

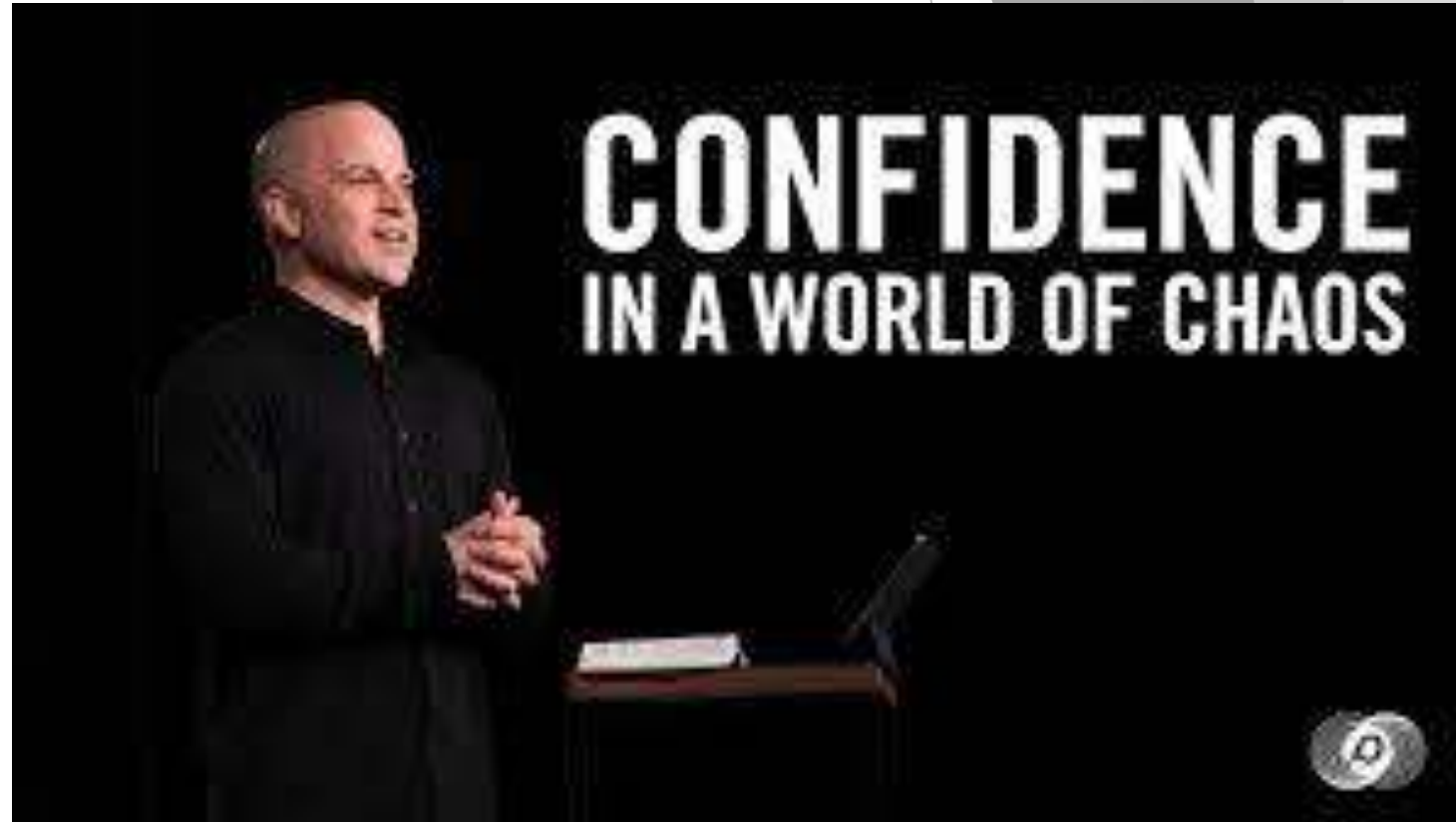
# Confidence Through Chaos AGC Conference November 10<sup>th</sup>, 2022

Jessica Jacobsen MSPM  
NAWIC Alaska Chapter President  
Elinor Harrington, MSPM  
NAWIC Alaska Chapter Treasurer

Many Paths   
**ONE MISSION**

# Agenda

- ▶ Introductions
- ▶ Construction Scenarios
- ▶ Confidence Through Chaos
- ▶ NAWIC Alaska Info
- ▶ Questions
- ▶ Close



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# Introductions

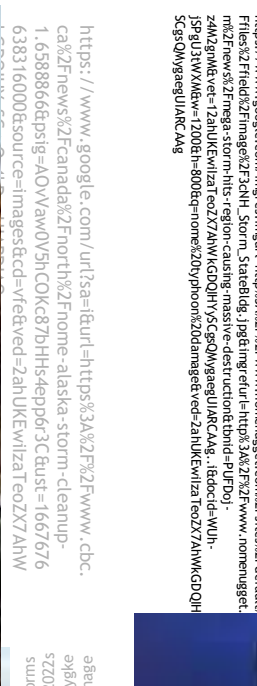


- ▶ Years in construction?
- ▶ Specialty or General?
- ▶ Females here in construction?
- ▶ How many lifelong Alaskans?
- ▶ Who here loves winter?
- ▶ Most remote you have ever been?

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# Chaos Scenario 2 - Building



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# Chaos Scenario 3 - Planning



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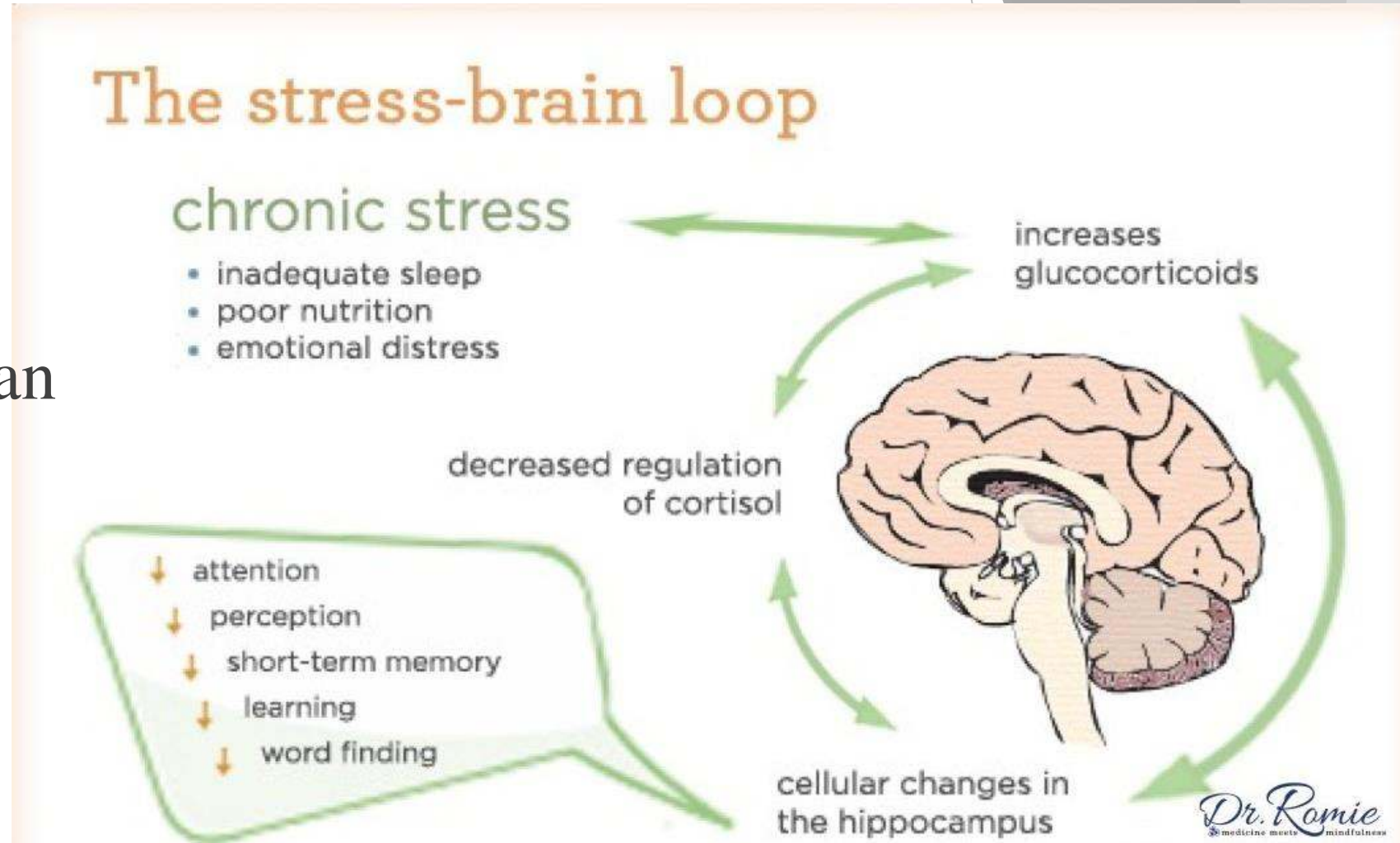






# Our Brain with Stressors

- ▶ Fight or Flight
- ▶ Freeze or Fawn
- ▶ Mood Swings
- ▶ Lack of Attention Span
- ▶ Lack of Self Control
  - ▶ Food
  - ▶ Alcohol
  - ▶ Phone Time



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# Reactions Are A Choice



[https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.smithsonianmag.com%2Fscience-nature%2Fwhat-happens-your-body-when-youre-stressed180964357%2F&psig=AOvVaw38CWShzm0Ek\\_pBCyyrdmW&ust=1667844048690000&source=images&cd=vfe&ved=2ahUKEwjy9uKxkZr7AhXMol4IHb7xCCoQr4kDegUIARC2AQ](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.smithsonianmag.com%2Fscience-nature%2Fwhat-happens-your-body-when-youre-stressed180964357%2F&psig=AOvVaw38CWShzm0Ek_pBCyyrdmW&ust=1667844048690000&source=images&cd=vfe&ved=2ahUKEwjy9uKxkZr7AhXMol4IHb7xCCoQr4kDegUIARC2AQ)

- ▶ We are only in control of ourselves
- ▶ Situation is negative, why add more?
- ▶ What can you control in this moment?
- ▶ How can you support yourself and others?
- ▶ Appears Less Confident



# Rising Above the Reaction, Respond

- ▶ Able to Evaluate, Assess, Plan
- ▶ EQ & Self Awareness & Control
- ▶ Big Picture Focused
- ▶ Teamwork & Supported
- ▶ More Success & Confidence
- ▶ Better Overall Health



<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D8jaGzncb7Y&psig=AOvVaw0NBeube7jBnHB3WjxVavYM&ust=1667846167419000&source=images&cd=vfe&ved=2ahUKewiY9YekmZr7AhXDjY4lHWpYChYQr4kDegUIARCYAg>





# Incorporate Into Your Routine

LOOK FOR MAGIC  
IN THE DAILY  
*routine*

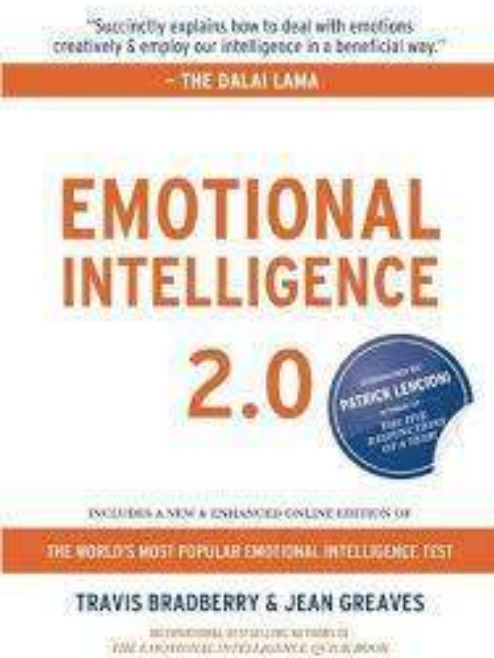
Lou Barlow

<https://www.google.com/imgres?imgurl=https%3A%2F%2Forganisemyhouse.com%2Fwp-content%2Fuploads%2F2022%2F04%2FQUOTE-422-magic-daily-routine.jpeg&imgrefurl=https%3A%2F%2Forganisemyhouse.com%2Finspirational-daily-routine-quotes%2F&tbid=UClq1l6OQsgnuM&vet=10CFcQMyiQAWoXChMlqffw6Sa-wIVAAAAAB0AAAAEAM..i&docid=yY8-FKSUGvI9M&w=600&h=600&q=Making%20it%20routine&ved=0CFcQMyiQAWoXChMlqffw6Sa-wIVAAAAAB0AAAAEAM>

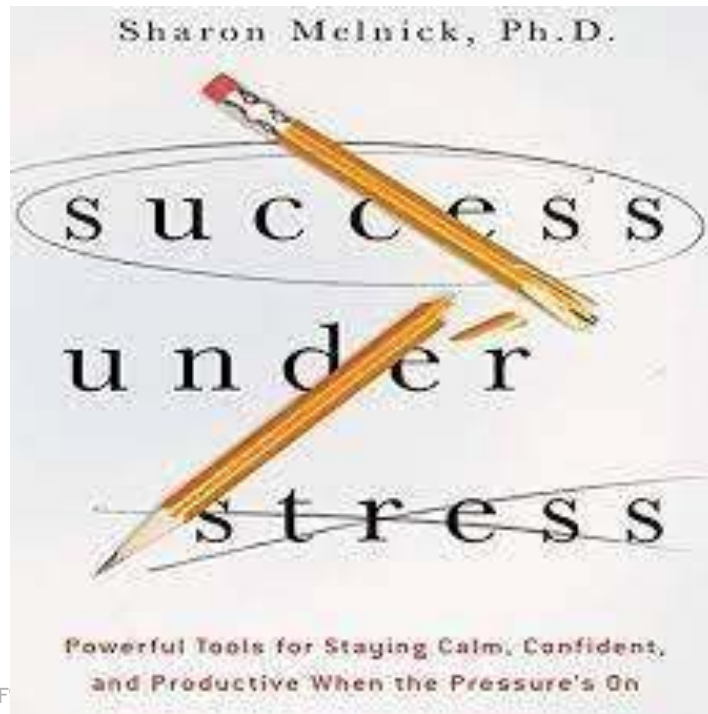
- ▶ Pause Before You Respond To Anything
- ▶ Ask For Feedback
- ▶ Practice
- ▶ Be Honest
- ▶ Set Reminders
- ▶ Do Not Give Up



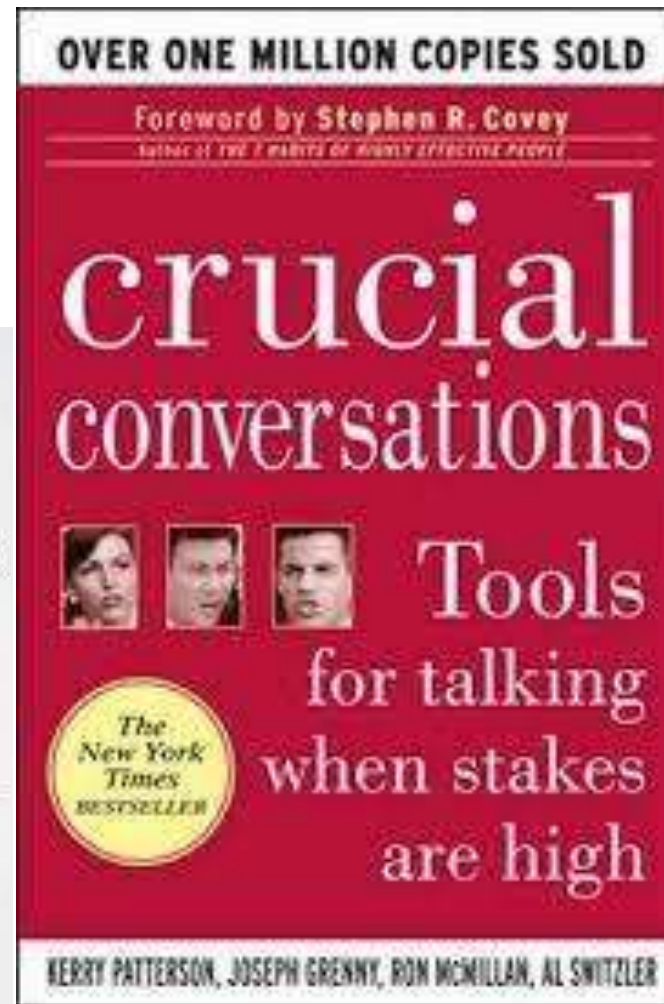
# Sources for Improving



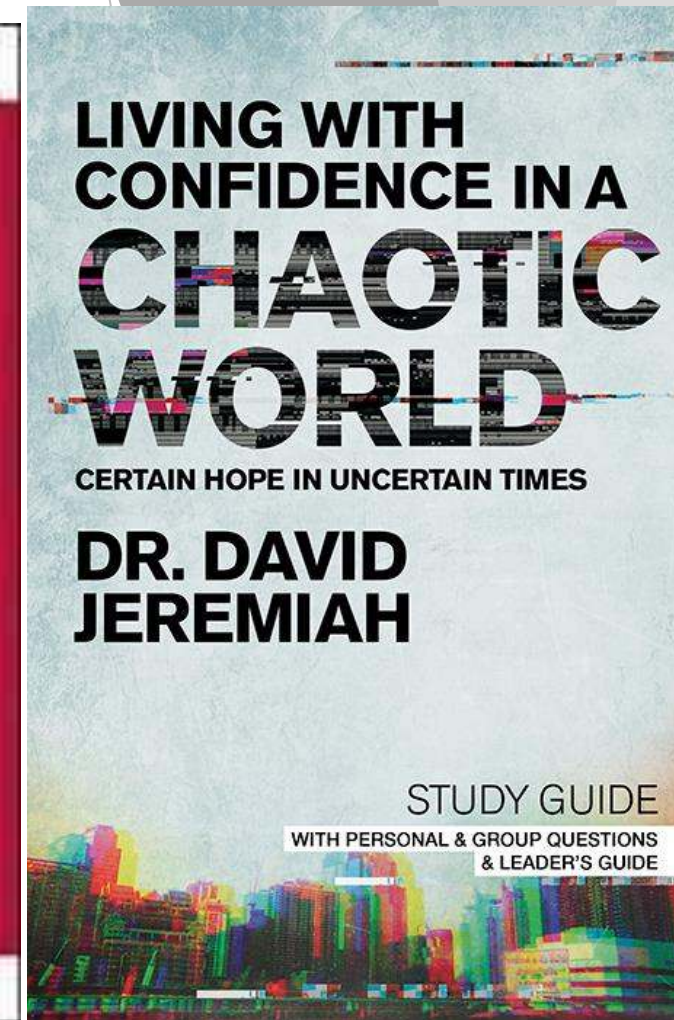
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# Summary



THANK YOU

- ▶ Chaos & Stressors Will Always Be There
- ▶ How We React Is Key
- ▶ Choose To Respond Constructively
- ▶ Practice To Build Confidence
- ▶ Some Sources For Overall Improvement

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# NAWIC Alaska Chapter - 197

National Association of Women in Construction

## Core Purpose:

**...amplify the success of women....**

## Mission Statement:

**...NAWIC provides education, community and advocacy for women.**

11%

4%

1 OF 5





# WHAT WE DO

- Block Kids:** National competition introducing kids to construction
- Scholarships:** Yearly scholarship to Alaska Youth
- Professional Development:** Continued Education credits & learn about Alaska's Construction projects.
- Career opportunities** Educate Youth on careers in construction & related **Spotlight:**
- Networking:** Fun



# ALASKA'S GROWTH & NAWIC

40%

9%

?

**AGC Alaska . . . . . What Can you Do?**

**Host a Lunch & Learn**

**Promote NAWIC**

**Sponsor Golf Tournament**  
(Scholarship Funds)

**2023 Spring Forum**

**Host a Site Tour**

**Get Involved with  
Block Kids**





# CONTACTS

**Website:**

nawic-ak.org

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nawic.alaskachapter



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