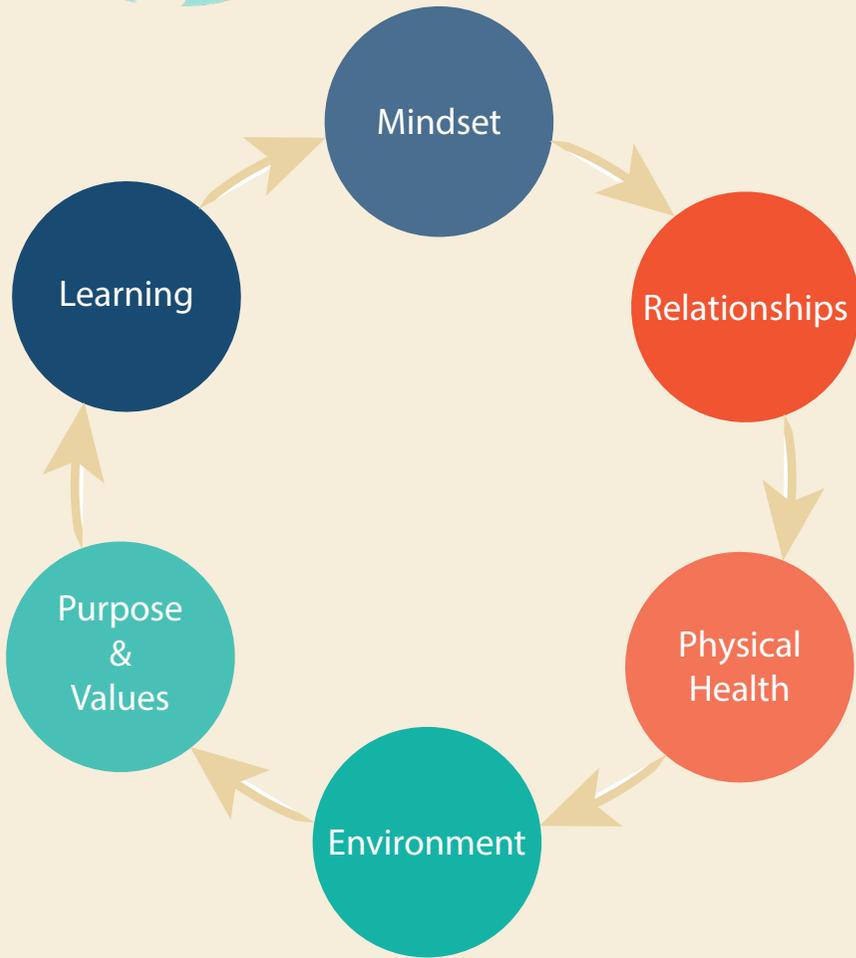




Progress isn't linear. Things don't always go to plan. Work takes over from life sometimes, and life takes over work. So how do we deal with setbacks and bounce forward, with kindness and compassion? Here are some factors which contribute to your resilience, and some supporting questions to consider.



Mindset
How would you rate your optimism/
self-efficacy?

Environment
How supportive is your working
environment?

Relationships
Who do you trust who can help you,
to chat, to make you smile?

Purpose & Values
How meaningful is your work?
How aligned is your work with your
values?

Physical Health
How do you rate your habits in
eating, sleeping, exercising, staying
hydrated and taking screen breaks?

Learning
What experiences and challenges
have strengthened your resilience in
the past?

Reflect: which areas stand out for you?
Which area could benefit from attention?

Is this something you need further support with?
Use [this link to my calendar](#) to book a 30 minute call
to explore how coaching can help you here.