



The Power of Classified Professionals

Elevate Your Impact. Protect Your Purpose.

Dr. Pilar Nova H. — Classified Leadership Institute 2026

Welcome & Our Agreements



Be Present

Engage fully and stay open to learning.



Respect Each Other

Honor every voice and human experience.



Speak & Listen with Care

Share honestly. Hear others with empathy.

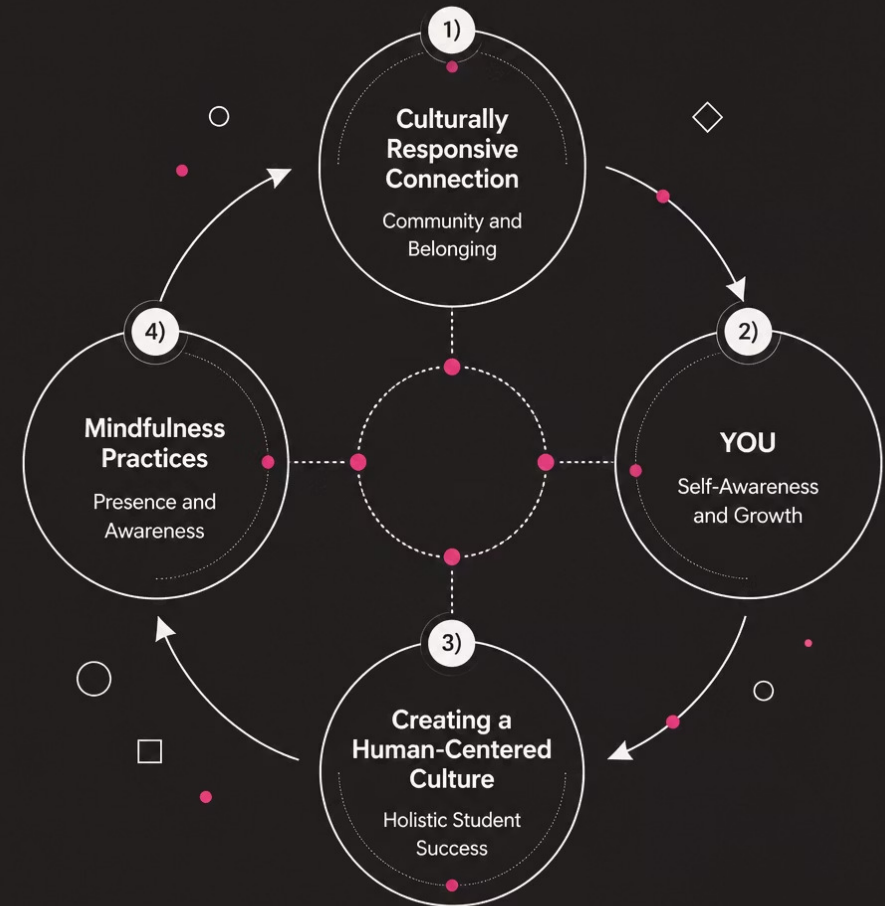


In order to heal, you have to stop pretending it doesn't hurt.

Our Focus Areas

Four interconnected pillars guide this institute – forming a cycle of growth, connection, and holistic success for both professionals and the students they serve.

Each area builds on the others, creating a sustainable foundation for presence, awareness, and impact.



We All Have a Story

Dr. Pilar Nova – **A first gen college grad**, and a journey shaped by resilience, family, and purpose. *"Everything is working itself out in ways you cannot see right now."* – Mom

Personal

A moment or passion that shaped you.

Professional

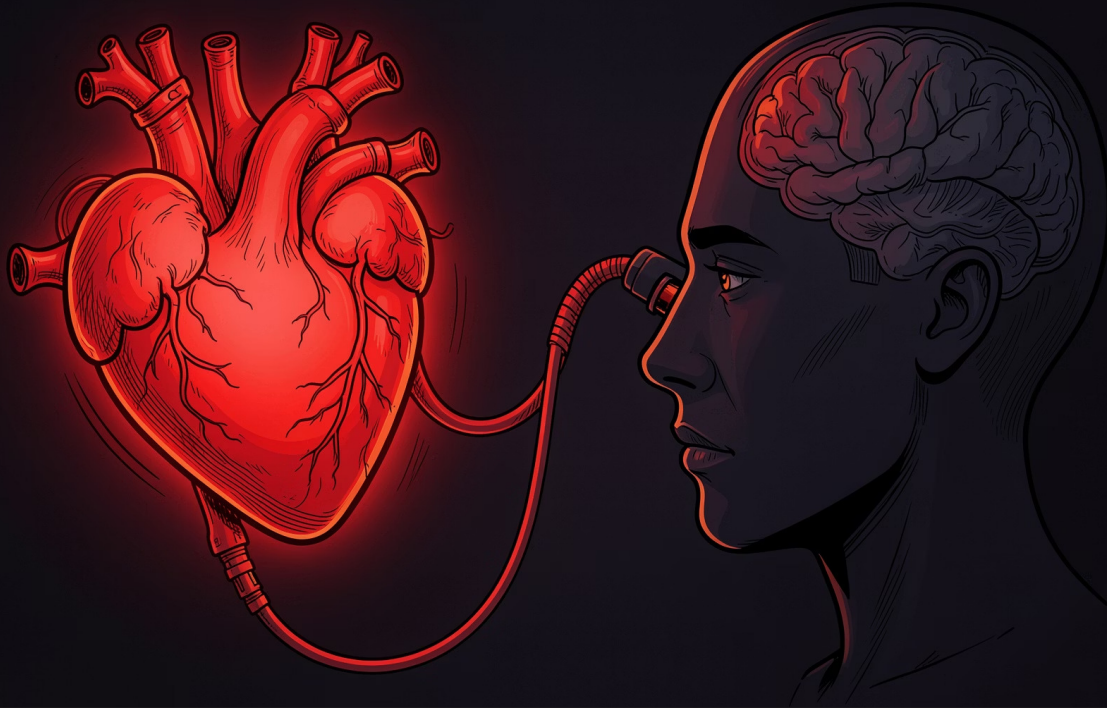
A career highlight or lesson learned.

Stat

One quirky fact or number that defines you.



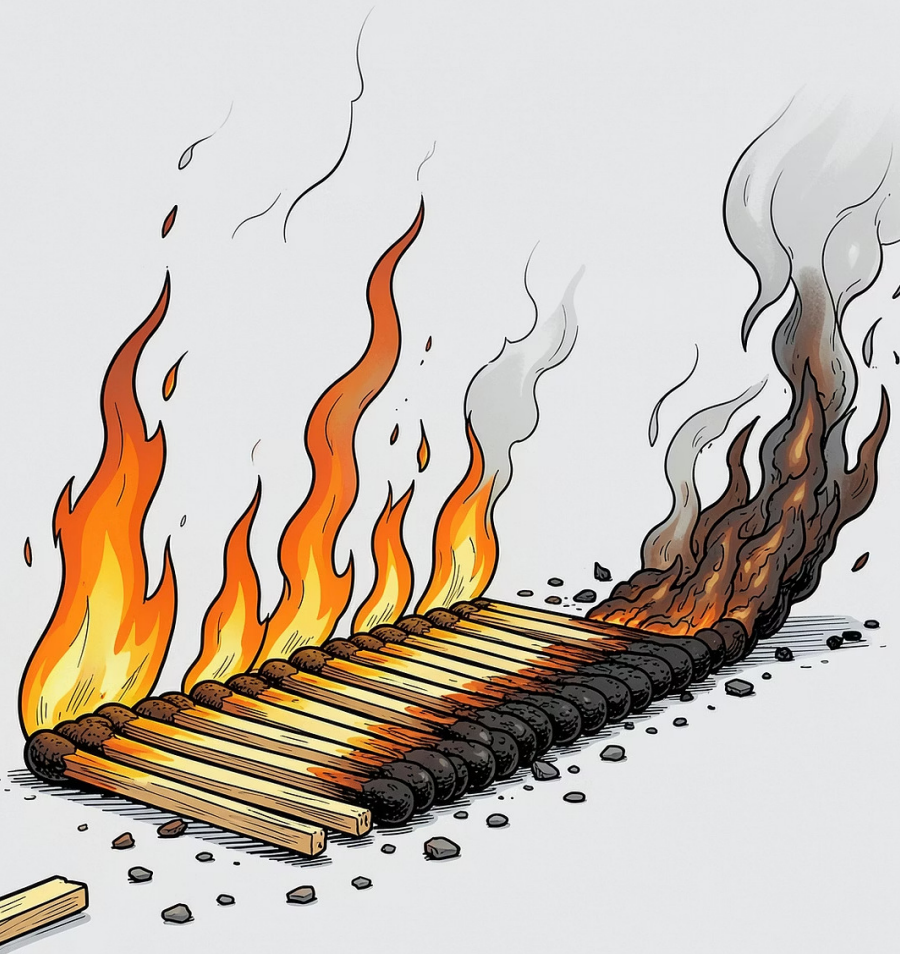
It All Begins with Presence



Connection begins with presence, and presence begins with awareness.

Before we can truly show up for others, we must first understand where we are – emotionally, mentally, and physically. The roles we play carry weight. Recognizing that weight is the first step toward managing it.

❓ **Reflection:** Who are you beneath the roles you play?



Are You Burned Out?

Emotional Signs

Easily irritated, withdrawn, feeling drained, lack of motivation.

Physical Signs

Poor sleep, fatigue, decreased performance, physical symptoms.

Mental Signs

Difficulty concentrating, emotions hijacking responses, misreading others.

76% of employees experience burnout at some point (Gallup, 2021).

Take the burnout test at psychologytoday.com – and remember: unchecked stress leads to poor communication and disconnection.

React vs. Respond

Fight, Flight, Freeze

Your nervous system protects you – but unmanaged, it can escalate situations.

- **Fight:** Argue, defend, raise your voice
- **Flight:** Withdraw, avoid, shut down
- **Freeze:** Go blank, feel stuck

Before You React, Reset

- **Walk away and return** when needed
- **Ground yourself** – name 5 things you see
- **Box breathing:** In 4, Hold 4, Out 4, Hold 4
- **Use calming sounds** – lo-fi, nature, binaural beats



Pause. Then choose: **Reacting or Responding?**

The Weight People Carry

Everyone is navigating something. Culture, grief, caregiving, financial stress, health challenges – these invisible weights shape how people show up every day.

1 in 5

U.S. Adults

Are unpaid caregivers (AARP, 2020).

60%+

Students

Experience basic needs insecurity (Hope Center, 2020).

76%

Employees

Experience burnout at some point (Gallup, 2021).





Nurture Yourself. Nurture Others. Watch What Rises.

Self-Care in Practice

Build recovery into your schedule. Set boundaries. Reconnect with your "why." Small, intentional practices create lasting impact.

The 4 Mentors You Need

Your Cheerleader, Wisdom Guide, Opportunity Connector, and Support Partner – find them, be one, and watch your confidence soar.

"You may not control every circumstance, but you can control what you cultivate. And what you cultivate will ultimately rise." – **Dr. Pilar Nova**

