

COACHING WORKBOOK

Let's Build Your Resilience



Gain a better understanding of your own resilient habits and plan your own strategies to improve them.

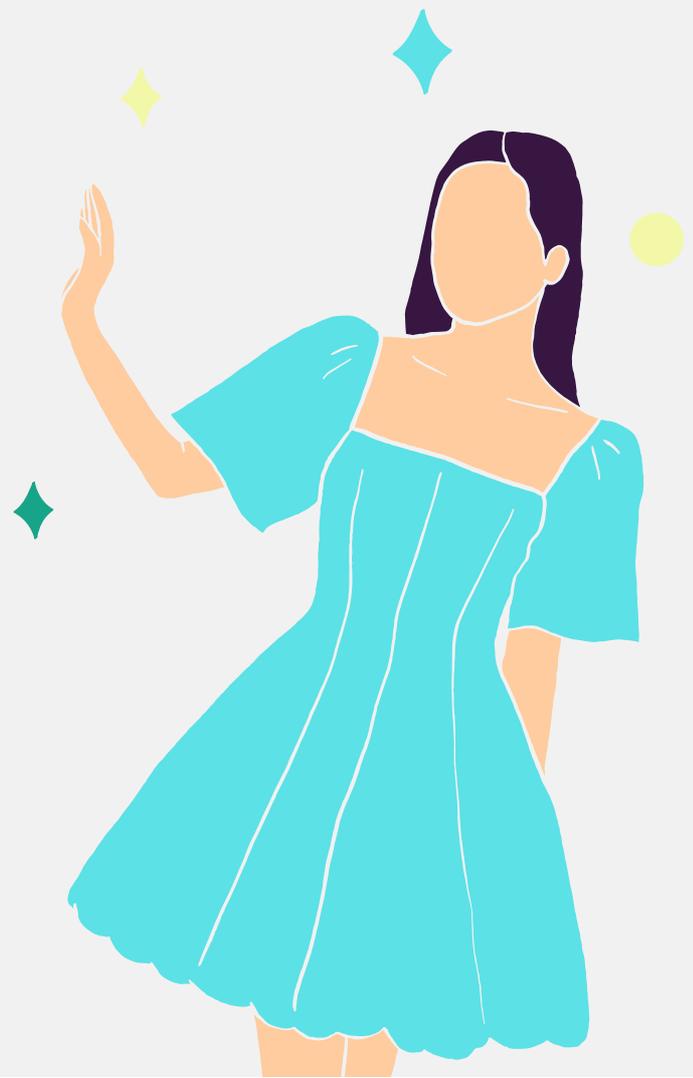
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Introduction

The ability to overcome hardship and recover quickly is referred to as resilience. Those who are resilient do not live without stress, emotional turmoil, or suffering. Some individuals confuse resilience with mental toughness, but resilience also means overcoming emotional stress and suffering.

People who are resilient have the strength to process and overcome adversity. Those who lack resilience are more likely to become overwhelmed and resort to negative coping mechanisms. To overcome challenges and work through problems, resilient people rely on their strengths and support systems.

This workbook provides some series of resiliency-building activity examples. This will allow you to gain a better understanding of your own resilient habits, so you can plan your own strategies to improve them.



Resiliency Assessment

Read through the questions below and rate yourself on a scale of 1 to 10. 1 = Not like me at all, 10 = That's me!

Questions	Score
1. I have plenty of support from other people
2. I adapt quickly to new developments
3. I'm able to accept myself for who I am
4. I'm able to recover emotionally from losses
5. I feel self-confident and appreciate myself
6. I'm very durable during tough times
7. I'm good at solving problems
8. I'm good at facing challenges
9. I'm good at interacting at times of stress
10. I have found benefits in bad experiences

Now add up your overall score

What could I do to increase the score?

My Supportive System



Creating a support system is a critical component of a successful transition for people with disabilities. A support network is a group of people in your life who assist you in achieving your personal and professional goals.



What is your supportive system like?

For example, I tell my partner or best friend about my day and the projects I'm working on on a daily basis.

How to improve your supportive system?

For example, I'll look for a mentor to whom I may turn for advice in times of need.



Positive Mental Attitude

The concept of positive mental attitude states that being optimistic in all aspects of one's life creates positive developments and increases achievement.

What is your positive mental attitude?

For example, letting go of resentments from the past.

How would you improve your positive mental attitude?

For example, stop blaming myself and instead concentrate on what's been learned.



ONLINE COACHING

Developing Better Resilience

Join me for monthly coaching that will help you build and cultivate resilience. Put your strengths to work to boost your confidence, happiness, and ability to attain your goals.

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