



Tools for Courage, Calm, and Connection
Alaska Edition

How I became a coach...

Hi, I'm Lisa, your Integration Coach.

I've always loved creating safe spaces where people feel seen, heard, and valued.

As a lifelong learner, I've completed 20+ coaching programs and continue coursework daily.

After a big life change, I began teaching others about stress, self-awareness, and resilience — tools you can use for life.

You don't need to be perfect.

You are enough, exactly as you are.

How I became an Entrepreneur...

At 16, I graduated high school and started college with dreams of becoming a teacher. After graduation, my plans changed, and I became an entrepreneur, first in sales and marketing, then for decades in real estate. I've been working and creating since I was eleven, and not much has changed. My brain is like an idea factory that never closes. I love the creative outlet that business provides. If you feel called, I invite you to explore the path of entrepreneurship. Follow your passion, learn everything you can, and use it to make a difference.

Why I Coach/What Integration Means...

I coach because I believe every person matters, and we're stronger when we understand all the parts of ourselves. As an Integration Coach, I support you in connecting your thoughts, feelings, and choices — so you can feel more whole and steady inside. This work isn't about "fixing," because you are not broken. It's about remembering that you already have what you need — right inside you.

Meet Patience Panther...

Patience is your calm companion and anchor. She's here to help you paws (or... pause) and return to the present moment. Patience is a symbol of courage, compassion, strength, and resilience. She reminds you that calm doesn't mean nothingness — it means grounded, steady, and ready to begin again. Your special box holds reminders of the tools you've learned — like breathing, journaling, and self-awareness. These aren't just tips. They're now part of you. You can carry them for life.



What Fills My Cup...

Photography

Coloring Books

Family

Red

Nature

Music

Plants/Flowers

Learning

Business

Fun Facts About Me...

I've moved nearly 70 times

I began college at 15, graduated h.s. at 16

I love "minis" of all kinds

I love to get lost in a coloring book

I live in gorgeous Alaska

I love taking photos of tiny worlds in nature

I lived with 6 different families growing up

Calm and Present are my superpowers

I have a Mini-Aussie and her name is Bella

My favorite words are: Curiosity, Courage,
Compassion, Creativity, Calm, and Connection

Things I Love About Alaska...

I live in Alaska — a place that inspires me to be still, strong, and present. It's been my home for almost forty years. I love the sound of the wind in the trees. I love crisp, cool air that feels as fresh as new-fallen snow. I love a warm fire and the smell of wood smoke. I love watching the Northern Lights dance across a snow-covered lawn. I love it when snowflakes land on my eyelashes. I love the burst of eternal sunlight we get in summer. Alaska is a gift, and I'm grateful to call her home.

Meet Red...

Red carries my heart, my inner child, and an extra dose of courage.

Red is a beautiful reminder that being small doesn't mean you aren't powerful. Red is here for inspiration, to encourage your creativity, and to remind you that you matter. You'll see her in stories, rituals, and adventures. Sometimes quiet. Sometimes silly. Always curious.

Let's keep exploring what makes you... you.

What Is Resilient Youth?

Resilient Youth is a coaching-based program that helps students explore stress, calm, and self-awareness through stories, rituals, journaling, and symbolic tools. The focus is on building emotional strength and inner steadiness. Together, we explore what calm feels like, how stress shows up in the body, and how to respond with curiosity and courage. Students are always invited to participate — never forced. The tools are gentle, but powerful.

Why This Work Matters in Alaska

In Alaska, many young people are navigating change — from village relocation to climate stress, housing shifts, and cultural loss. This version was designed with Alaska in mind: slow, grounded, and rooted in deep listening. It honors our relationship to land, community, and story. Through calm-based tools, symbolic animals, and creative reflection, students discover they already carry strength — in their bodies, in their culture, and in their breath.

Meet the Animals of the Alaska Edition Toolbox

Each animal in the Alaska Edition Toolbox matches a skill from the C.A.L.M.S. acronym:

 Fox - Coping

 Bear - Action

 Eagle - Looking at Thoughts

 Orca - Mindfulness

 Wolf - Support

Through stories, journaling, and symbolic tokens, students learn to carry these strengths inside — not just in the classroom, but in life.

Rooted in Alaska. Growing Together.

Resilient Youth: Alaska Edition honors the land, cultures, and communities that shape our children.

This work is built on calm, compassion, and connection — with tools students carry for life. If you believe every student deserves a place to pause, breathe, and grow — let's talk.

To learn more or bring this work to your school or community:

LisaConnerCoaching.com

LisaConnerLiving.com

Staying Connected...

If you participated in this program and want to bring it to another school or youth group, I'd love to connect.

Ask a trusted adult to visit:

LisaConnerCoaching.com

for more about what I offer. You'll also find calming tools and coaching companions at:

LisaConnerLiving.com

When we learn to support ourselves, we learn to support each other.

Let's keep creating calm, curiosity, and connection — together.



LISA CONNER

INTEGRATIVE WELLNESS

907.244.2013