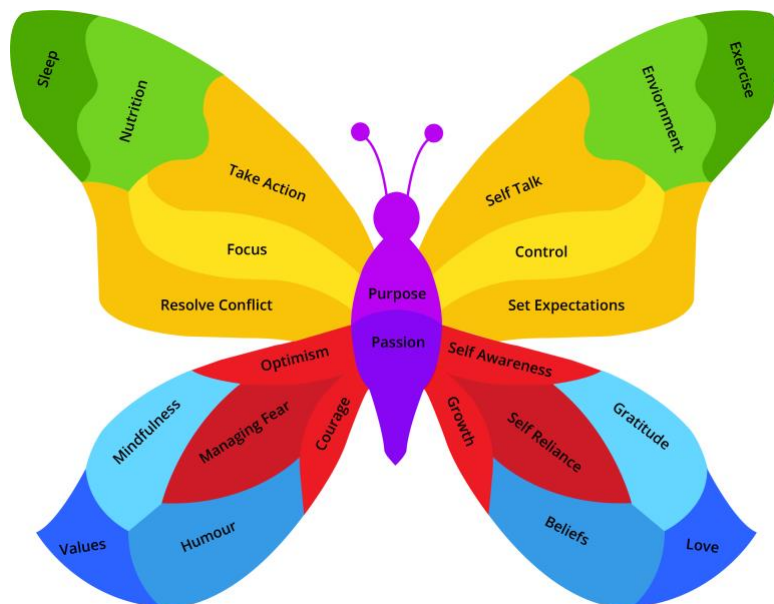


**E.Q. ie** Emotional Intelligence  
By Transilient Coaching

# Building a Resilient Mindset One Day at a Time



## Introduction Session Workbook

## Introduction Session

When we consider Resilience we think about “bouncing back” from some kind of adversity, be it a disappointment or a major life event.

But, it’s far more than that. Resilience is our capacity to withstand adversity, to learn from it and to “bounce forward” in our lives – wiser, strong and with greater capacity for difficulties.

We are all resilient to one extent or another, and often we surprise ourselves with how we manage something hard. But, sometimes we lack the capacity to deal with something for an extended period of time. Maybe we manage for a while, but then it all becomes too much.

When we feel overwhelmed, it is when

***“the situation at hand is perceived to be far greater than our resources to deal with it”.***

But the truth is that we do have the resources. We’ve just not accessed them in a while or we haven’t built up our “muscle of resilience” to be strong enough to cope in times of difficulty. Small practices and ways of thinking and feeling, practiced regularly can give us the resources we will need when that crisis strikes.

### Exercise:

**What does resilience mean to you?**

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**Think of a time that required you to be resilient?**

Describe that time?

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**What were the biggest challenges, pain points or difficulties associated with that time or event?**

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**What emotions did you experience at that time?**

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**How long did that event last?**

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**How did you emerge from the situation?**

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**What helped you?**

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**What did you learn about yourself and others?**

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**How would this event and the learning from it help you in future difficult circumstances?**

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