

PODCAST



with Louise Anne Maurice

HOW TO COACH RESILIENCE



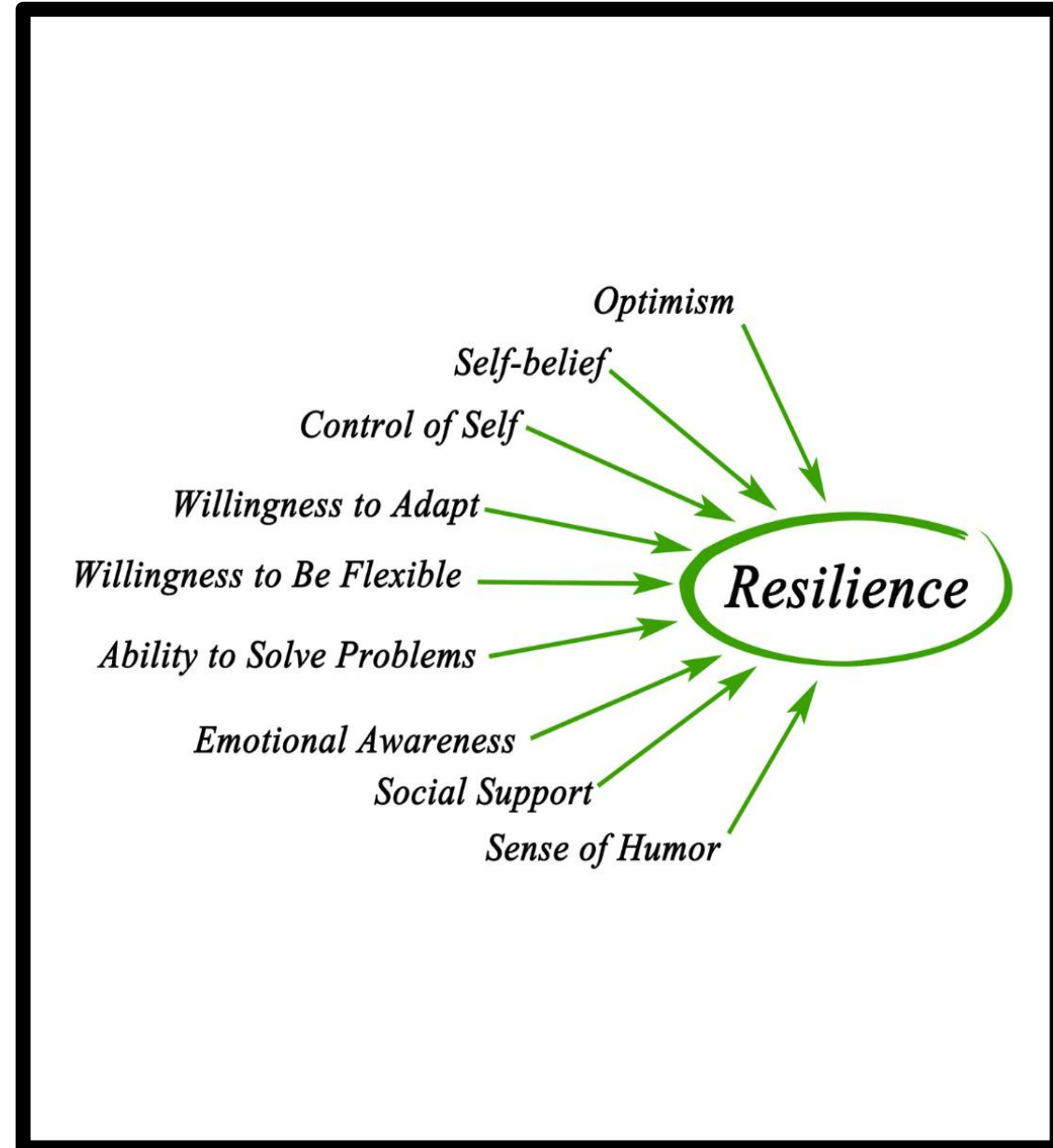
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Resilience Definition LouiseAnneMaurice.Com

<https://www.merriam-webster.com/dictionary/resilience>

- the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress.
- an ability to recover from or adjust easily to misfortune or change



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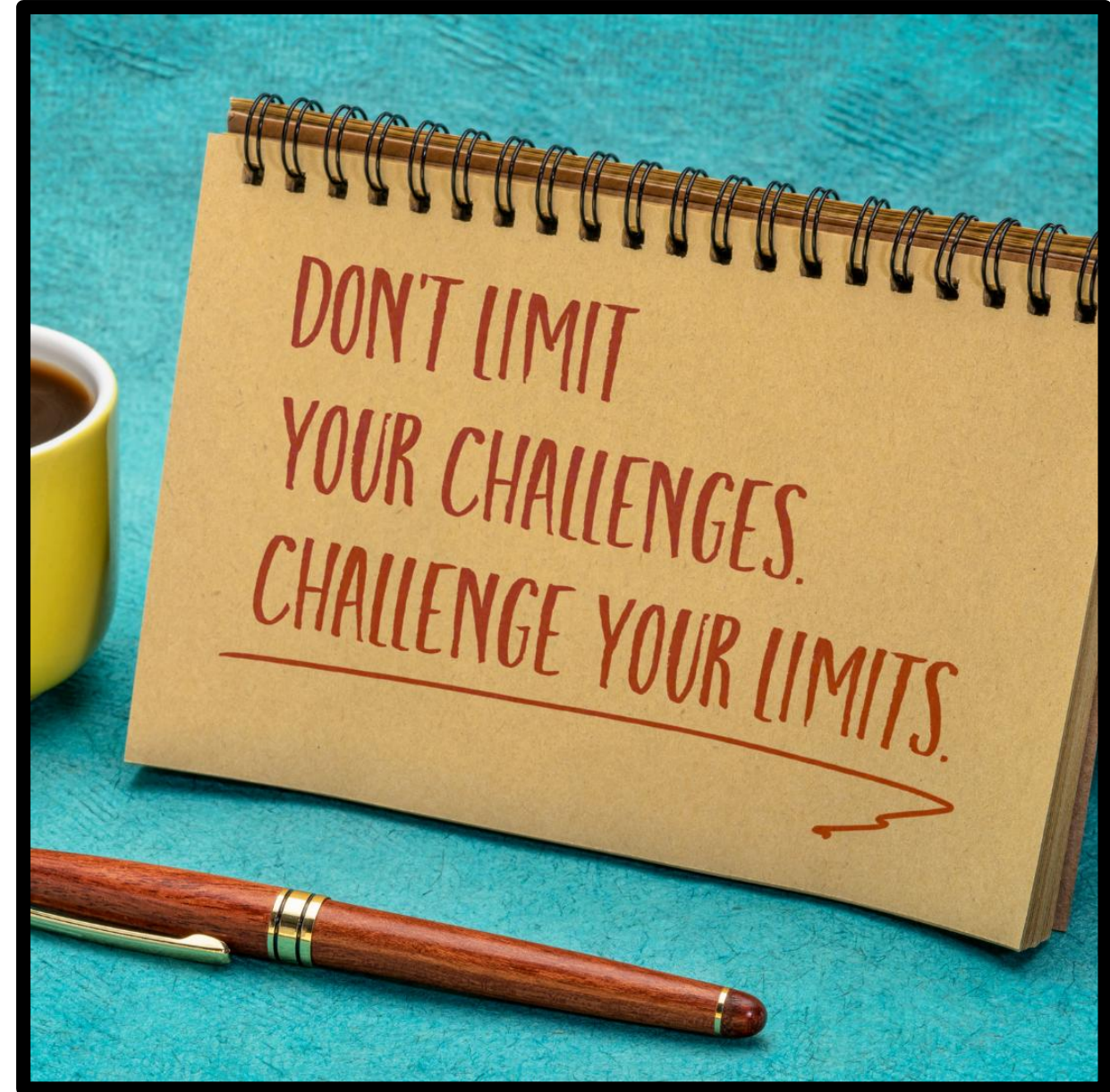
1. What are [listen to the podcast to fill-in-the-blanks for the first 5 questions]?

2. How did

3. What did

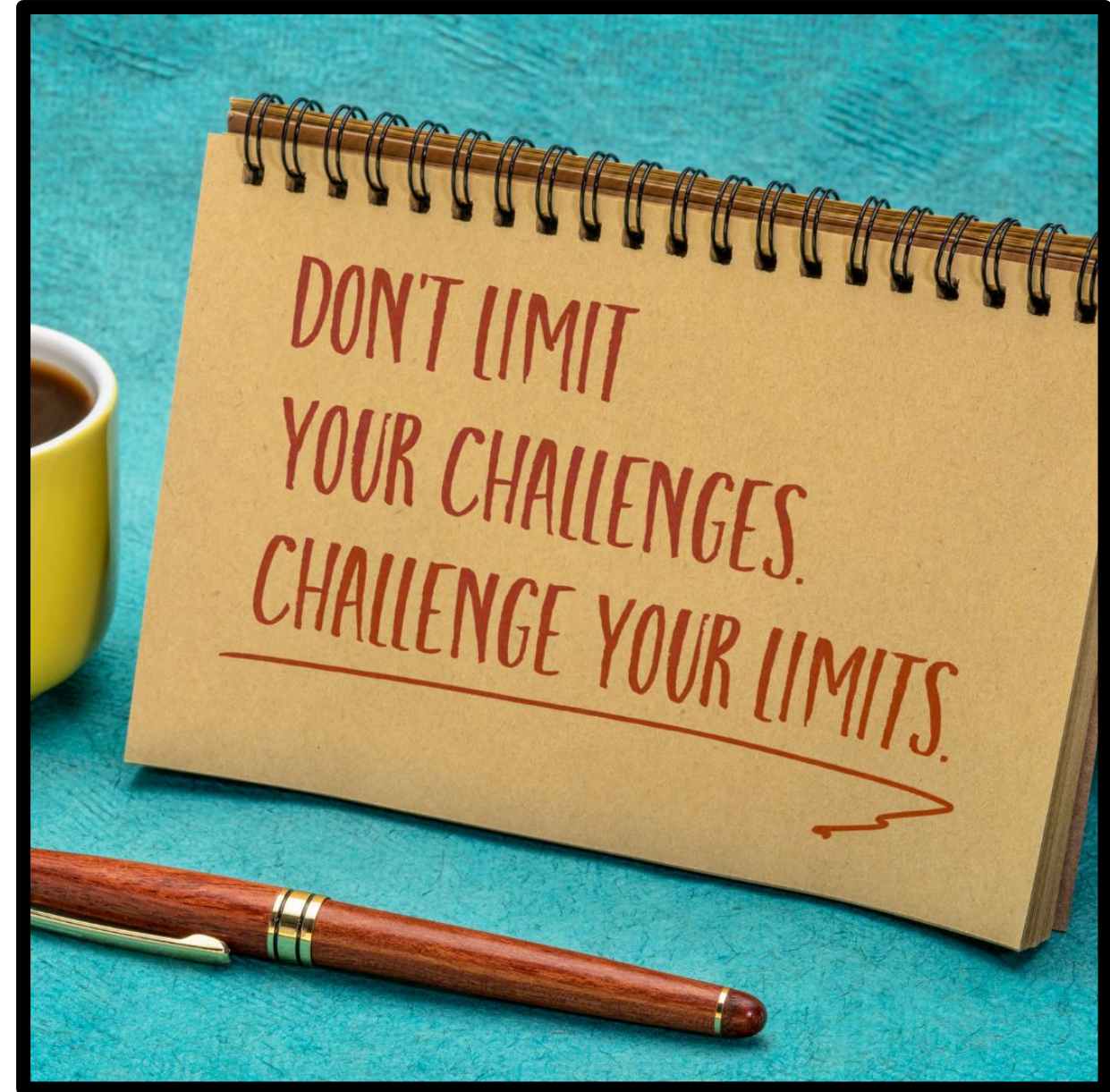
4. What are

5. What are



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6. **What are some of the obstacles or barriers that you might encounter or face in the current situation? How can you anticipate and prepare for them?**
7. **What are some of the emotions or thoughts that you are experiencing or having in the current situation? How can you acknowledge and accept them without being overwhelmed or controlled by them?**
8. **What are some of the coping skills or techniques that you can use or practice to manage your emotions or thoughts in the current situation? How can you incorporate them into your daily routine?**
9. **What are some of the supports or sources of help that you can seek or receive in the current situation? How can you reach out to them or ask for them?**
10. **What are some of the ways that you can take care of yourself or practice self-care in the current situation? How can you make time and space for them?**



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- “A lot more detailed than other courses and I appreciate the thoughtful approach thus far. Getting further into the practicums, the advice is practical and very clear. Simplicity is underestimated and this is a very simply put training. It applies to my natural style very easily which very naturally aligns to what I know Life Coaching as.”



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Free Training

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