

# **Bridging Research and Practice**

4th annual PEER WORKFORCE CONFERENCE



# **Chair<sup>TM</sup> OF JOY**

*Transforming Communication and  
Fostering Authentic Connections*

**Presented By  
Sheryl Lynn**

**JOY&LY<sup>®</sup>**



# JOY&ELY<sup>®</sup>

## VISION & MISSION

### VISION

We envision a world where joy is a universally recognized force for positive change, with clear metrics reflecting its impact on individuals, communities, and the global landscape.

### MISSION

Our mission is to empower individuals with tangible tools and aligned actions to prioritize joy, leading to quantifiable change in their lives and communities.

# ABOUT JOYELY

To empower individuals with tangible tools and aligned actions to know joy and adventure, even during challenging times, using the Chair of Joy Experience, leading to quantifiable change in their lives and communities.



## PROFILE OF FOUNDER

### **SHERYL LYNN, FOUNDER AND VISIONARY**

- Champion of Joy: Leading the JOYRise Movement
- Beyond Degrees: From Sign Language to JOYELY Design
- Building Businesses & Building Joy
- Storytelling Architect: Crafting WILD Experiences
- Bridging Worlds: From Deaf Advocacy to Global Joy
- Real-World Transformer: From Packaging to Personal Growth
- Passionate Advocate: Igniting Joy, Connection
- Walked Across America
- 5 Races, 3 Triathlons, 2-1/2 Marathons, 2-100 Mile Bike Rides, and 1 untimed Marathon



# CELEBRATE EMOTIONS

- **Embracing all the emotions**
- **Get excited when aware**
- **Emotions are temporary**
- **Navigating through anyway**
- **Returning to Joy**



- *anger*
- *fear*
- *sadness*
- *joy*
- *disgust*
- *surprise*
- *trust*
- *anticipation*

# OVERVIEW

1. Celebration
2. Current State
3. Communication
4. Know JOY
5. Chair of Joy™
6. Your Experience



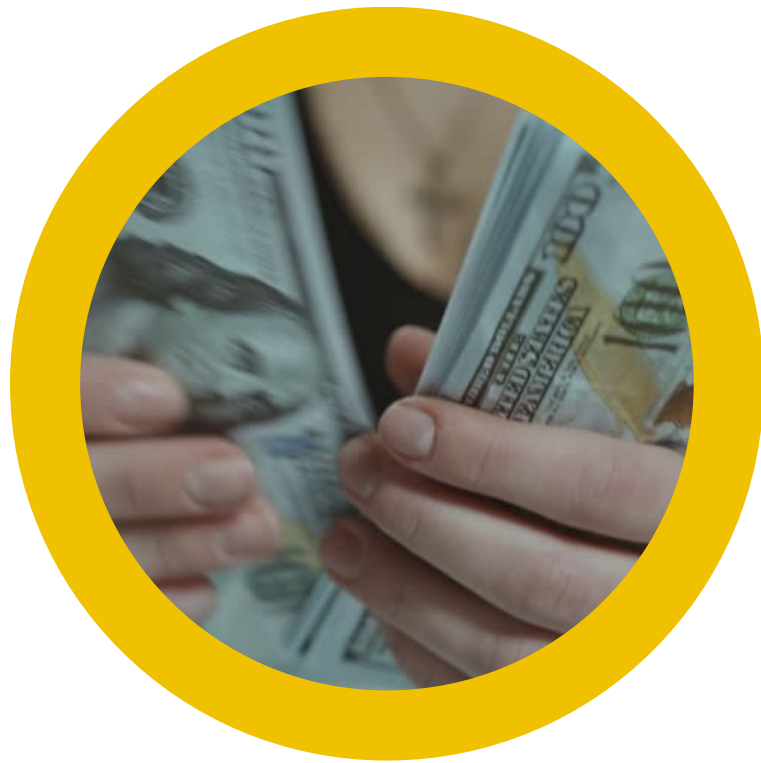
1

CELEBRATION

**CELEBRATING YOU!**



# THE CHALLENGES



**FINANCIAL**



**STRESS**



**WORK-LIFE BALANCE**



**HEALTH & WELLNESS**



2

## Current State

**Strengths You are  
Experiencing**



**Current State**  
Continued

# Workforce Challenges



# TOXIC STRESS

When toxic stress response occurs continually, or is triggered by multiple sources, it can have a cumulative toll on an individual's physical and mental health—for a lifetime.

**Positive:** Normal and essential.

**Tolerable:** Activates the body's alert systems.

**Toxic:** Increases the risk for stress-related disease.

**POSITIVE**

**TOLERABLE**

**TOXIC**

# 3

## Communication

- Relationships
- Transparency
- Authenticity
- Dreams
- Hopes
- Emotions



## **Emotional Processing:**

Understanding and Healing Through Acknowledgment

- Embodied Emotions: Your body is your subconscious mind.
- Emotions and the Brain: Allowing emotions to be felt.
- Emotional Processing and Healing: "Name it to tame it."

4

Know Joy

# JOY&ELY<sup>®</sup>

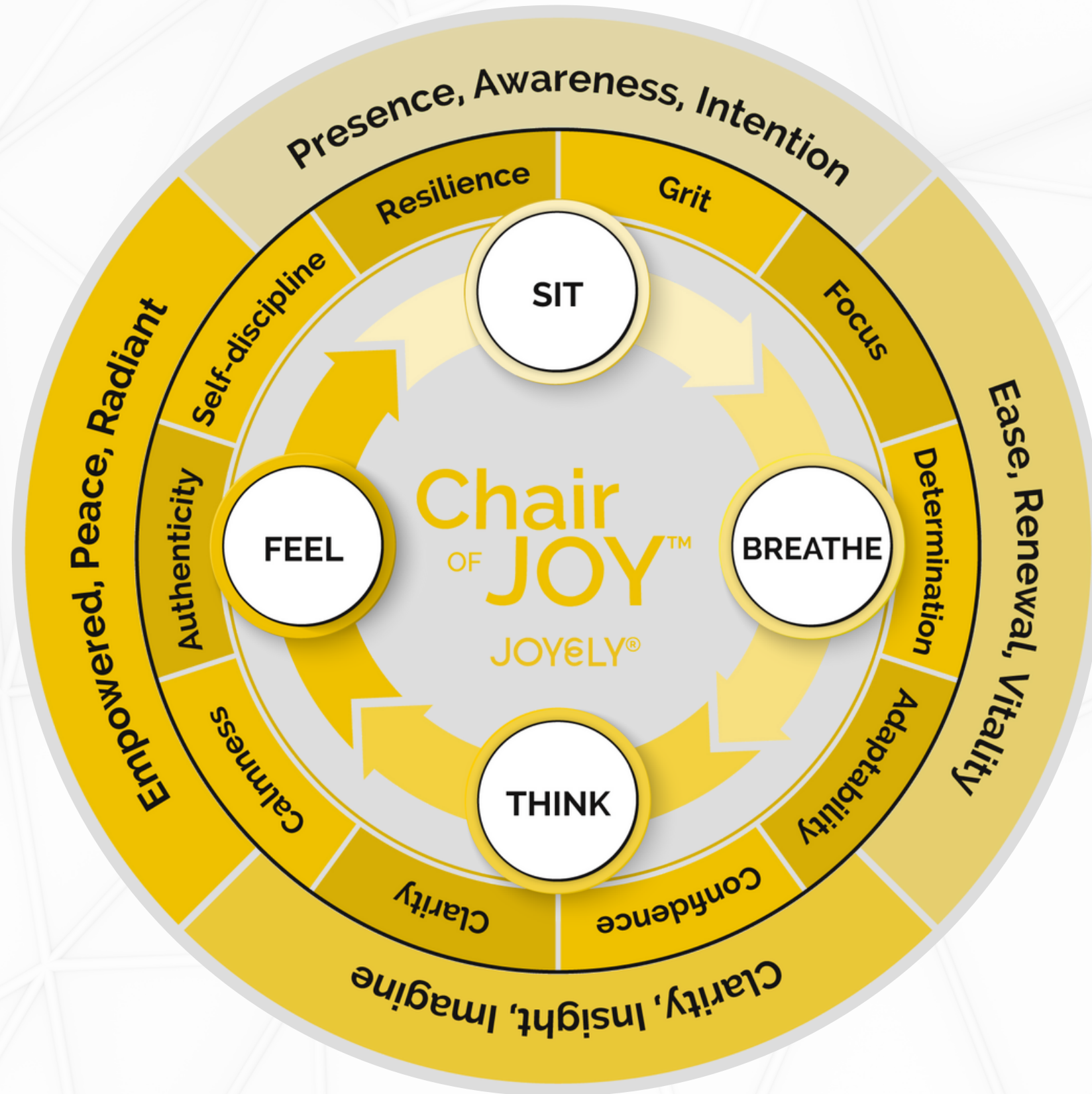
## EVER AFTER

**What is Joy**  
**Why Joy Now?**



5

# Chair of Joy™ Circle



6

## Your Experience

1. Before
2. During
3. After





# CHAIR OF JOY™ EXPERIENCE



# CHAIR OF JOY™ EXPERIENCE

1

**SIT**

2

**BREATHE**

3

**THINK**

4

**FEEL**

# SIT

- **Setting**
- **Stillness**
- **Self-Reflection**



# BREATHE

- **Balanced Focus**
- **Boosted Awareness**
- **Brain-Body Coherence**



# THINK

- **Clarity**
- **Creativity**
- **Confidence**



# FEEL

- **Empowerment**
- **Engagement**
- **Elevation**

**Find Vs Know**  
**Spread Vs Have**



# CHAIR OF JOY™ EXPERIENCE

- Enhances Social Skills
- Emotional Awareness
- Builds Resilience



# ADVENTURE BEAR





# 7 ELEMENTS OF JOY

7  
COMPANION

1  
POTENTIAL

2  
SCIENCE

3  
SIMPLICITY

4  
UBIQUITY

5  
RESET

6  
JOYELY  
WAVE





JOYELY  
ever after,  
where real  
feelings shine  
brighter than  
fairy tale  
endings.



# CONTACT US

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**Today's Joy, Tomorrow's Success**

