



PRESENCE-BASED®
COACHING

Resilience Attitudes and Strategies

From PBL and group NPS 2020

- Change the how - mix it up
- Take time to recognize/name a loss and learn from it
- See triggers as opportunities
- Build tolerance for discomfort
- Recognize and expand moments of choice
- Build a repertoire of state shifting practices
- Smile
- Shifting perspective - create a life affirming narrative
- Notice what is working (gratitude) and celebrate the little things
 - Grateful journal
- Humor
- Focus on and share the love, beauty
 - "My office for the day"
- Confidence (and self-affirmation) journal