



# MIKE'S NOTES

*Family Reunion 2025 - CEO Summit: Forces of Recovery by Dr. Robyne*

*Hanley-Dafoe*

*[Dr. Robyne Hanley-Dafoe](#) emphasizes that proactive self-care isn't a luxury, but a necessity for sustained well-being and peak performance. Dr. Robyne gave us a practical framework for incorporating these into daily life, ensuring resilience in the face of ongoing stress.*

## Key Items:

- Reconnecting with Self
  - Dedicate time for solitude to slow down, collect your thoughts, and recharge.
  - This isn't isolation, but a conscious choice to create space for introspection and self-reflection.
- Engaging the Body's Natural Rhythm
  - Incorporate movement into your daily routine, even if it's just a slow walk.
  - Recognize that movement is essential for both physical and mental well-being, reducing all-cause mortality and promoting a sense of vitality.
- Nurturing Meaningful Relationships
  - Prioritize genuine connection with loved ones.
  - Be present and engaged in interactions, showing enthusiasm and warmth.
- Reconnecting with the Earth's Abundance
  - Spend time outdoors to experience the grounding and restorative effects of nature.
  - Being in nature shifts your perspective from scarcity to abundance, reducing worry and promoting a sense of peace.
- Activating Emotional Release and Appreciation
  - Practice gratitude by focusing on what's working well, shifting your mindset from scarcity to abundance.

## Action Items:

1. Encourage team members to take regular breaks for solitude, movement, or nature walks.
2. Go beyond transactional interactions by building genuine relationships with clients. Host client appreciation events, send personalized thank-you notes, or simply take the time to listen and connect on a personal level.
3. Express genuine gratitude to clients for their trust and business. Highlight positive aspects of the transaction and celebrate successes.

## ONE Thing to Remember:

Recovery is an active process that requires intentional effort. By prioritizing solitude, movement, connection, nature, and emotional release, you can build resilience, enhance well-being, and achieve sustained success.