



JUNE 2019 • ISSUE 11

QUARTERLY

Dear Friends
Welcome

AT A GLANCE

- Reflections on the Feel to Heal fundraiser
- The Sharon Faye Foundation's first public lecture – Introduction to Emotional Strength ~ Emotion in Everyday Life
- Sharon Faye Foundation turns four
- New addition to the team – welcome Jodie Wakefield

FEEL TO HEAL

What a wonderful morning. The Feel to Heal lap-a-thon was held on Sunday, 28 April 2019. Feel to Heal was initiated by a friend of the Foundation, Renee Waters, in honour of her son's inspiring Emotional Strength response to leukaemia treatment. Lenny is number 4 in the photo at the start of the lap-a-thon (see below, bottom left).

No one would guess that Lenny is half way through an intensive 3-year treatment protocol.



Over 150 participants enjoyed games, dancing, a feelings forest, walking, jogging, shoulder rides and Yelo's famous banana bread (Lenny's favourite). The only thing outshining the beautiful Perth sun was the warmth from those who attended with open hearts on the day. We are still feeling the glow and wish to thank everyone who participated and donated to Feel to Heal. The funds will go towards The Sharon Faye Foundation's mandate to build Emotional Strength in the five pillars of society, the first pillar is Family Health.

The Foundation would like to thank Renee, Lenny and the Waters family for showing us all how to respond with Emotional Strength in the face of intense emotional experience of a diagnosis like leukaemia. Remember, it is not what happens to us, it is how we respond to it that makes the difference.

We would like to acknowledge our two sponsors for the event; Best Performance and Yelo Café. Also thank you to Sharon's executive assistant Ash for leading us in an energetic Konga exercise class which was great fun and a warm up.

One of the highlights of the event was the Feelings Forest where participants were invited to choose a leaf from a tree and write down how they felt in that moment and on the back of the leaf were some tips from Sharon about how to respond to your children in everyday life (see photo below, right).



Here is what some of the participants shared about their experience on the day:

"A real sense of connection with my own children and awareness of the present moment. I got out of it that it is important to be present more with your kids and they are our best teachers."

"I enjoyed listening to my beautiful friend Renee's heartfelt speech and the story behind the Sharon Faye Foundation, which sounds like a wonderful charity to be part of."

"Beautiful sense of love and community."

PUBLIC LECTURE

It is with great excitement that we announce Sharon Faye's first public lecture, sponsored by the Sharon Faye Foundation.

Introduction to Emotional Strength ~ Emotion in Everyday Life

Saturday, 10 August 2019

3 - 5 pm

McCusker Auditorium

The Harry Perkins Institute of Medical Research

6 Verdun Street, Nedlands

Sharon will present on how feeling deeply into our emotions – in an open and vulnerable way – offers life-changing possibilities for health and wellbeing.

The lecture is intended to educate the audience in key areas:

- A brief history of emotions
- Reasons for numbing emotions
- Consequences of numbing emotions
- The purpose of feeling
- Denial as a coping strategy
- Moving towards the pain
- The paradox of Emotional Strength
- How does the paradox work in everyday life?

Audience members will have an opportunity to ask Sharon questions with a Q&A session included in the program.

Follow this **link** to book your seats today. This is a family event – children are welcome.



SHARONFAYE
FOUNDATION

PUBLIC LECTURE

INTRODUCTION TO EMOTIONAL STRENGTH EMOTION IN EVERYDAY LIFE

Presented by Sharon Faye, world leader in Emotional Strength
BA(Psych), BPsych, MPsych(Org), DipClinHyp, EMBA(UWA), MFRT, MIACN

SATURDAY 10TH AUGUST 2019

3PM-5PM

McCUSKER AUDITORIUM

HARRY PERKINS INSTITUTE OF MEDICAL RESEARCH NEDLANDS

CHILDREN ARE WELCOME

BOOK YOUR TICKETS AT WWW.TRYBOOKING.COM/BDJCD

Sharon Faye Foundation is proudly Western Australia's first approved Research Institute on Emotion

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EDUCATE • RESEARCH • DISSEMINATE

*Imagine if
... people could feel*

THE SHARON FAYE FOUNDATION TURNS FOUR

The Foundation celebrates its fourth birthday this month.

Having achieved our objectives from the first three years, we have now moved into a second phase of growth in which we will be engaging new team members and funding partners.

Milestone achievements from our first three years include publication of the Emotional Strength paper, becoming the first Research Institute on Emotion to be approved by the National Health and Medical Research Council, and designing and implementing our first education project.

We now have many new projects in the pipeline, varying in scale and duration. These are spread across our five pillars: family health, education, business, law and politics.

One of the questions we have been asking as we move into this next stage is “What does a world with Emotional Strength look like?”

- Imagine a world with Emotional Strength: People are real. They feel and express vulnerability. They are engaged and emotionally responsive. It is not about always being “happy”. When people are feeling, they can’t hurt themselves or others.
- Imagine family with Emotional Strength: Parents slow down and attend to their children. They are responsive; yet firm and set clear boundaries. They are curious about and validate their children’s experience. Children have a voice and feel heard. They are engaged. Everyone has permission to feel.
- Imagine schools with Emotional Strength: Students and teachers are real. Students and teachers are engaging with each other and feel safe to take risks. The principal has strong vision and values, which is driven throughout the school. Teachers deliver emotional “first aid” in the classroom and playground. Students are allowed to feel and to express, guided by clear boundaries. Feelings are introduced in the classroom.
- Imagine business with Emotional Strength: Leaders are open, productive and vulnerable. They are strategic thinkers who, guided by strong values and purpose, can stay on track or adapt to achieve strategic direction. Leaders and employees welcome both positive and negative feedback. People bring their whole-selves to work and have permission to feel. There is systemic culture-change in business which is sustainable.
- Imagine law with Emotional Strength: Lawyers have Emotional Strength and there is no burnout. Billable hours and the management structure of law firms are redesigned; civic work is respected. In an Emotional Strength world, there is

respect for differences, freedom of voice, clear rules and boundaries, and justice. There is engagement and open conversation about the prejudice, discrimination and deprivation that exists within a country.

- Imagine government with Emotional Strength: People have a voice. Government reflects the voice of the people. Political structures, and the pre-selection process, are redesigned. There is national conversation around all people represented, and a clear sense of “knowing who we are” and what we stand for.

THE FOUNDATION IS GROWING

As the Sharon Faye Foundation’s research, activities and influence have grown, the time came to add to our team. We extend a warm welcome to Jodie Wakefield, who joined the Foundation as executive assistant in February 2019. Jodie is highly experienced with a long career in the corporate arena. Keen to ‘give something back’ in this next stage of her working life, Jodie is relishing her new role.

Our thanks to Clear Perceptions executive assistant Ash Castledine who has done an exceptional job, and gone above and beyond, in juggling both Clear Perceptions and Sharon Faye Foundation administrative responsibilities to date.

Jodie is already noticing changes in her life since joining the Foundation and being in an environment that encourages the development of Emotional Strength. Here she shares with us:

“When experiencing difficult or challenging situations, I have a well-developed routine of thinking my way out and relying on logic, procedure and the safeness of repeating past responses to produce familiar results. I was terrified and very resistant of changing my tactics. I didn’t want to be at the mercy of my emotions and out of control and I didn’t want to change when things had been working well enough.

That was fine until one day when what had worked before didn’t work anymore – and it ‘didn’t work’ in a spectacular way. Anger, rage, denial, sadness and helplessness were right up close demanding my attention and they got it – for four days and nights.

Then, on day five, I took a breath. I sat with them a moment and listened, and they weren’t so loud anymore. They very gently stated their case and guided me toward hope and a different path.

There was still a great deal of sadness, confusion and grief and I had no idea what to do with any of these emotions. In my mind they became a large metal bucket, filled with swirling thick and putrid goop and I was carrying the bucket around. Sharon’s

advice was “You just carry it. You take it home, you put it down, you pick it up, you come to work, you put it down and you do this until one day the bucket isn’t there.”

I thought this would take years because it had taken decades for me to acknowledge the bucket – and I figured that now it had been seen, it had no plans to go anywhere. But two weeks later there was no bucket. I have a lightness where before I was heavy with denial, and my fear of being out of control was unwarranted – I’ve never felt more at ease. Apparently this is a taste of Emotional Strength. It was an ugly process, but there is beauty on the other side.

Having experienced this small introduction to Emotional Strength and seeing in others the confidence, the simplicity of just allowing life’s moments to be, and personal authenticity to be gained, I am quietly thrilled. I’m honoured to be a part of Sharon Faye Foundation and hope to one day be a worthy ambassador for Emotional Strength.”

BE A PART OF THE SHARON FAYE FOUNDATION COMMUNITY

We hope that you are enjoying the inclusion of personal experiences of Emotional Strength in our newsletter. The idea behind this is that by identifying ourselves in other people’s stories we create community. The Foundation’s goal is to create healthy families, businesses and communities and you are an important part of our story.

We would be interested in your feedback and we’d love to hear from you for possible inclusion in future newsletter editions. Please tell us your Emotional Strength story and send it to

hello@sharonfayefoundation.com.au

No matter the size, every donation helps us to further our research.

If you would like to donate to the Sharon Faye Foundation, please follow this **[link](#)** or **contact us** for details.

The Sharon Faye Foundation is endorsed as a Deductible Gift Recipient and donations of \$2 or more are tax deductible.

SEE YOU NEXT TIME

Sharon Faye Foundation Team



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