



RE-SET WEBINAR #1 RE-THINK

HOW TO **BUILD RESILIENCE** AND **POSITIVITY** IN ADVERSITY.

RECAP FROM TODAY'S SESSION

How to enhance team cohesion whether you're working in the office, at your premises or elsewhere
Simple strategies you can implement straight away to boost you and your team's mood
How to reduce your stress with colleagues and customers who press your stress buttons
How you and your teams can build an optimistic outlook that's realistic



TIP ONE

Create a supportive environment

- **Create hope:** What's your vision? What do you want?
- **Self-efficacy:** Focus on your past successes, and celebrate them when they happen
- Check-in with your feelings
- Express your gratitude



TIP TWO

Dealing with colleagues that press your stress buttons

- Assume Positive Intent
- Notice strengths in your colleagues/customers, not just the shortcomings

MINDSET FOR BEHAVIOUR CHANGE

CHANGE IS HARD ... SO ...

Fill in the boxes below with one action you'll do after this webinar.

Be **SMART** with your next step
(Specific, Measurable, Achievable,
Relevant, Time-Bound)

Adopt an **experimental mindset:**
"failure is information".
Ask: "what did you learn when things
didn't turn out as planned"?

Celebrate: call out your positive
wins no matter how small

MY ONE ALMOST-IMPOSSIBLY-SMALL NEXT STEP

I will... (write what action will you take in the box below)

for... (write down when / time frame / frequency will you take action in the box below)

and will use... (write who or what resources (apps, journals) you use in the box below to hold you accountable)