Developing Persistent Resilience

Workbook
Welcome to your workbook!

I really hope you enjoy the presentation.

To benefit most from this session, please consider and note your current reality by answering the following questions in advance of the presentation:

Question 1 Question 2 Question 4 Question 5
Question 6 Question 10 Question 11 Question 12

This way you open your mind to new insights during the session which will help you improve your Resilience.

Q1. What is your definition of Resilience?
Q2. What do you do that isn't Resilient and stops you feeling Resilient?

Q3. What is our accurate definition of Resilience now?

Q4. What is your identity...how do you see yourself in challenging times?
Q5. What challenges have you overcome which helped you develop skills and pride?

Q6. What quality would help you deal with challenges better?

Q7. What abilities and resources could you use better?
Q8. What skill would help you feel more confident?

Q9. What quality could you learn to improve?

Q10. What would help you feel more confident about change?
Q11. What is your definition of stress?

Q12. What causes you the most stress?

Q13. What could you improve?
The 10 qualities of Resilience are

Quality 1.

Quality 2.

Quality 3.

Quality 4.
The 10 qualities of Resilience are

Quality 5.

Quality 6.

Quality 7.

Quality 8.
The 10 qualities of Resilience are

Quality 9.

Quality 10.
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