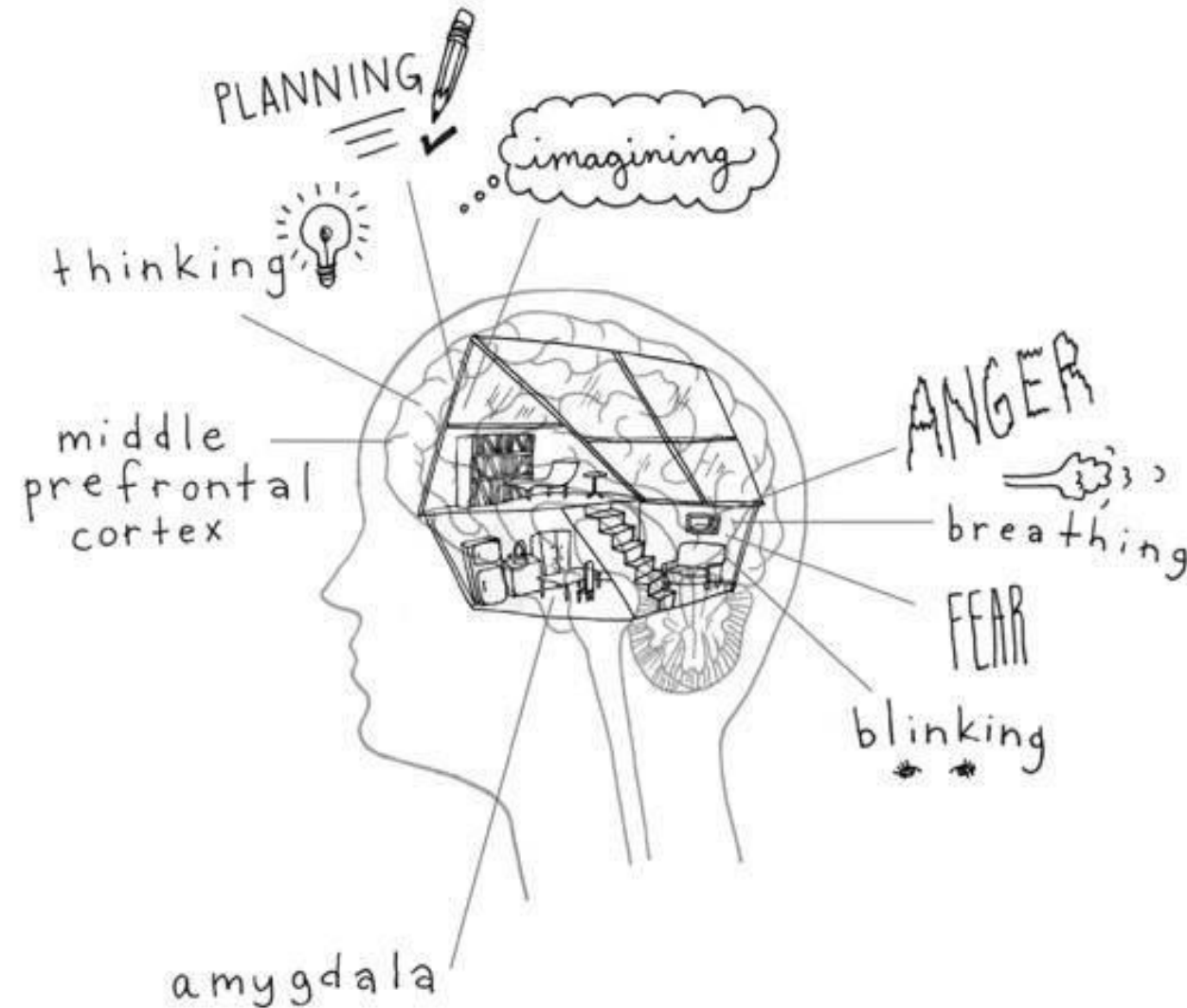
Our Caregiver offers
care and comfort



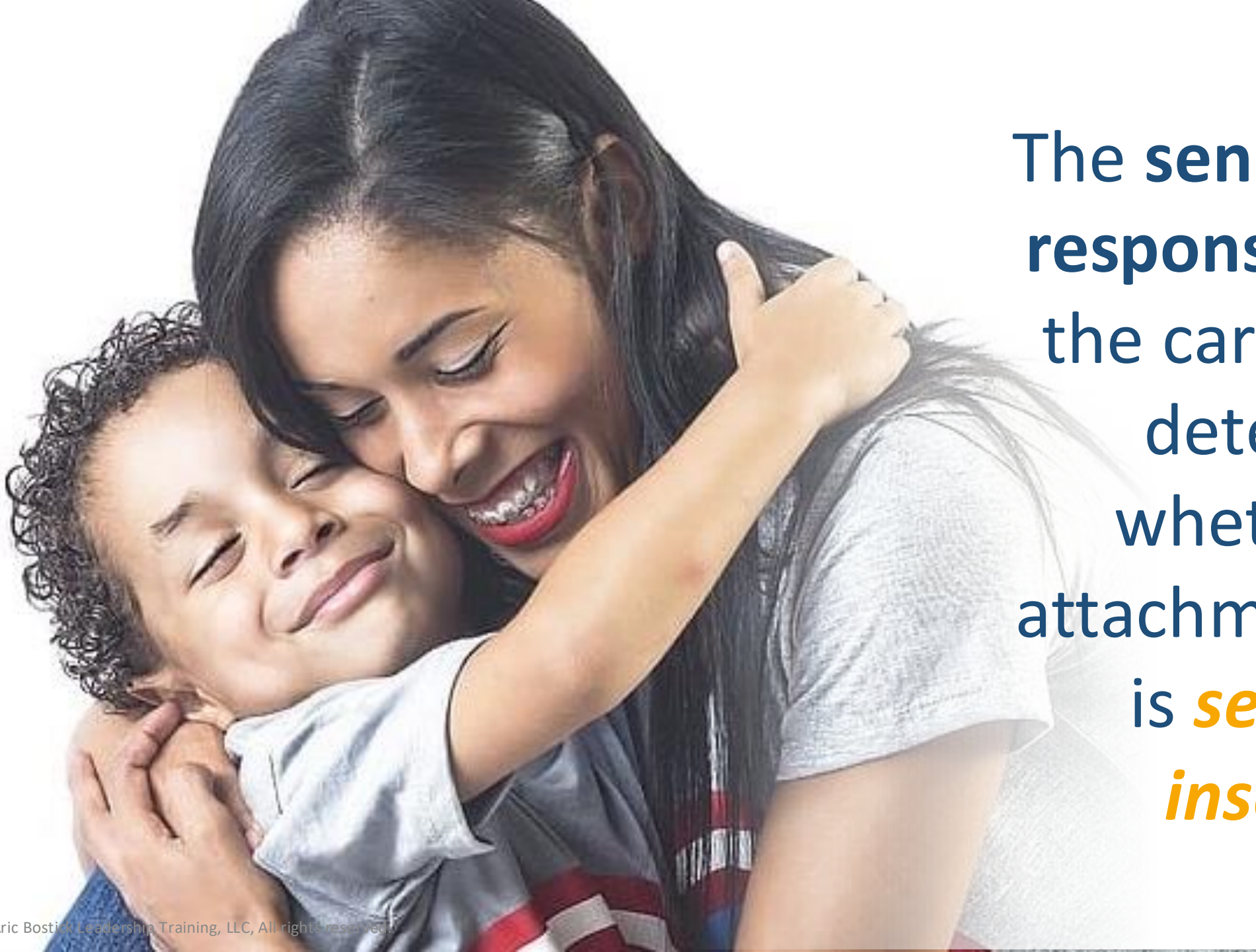
Our Attachment
System is *deactivated*



The **Brain** is like a house with a *Downstairs* and an *Upstairs*



Source: Dr. Dan Siegel



The **sensitivity** and **responsiveness** of the caregiver will determine whether the attachment (bond) is ***secure*** or ***insecure***.

4 Attachment Styles

Attachment scientists have identified 4 Attachment Styles based on how caregivers respond to their children's attachment needs.

SECURE

Anxious
(Insecure)

Avoidant
(Insecure)

Disorganized
(Insecure)

Attachment Styles

SECURE

Childhood Experience:

Received plenty of love and support and consistent responsive care

Consequences as Adults:

- Connect with others with more ease
- Resolve conflict without much drama
- Able to self-regulate and co-regulate

Anxious (insecure)

Childhood Experience:

Inconsistent and unpredictable caregiving

Consequences as Adults:

- Lots of anxiety about getting their needs met
- Struggle with fear of abandonment
- Excessive need for reassurance

Avoidant (insecure)

Childhood Experience:

Caregivers were often dismissive or emotionally unavailable

Consequences as Adults:

- Prioritize independence and may resist closeness
- Distrusting of people
- Dismiss/minimize own thoughts and feelings

Disorganized (insecure)

Childhood Experience:

Inconsistent, traumatic, or frightening caregiving

Consequences as Adults:

- Crave connection but fears it—leading to unpredictable behavior
- Hypervigilant

4 Attachment Styles

SECURE

Anxious

(Insecure)

Avoidant

(Insecure)

Disorganized

(Insecure)

**Research shows that approximately
60% of the normal population
present SECURE,
and 40% present INSECURE.**

*Attachment across the Lifecourse, David Howe, 2011
Power of Showing Up, Siegel and Payne-Bryson, 2020
The Power of Attachment, Diane Poole-Heller, 2019*

L.E.A.D.

Earn your security

You can become a calm, confident presence
— no matter your past.



Know Thyself.

The Good News...

Security can be *learned* and *earned*.

Here's how...

Earn Your Security

1. **READ:** Become attachment-informed
2. **REFLECT:** Make sense of your history
3. **REACH OUT:** Seek support and connection

L.E.A.D.

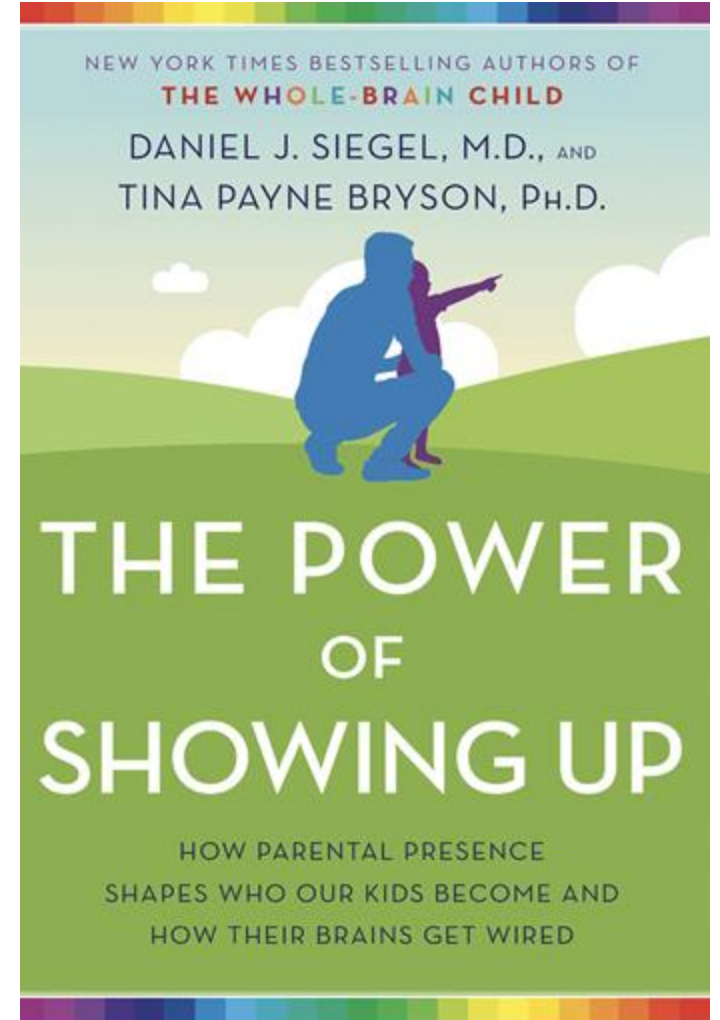
Attune and create secure attachments

Help others feel safe, seen, and supported –
at home and in the workplace.

How children become SECURE

The 4 S's:

- 1) SAFE
- 2) SEEN
- 3) SUPPORTED
- 4) SECURE



BE INTENTIONAL

Secure Attachment Practices at Work and Home



Be Approachable

Notify your face, voice, body



Practice Presence and Attunement

Get rid of distractions



Know Who I Am

Learn my Name and Story



Schedule Time

Create Space for Connection


Create a **SHOW UP** Plan

How am I going to SHOW UP?

1. Smile 😊
2. Let others share without interruption, and ask follow-up questions
3. Turn my phone off and remove my headphones

Repair the Rupture

Repair makes
the bond
stronger.

A close-up photograph of a red, textured heart shape. A vertical slit has been cut through the center of the heart. Black thread is used to stitch the two halves of the heart back together, with several visible stitches. The heart is placed on a light gray, textured surface.

There is no such thing as a
perfect parent.

L.E.A.D.

DO what matters most

Show up for yourself first, so you can show
up for those that matter.

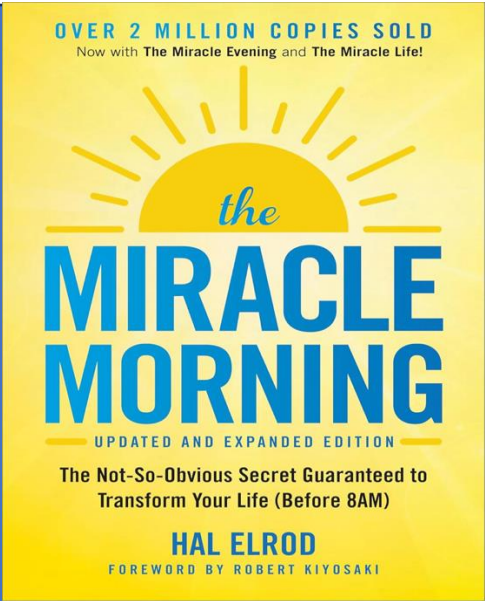


YOU matter most

People matter more

Tasks matter

Energy Plan



Create Routines

Morning and Night



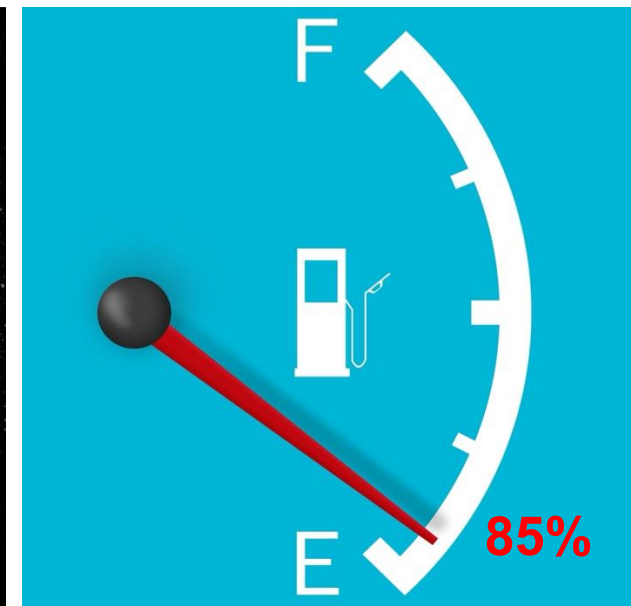
Master Wellness

Whole Foods, Hydration,
Movement, Sleep



Set Boundaries

It's okay to say, "No."



85% Rule

Leave fuel in the tank

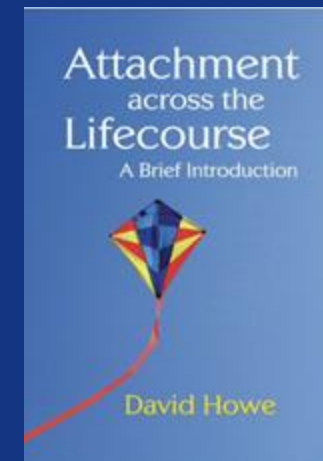
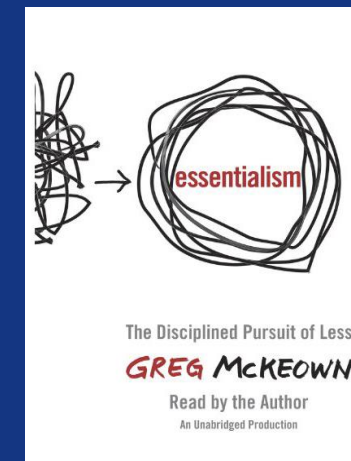
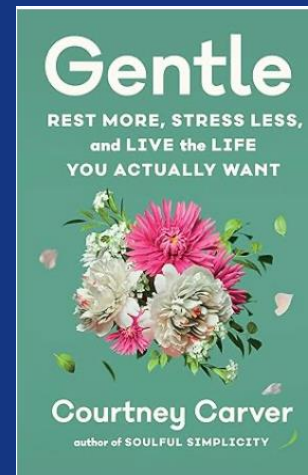
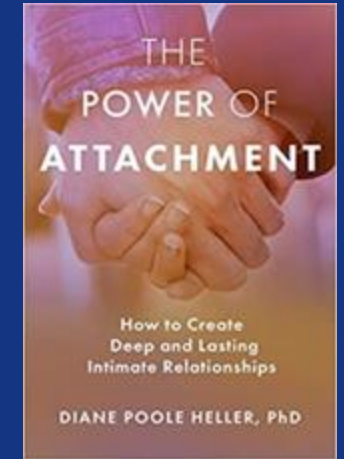
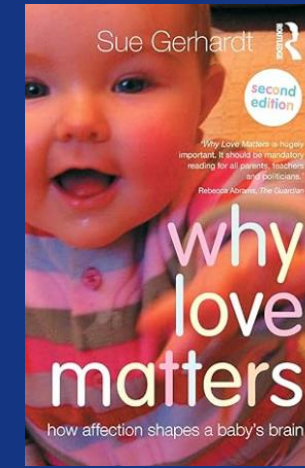
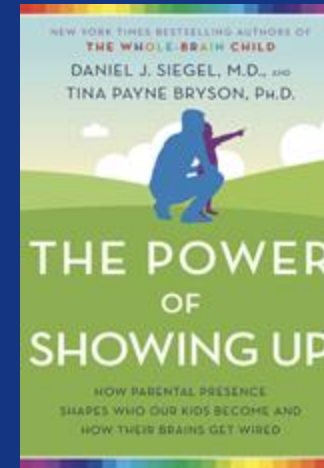
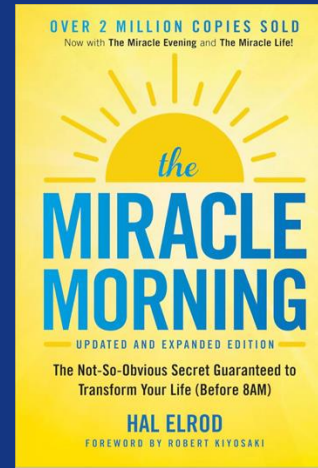
What is **ONE**
intentional
practice I can
commit to the
rest of this week
to **SHOW UP**
better for myself



Complete evaluation and join our
Learning Community and get
Presentation Resources
by scanning the QR code



PRESENTATION RESOURCES



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