



**WELCOME**  
FIBA WEBINAR SERIES

# WHO WE ARE?

FIBA is a non-profit trade association and international center for financial excellence. The Florida-BASED, and GLOBALLY CONNECTED, organization's membership includes the largest financial institutions from Europe, the United States, Latin America and the Caribbean.



## EDUCATION & TRAINING

Available in person and online, our diverse, high-quality and affordable course offerings cover the most in-demand topics, from Compliance to Cybersecurity.

[GET FIBA CERTIFIED →](#)



## MEMBERSHIP

FIBA's members work on behalf of the international banking industry at the local, state and federal level to ensure informed policy-development and decision-making.

[LEARN MORE →](#)



## CONFERENCES

Our world-renowned events deliver unique access to a network of prominent financial services professionals and industry experts in supportive and engaging settings.

[JOIN US →](#)



FLORIDA  
INTERNATIONAL  
BANKERS  
ASSOCIATION

# OUR TEAM



**Member Services**  
Tania Maysonet  
tmaysonet@fiba.net



**Operations Engineer**  
Pedro L. Lantigua  
plantigua@fiba.net



**Conference & Events**  
Registrations  
Nina Guillen  
guillen@fiba.net



**Alexander J. Brown**  
Front-End Developer  
abrown@fiba.net



**Institute Director**  
Sofia Villalobos  
svillalobos@fiba.net



**Director of Conferences**  
Belkis Lopez  
blopez@fiba.net



# UPCOMING WEBINARS 2020

**MAY 14**

**English**

11:00 AM - 12:00 PM  
(EST TIME)

+ INFO



REGISTER



## EXPLORE THE GLOBAL COST OF FINANCIAL CRIME COMPLIANCE

According to the LexisNexis Risk Solutions study, the total projected cost of financial crime compliance across all financial institutions in the key markets of APAC, EMEA, LATAM and North America is \$180.9 billion. This global report takes a detailed look into the factors driving financial crime compliance efforts for leading financial institutions around the world using insights from the LexisNexis® Risk Solutions 2019 True Cost of Anti-Money Laundering (AML) Compliance regional studies.

**MAYO 12**

**Español**

11:00 AM - 12:00 PM  
(EST TIME)

+ INFO



REGISTER



## APRENDIZAJE VIRTUAL AHORA Y HACIA EL FUTURO

No hay duda de que esta pandemia global va a **transformar definitivamente muchos aspectos de la vida social** y la educación podría ser uno de los campos más cambiantes si **la expansión masiva de la enseñanza remota resulta ser un éxito**. Pero ¿Cómo aseguramos que sea un éxito?

Desde **FIBA**, les ofrecemos este conversatorio para abordar:

**Beneficios del Aprendizaje en Línea**

**Recomendaciones para Nuevos Estudiantes *Online***

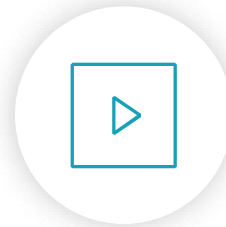
**Experiencia Como Instructor de Aprendizaje Virtual**

**Guía gratuita para tomar el AMLCA 14 de mayo**

**RECORDED WEBINARS**

<https://webinars.fiba.net/>

# BEFORE WE BEGIN



We will send you the link and ppt of the recording after the event



Submit your questions anytime. We'll do Q&A all throughout



Please complete the exit survey, we appreciate your input!

# Understanding & Coping with “the new normal” in your life

With the recent pandemic, all of our lives have **changed in one way or another**. We may find ourselves struggling with the “**new normal**”. Also, the uncertainty of this situation naturally creates stress within us, and we may find ourselves reacting in different ways.

Discussion Highlights:

- Understand the loss of your previous life and how it may be impacting you.
- Understand what you are going through and why.
- Learn tools to cope with the “new normal” in your life, reduce stress and find more balance in your day to day.





SPEAKERS



**SYDNEY ALLEN**, Life Coach, MSN, RN

- Registered Nurse for over 30 years.
- Former Family Nurse Practitioner.
- Life Coach for 3 years.





**MELISSA BOLAÑOS**, Life Coach, Executive Coach, MBA

- Entrepreneur (3+ years).
- Life Coach & Executive Coach (3+yrs).
- MBA & International Banker (since 2006).
- Runner, triathlete, dog mom & nature lover



# Understanding & Coping with “the new normal” in your life

SYDNEY ALLEN COACHING  
MELI BOLANOS COACHING  
May 2020



**UNDERSTAND** the loss of your previous life and how it may be impacting you.

**UNDERSTAND** what you are going through and why.

**LEARN TOOLS** to cope with the "new normal" in your life, reduce stress and find more balance in your day to day.

## Meli Bolanos



### WHO I AM:

Entrepreneur (3+ years).

Life Coach & Executive Coach (3+yrs).

MBA & International Banker (since 2006).

Runner, triathlete, dog mom & nature lover.

### WHAT I DO:

Help others become self aware, learn to manage the stress and anxiety in their life in order to create and live a life they love.

### MY SERVICES:

~ One on One Coaching (Life & Executive Coaching).

~ Group Coaching.

~ Workshops.

### MY SPECIALIZATION:

~ Stress Management.

~ Achieving a Healthy Balance in your Life.

~ Shifting your Mindset from Negative → Positive.

## Sydney Allen



### WHO I AM:

Registered Nurse for over 30 years.

Former Family Nurse Practitioner.

Life Coach for 3 years.

### WHAT I DO:

Help people to understand their own brains to reduce stress and anxiety in their lives.

### MY SERVICES:

~ One on One Coaching- 6 or 8 week packages to gain the emotional skills to transform your life.

~ Group Coaching.

~ Workshops.

### MY SPECIALIZATION:

~ Stress and anxiety management.

- Helping young adults and others explore what they want to do in life and gain the mental and emotional skills to do so.





# Emotions

Stress

Fear

Anxiety

Anger

Sadness



# Losses

- People getting ill or dying
- School, work
- Income
- Proms, weddings, celebrations
- Being with others
- Alone time
- Sports and other activities
- Club and organization meetings
- Lots of other things



# Six Stages of Grief

- Denial
- Anger
- Bargaining
- Depression
- Acceptance
- Meaning

# Our brain views **UNCERTAINTY** as dangerous

Lizard Brain is Comprised of the Brain Stem & Cerebellum.

Autopilot & Stress Response.

Designed the same way it is for reptiles  
– to keep us safe from predators &  
starvation.



# What happens when our brain identifies a threat?

The Fight, Flight, or Freeze Response!

[Video](#)



# Examples of how stress response may be affecting you lately

**Stress**

**Anxiety**

**Depression**

**Insomnia**

**Strained relationships**

**Health issues**

# Learn the Tools

1. Mindfulness to get out of Stress Response → Breathing & 5 senses.
2. Shifting your focus to the positive.
3. What do I want to remember about how I felt during this time?

# Thank You!

## Feel free to contact us:

**Meli Bolanos**

**meli@melibolanos.com**

**www.melibolanos.com**

**Instagram: @melibolanoscoaching**

**Cel: 786-376-7093**

**Sydney Allen**

**Sydney@sydneyallencoaching.com**

**www.sydneyallencoaching.com**

**Cel: 208-440-2661**



# Q&A





# SURVEY

We would appreciate your feedback  
to improve future webinars.  
The following survey will take  
2 minutes of your time.





## STAY CONNECTED



### CONTACT US

Our team is online to answer your questions

### UPCOMING CONFERENCE



AML COMPLIANCE  
CONFERENCE

SEPTEMBER 30<sup>TH</sup> to OCTOBER 2<sup>ND</sup>

**REGISTRATION IS OPEN!**

### UPCOMING TRAININGS



INSTITUTE

AMLCA (English / online) - May 14<sup>th</sup>

AMLCA (Español / en línea) - Mayo 14



**FOLLOW US.  
STAY UPDATED.**

in f   