

# Planeamiento Estratégico Paralelo y Conexión emocional

**Un año de aprendizajes para compartir**

**IADEF 8 de Marzo 2021**

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DECIMO SEMINARIO INTERNACIONAL PARA  
CONSULTORES DE EMPRESA FAMILIAR. MARZO 2021

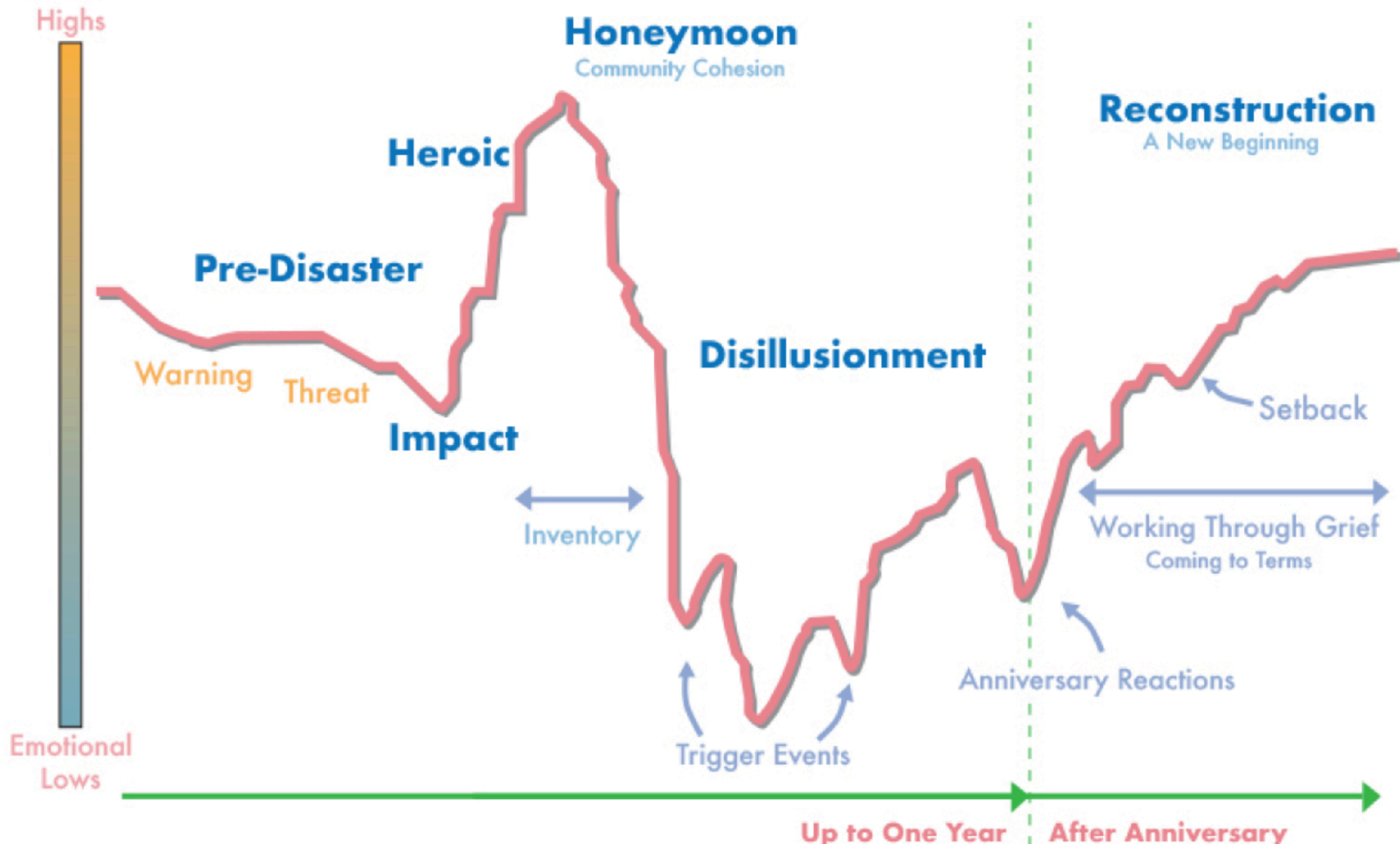


En la escala ovina,  
cómo te sientes hoy?



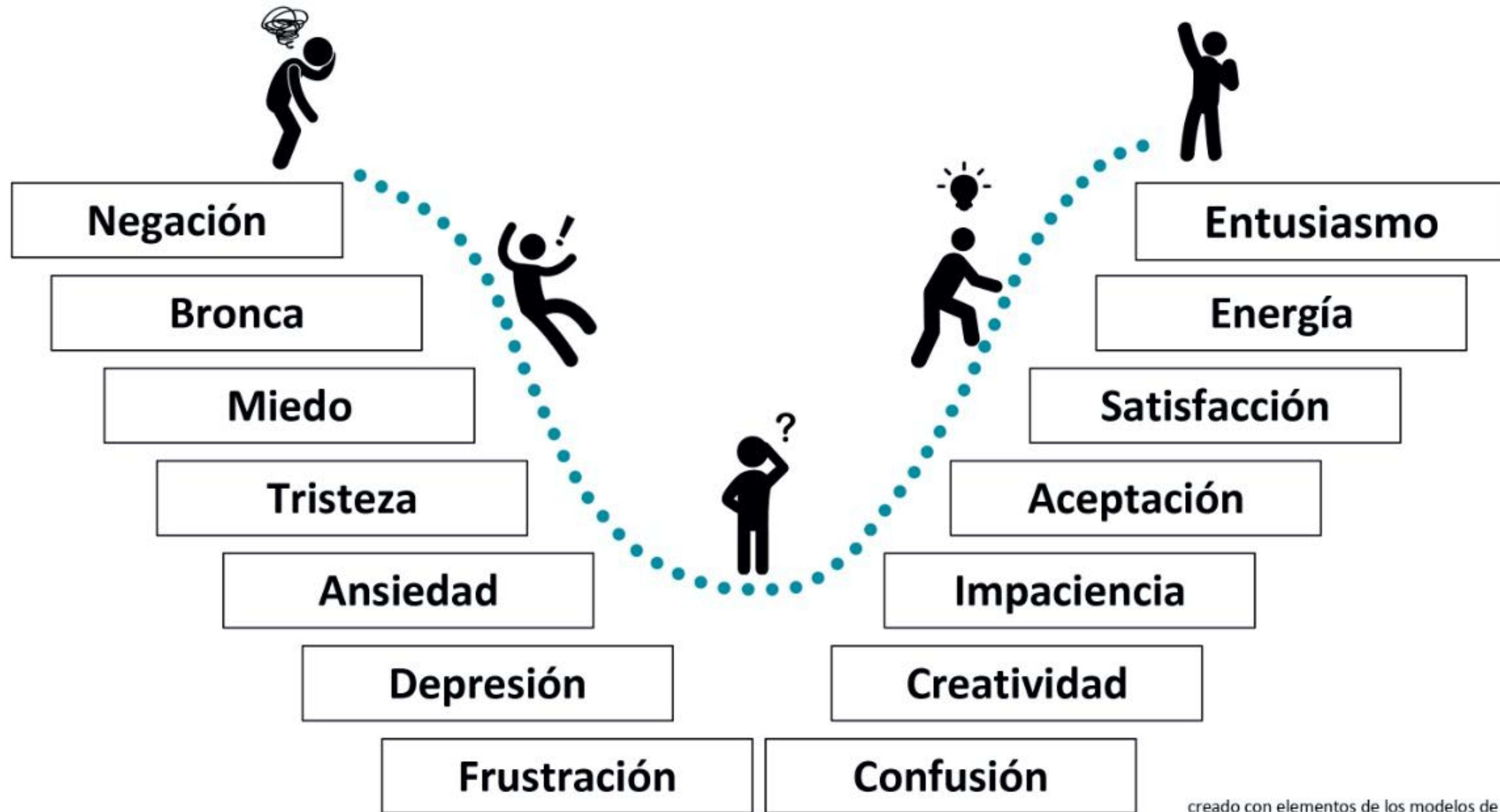
**Qué 3 palabras describen tus últimos 3 meses como consultorx en empresas familiares?**

**Ir a [www.menti.com](http://www.menti.com) y usar el código **7810 0916****

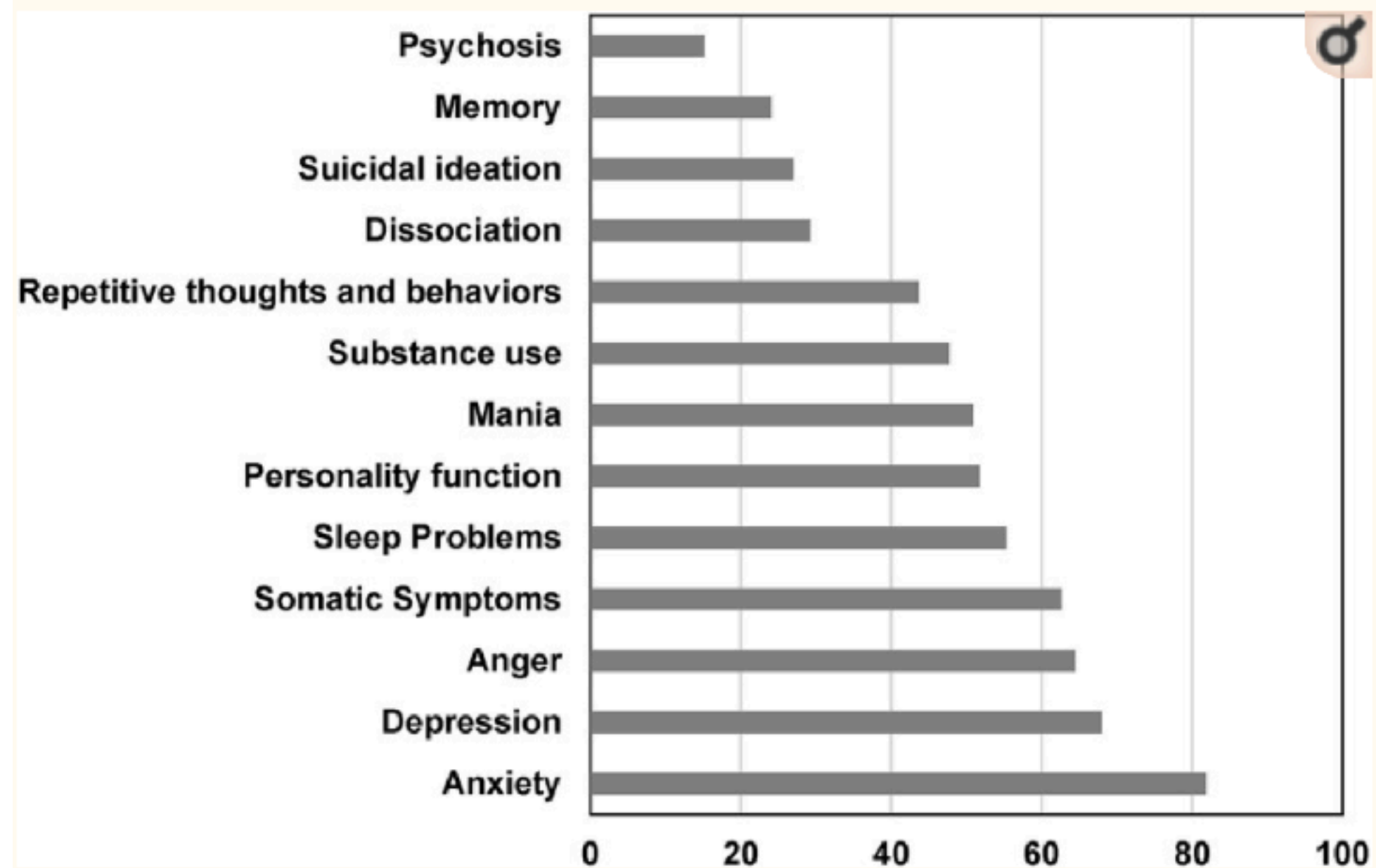


Adapted from Zunin & Myers as cited in DeWolfe, D. J., 2000. Training manual for mental health and human service workers in major disasters (2nd ed., HHS Publication No. ADM 90-538). Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.

# Las transiciones están repletas de emociones y sentimientos



creado con elementos de los modelos de Kubler Ross, William bridges y Curva de crecimiento.



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**Fig.1**

Frequency of symptoms according to DSM-5 self-rated level 1 cross-cutting symptom measure in the general population. Data are the percentage of positive screening in each domain. Positive screening (score  $\geq 2$ ): Depression; Anger; Mania; Anxiety; Somatic Symptoms; Sleep problems; Memory; Repetitive thoughts and behaviors; Dissociation; Personality function. Positive screening (score  $\geq 1$ ): Suicidal Ideation; Psychosis; Substance Use.

[J Psychiatr Res.](#) 2021 Jan; 132: 32–37.

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PMCID: PMC7527181

PMID: [33038563](https://pubmed.ncbi.nlm.nih.gov/33038563/)

## **COVID-19 and mental health in Brazil: Psychiatric symptoms in the general population**

[Jeferson Ferraz Goularte](#),<sup>a,d</sup> [Silvia Dubou Serafim](#),<sup>a,d</sup> [Rafael Colombo](#),<sup>a,c,d</sup> [Bridget Hogg](#),<sup>e</sup> [Marco Antonio Caldieraro](#),<sup>a,d</sup> and [Adriane Ribeiro Rosaa](#),<sup>b,d,\*</sup>

# Aprendizajes de este grupo

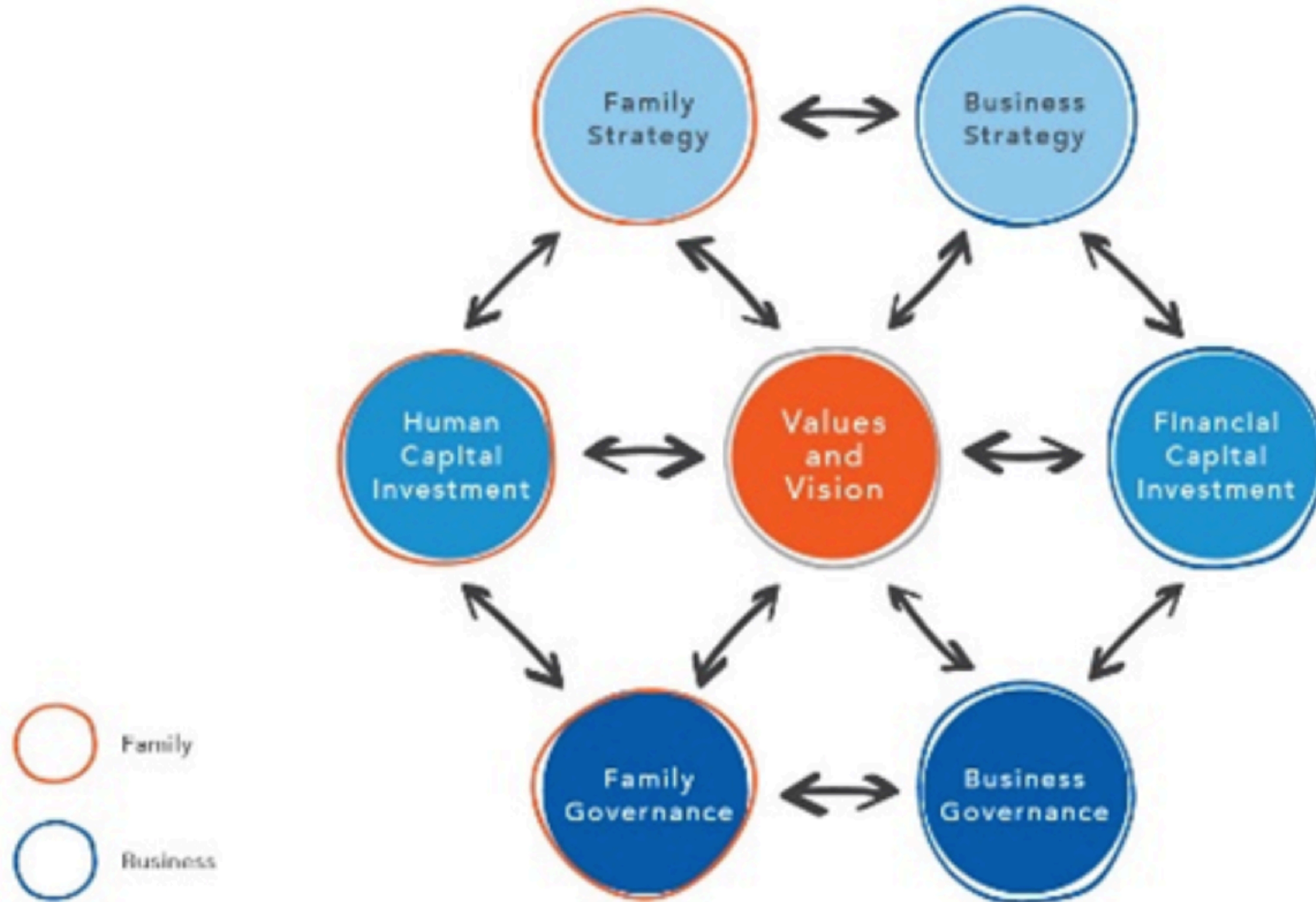
**Escribe lo que consideres que fue el aprendizaje más importante para ti como consultorx.**

**Puede ser sobre lo que compartiste en la sala o no.**

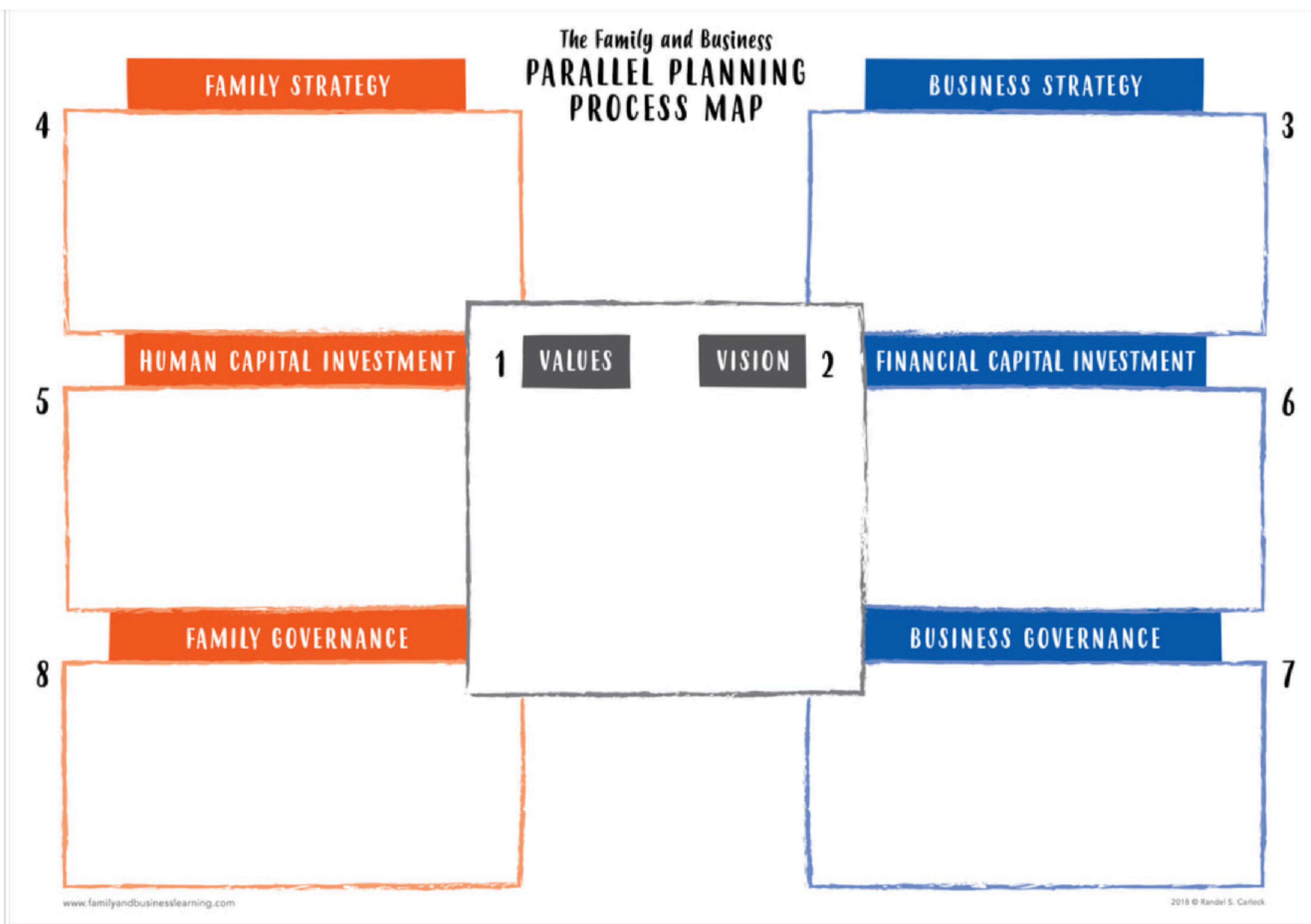
**Ir a [menti.com](https://www.menti.com) y colocar código 9990 3106**



**Apelando a los recursos...**



From Family Business on the Moon, Randel Carlock and Keng Fun Loh



**From Family Business on the Moon, Randel Carlock and Keng Fun Loh**

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SEASON 1: LOOKING IN



SEASON 2: LOOKING OUT



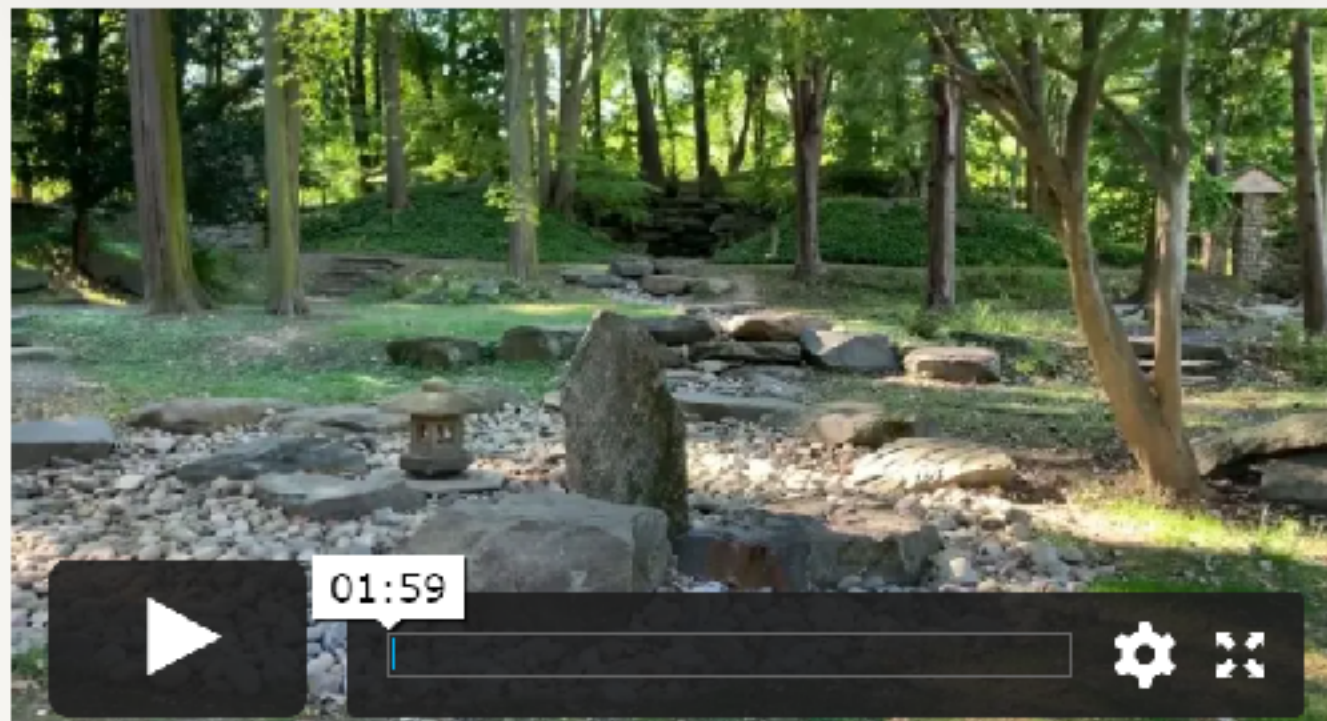
SEASON 3: REACHING OUT



## LWC Guide



Welcome to Living with Change! I am delighted to be working with you! My role as your guide is to ask you questions to trigger reflections and insights to accompany you on this journey.



The program is organized in 'seasons'. Each season will have a series of 'episodes' for you to go through at your own pace.



Would you like to dive deeper?

You



*Choose an answer from below* ↓

YES! I would like to dive into some deeper questions.

NO! I will skip deeper questions.

**ANSWER** ↑

GRACIAS!

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