

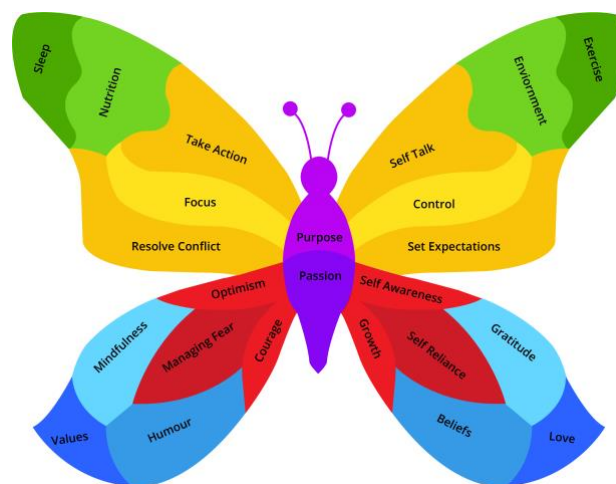


**Emotional
Intelligence**
By Transilient Coaching

Building a Resilient Mindset One Day at a Time



Module Two Emotional Resilience



Courage Workbook

What or who helped you then?

If you knew you would succeed, what would you do?

Describe what doing this means for you? How will you feel when you do it?

Is there anyone (group) who can help or support you in this endeavour?
