

AN INTRO TO

HOST LEADERSHIP







IMMUNE SYSTEM

DIGESTIVE SYSTEM

REPRODUCTIVE SYSTEM

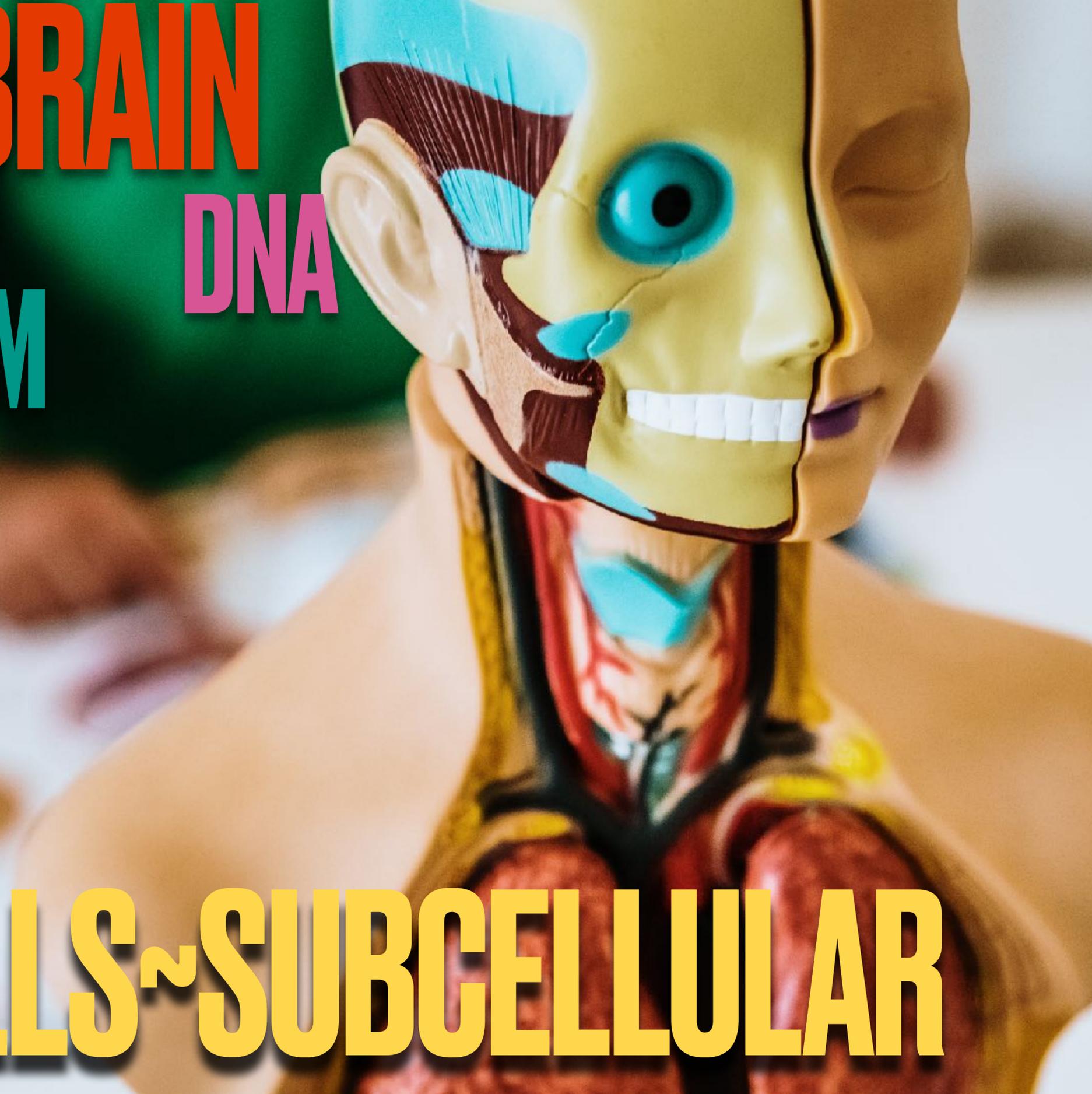
MITOCHONDRIA

NERVOUS SYSTEM

BRAIN

DNA

SYSTEMS ~ CELLS ~ SUBCELLULAR





GREEN is the physiology of safety and connection.

When we show up in GREEN we co-regulate those around us: they pick up on our cues of safety and connection and they start to move to GREEN too!

YELLOW is the physiology of protection: mobilization for fight or flight. When you notice someone is in YELLOW, use your compassion and curiosity. Are they in physical pain? Do they have other distress? Know what gets and keeps you in GREEN so that you can continue to give off the cues of safety and connection.

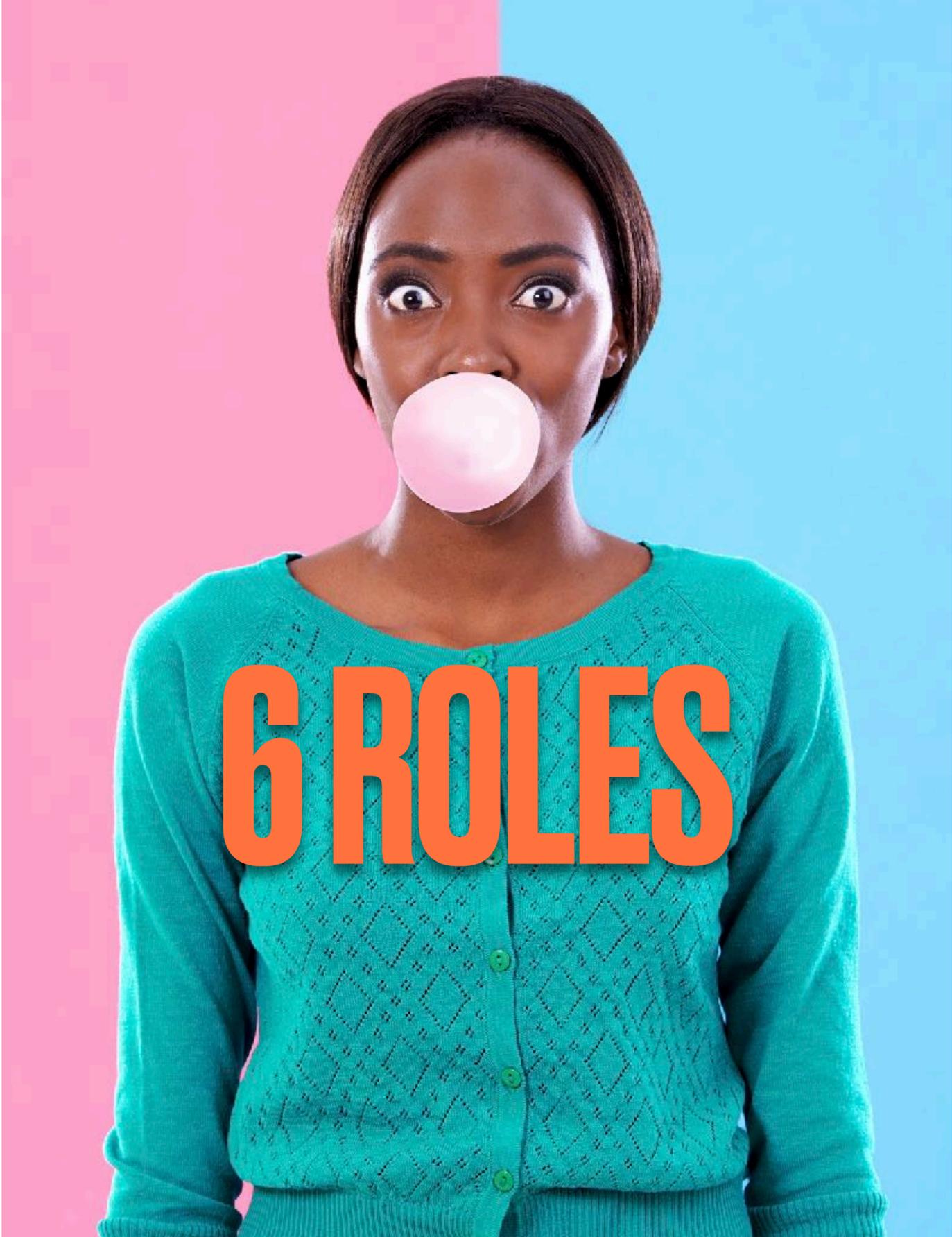
RED is the protective physiology of shutting down, disappearing, going numb. Take a slow approach and offer your cues of safety and connection.



2 MOVES



4 POSITIONS



6 ROLES



Forward
and
Back

2 MOVES



6 ROLES

1





2







4





5





6

4 POSITIONS





2





4

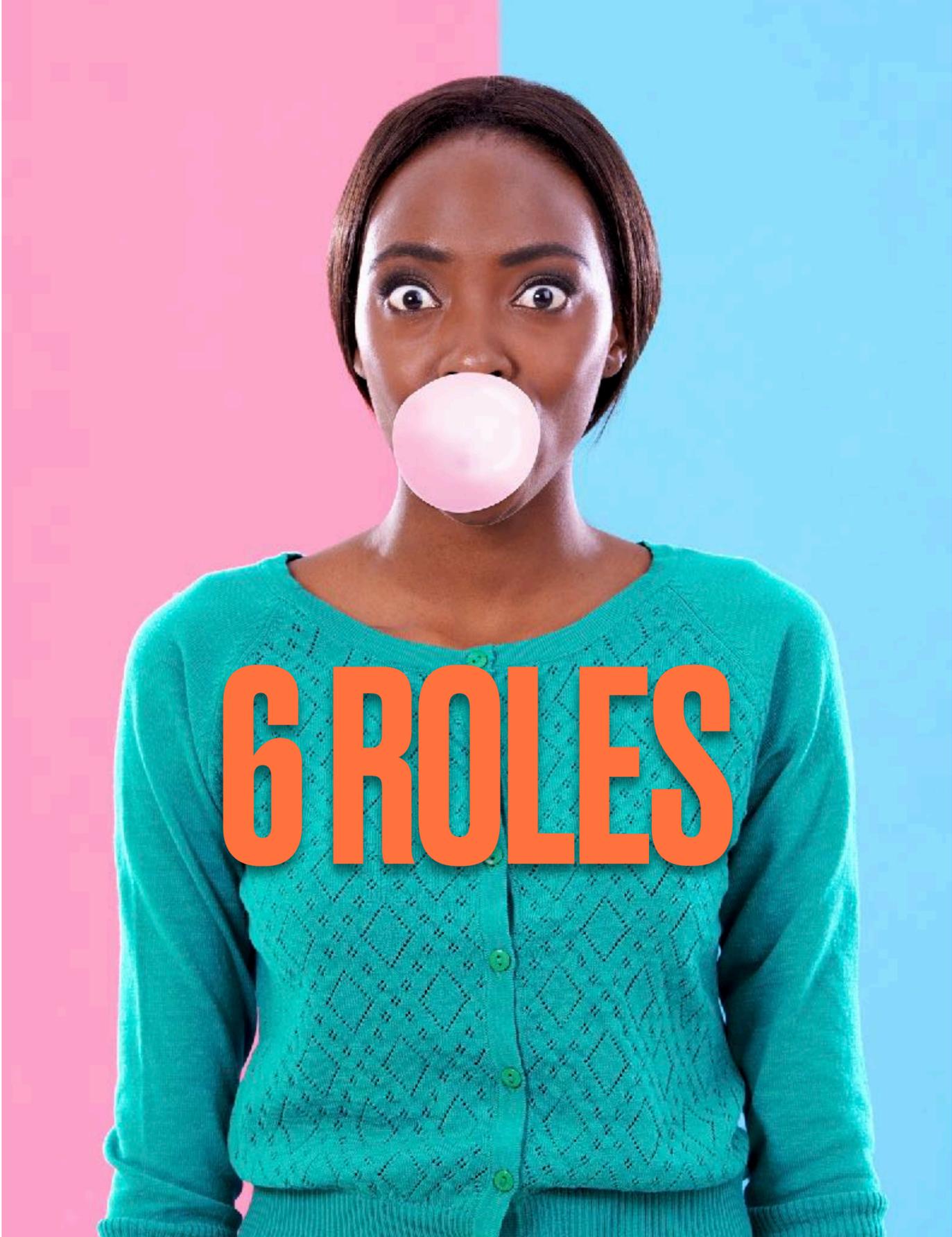




2 MOVES



4 POSITIONS



6 ROLES

THANKS!

