

Resiliency Training



A critical leadership capacity for 2022 & beyond

W O R K B O O K

**Your champion guide to building your resiliency -
breaking yourself free of the stress/overwhelm loop**

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RESILIENCY TRAINING

WELCOME

Hi There!

Take a deep breath...you have arrived! This moment and the following are for you. For your personal and professional growth and development.

It's inevitable that you'll be thrown into a triggered state - having the tools to notice and shift back to your resilient state with grace and ease is a critical capacity for any leader during this complex time in human history. I'm here to help - let's build that resiliency muscle together!

Retraining your brain / body reaction is easier than you think and is the foundational, regenerative capacity I help build with my clients.

We can enlist the body to rewire our brains to reach for habits that help us:

- Get ourselves back to a fully resourced state as a starting point, feeling emotionally resilient, centered, present, and connected to what matters most.
- In this resilient state, we naturally become more clear, can see more possibilities and make more confident decisions in connection with others.

Ellen Palmer

ABOUT ME

My joy in life is to guide and uplift others that are called to a higher purpose, creating a better world for all.

As a coach & strategic advisor, I am here to invite you into expanded ways of thinking, being, and doing to ensure your resiliency, effectiveness and joy.



RESILIENCY TRAINING

HOW TO USE THIS WORKBOOK

Check out the timeline - this provides the suggested pace to complete the course. Move too quickly and you'll miss out on the experiential learning component. Move too slowly and you'll lose focus and inertia on building that new resiliency muscle.

Use the **Table of Contents** as a guide to find your way to materials for each of the modules.

How you'll use this WORKBOOK... you'll find two types of worksheets for each module:

1) Guided exercises and **2) Field Work commitments**

Refer to the online course for other materials.

The intention is that you'll work with a printed version of this workbook (non-editable) and use your own journal or notebook for extended writing.

TIPS FOR RESILIENCY TRAINING:

- ✦ You are **100% in charge** of this experience. That means you get out of it, what you put into it. Your dedication will pay off.
- ✦ That also means you are **100% in control** of your experience. You may stop or pass on any exercise at any time for any reason.
- ✦ Bring **100% compassion** for yourself as you experience each module and exercise & when you do Field Work. Say comforting, soothing things to yourself and offer kindness along the way.
- ✦ Stay **100% curious!** Always have on your hat of the 'curious learner' or 'curious observer.'
- ✦ Have fun! Be **100% playful**. Allow yourself to be.

**Resiliency Training is not intended to be a substitute for medical or therapeutic advice.*

RESILIENCY TRAINING

RECOMMENDED TIMELINE



WEEK 1

MODULE 1: INTRO + RESILIENCY LEADERSHIP TEST
MODULE 2: KNOWING OURSELVES
+ THE RESILIENCY SHIFT



WEEK 2

MODULE 3: BUILDING MY RESILIENCY CHART
+ BREATH



WEEK 3

MODULE 4: ACTIVATING YOUR ATTACHMENT/AFFILIATION
SYSTEM + GRATITUDE



WEEK 4

MODULE 5: MID-WAY CELEBRATION & CHECK-IN
+ SOUND



WEEK 5

MODULE 6: BUILDING MOTIVATION - YOUR WHY
+ MOVEMENT

RESILIENCY TRAINING

RECOMMENDED TIMELINE



RESILIENCY TRAINING

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MODULE 6

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RESILIENCY TRAINING

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Resiliency Training

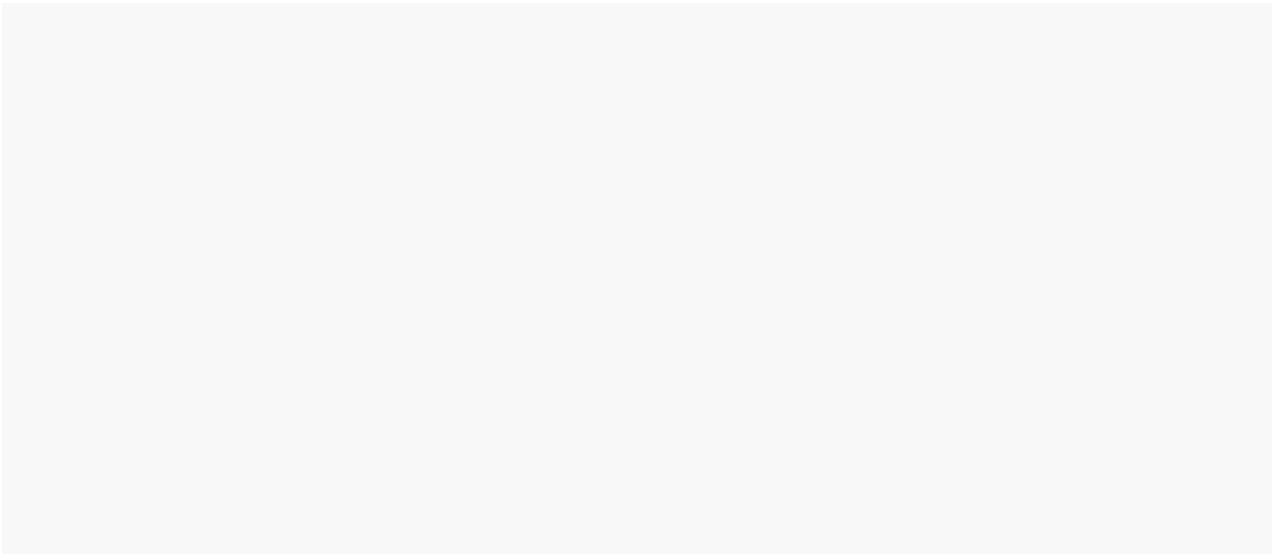
S T A R T H E R E

EXERCISE

What you put into this is what you'll get out of it. Let's start going all in right now by getting clear why you're here and how you want to be different afterwards.

WHAT I WANT & WHY I WANT IT

Take 5 minutes to jot down why you signed up for Resiliency Training and what you hope to get out of it.



MODULE I

EXERCISE: Reflection - on how being triggered vs resilient impacts your leadership

FIELD WORK: Intro to Field Work

Resiliency Training

M O D U L E 1

EXERCISE

We're going to test our leadership abilities under stress vs choosing resiliency.
How will it hold up?



RESILIENCY TRAINING

MODULE 1

EXERCISE

Instructions:

LEADERSHIP TEST

1. Jot down six skills or abilities any great leader should possess in the blobs provided below. Then move on to the next page.



RESILIENCY TRAINING

MODULE 1

EXERCISE




Instructions:

Take a look at the 'skills & abilities of a great leader' you just created.

Now imagine that leader is you and you just showed up to a meeting where you needed to inspire others in the room - under each of the following scenarios:

Scenario 1 - You walk into the room with a hijacked nervous system. Looking at the chart below, how would you show up as the leader you just described?

Scenario 2 - You walk into the room after regulating your nervous system, so you are mostly in the Resilient side of the chart, how would you show up as the leader you just described?

	'Triggered' Stress State 	VS 	Resilient State 
BRAIN	Non-logical Lizard Brain		Logical Neo-Cortex
NERVOUS SYSTEM	Hijacked & High-alert		Rest & Digest
MIND	Racing & Unfocused		Clear & Focused
EMOTIONS	Overwhelmed & Impatient or Angry		Grounded & Steady
BODY	Tense & Restricted		Relaxed & Open
RELATIONSHIPS	Separation & Insensitive		Connected & Resonate
ACTIONS	Unsure & Impulsive		Confident & Meaningful

RESILIENCY TRAINING

MODULE 1

EXERCISE

REFLECTIONS

After imagining scenario 1 and 2 what are you aware of now that you weren't before? And how will this influence your behavior going forward?

KEY TAKE-AWAY

Resiliency Training

M O D U L E 1

FIELD WORK

Your Field Work for Module 1 is to learn how to set up meaningful Field Work for each of the following modules and get familiar with your Field Work worksheets! Let's get started...

All Field Work will have three main components:

- 1) Clearly defining what exercises you'll practice - what, when, how, etc. The more specific you are -the more likely you'll do it!
- 2) Your weekly tracker to take notes on your practice each day.
- 3) Reflection & inquiry on practicing the weekly Field Work.

Intention or purpose for your all Field Work:

- ✦ Repeated practical application of Resiliency Training exercises helps build awareness around what is happening to you + they are designed to break you free from stress habit patterns over time.
- ✦ Reflecting on what happens while you were experimenting, is how your learning and integration will solidify and grow.

Resiliency Training

M O D U L E 1

FIELD WORK

In the following three pages, you can find example Field Work Worksheet Templates - one for each of the three main components of weekly Field Work. These are just for your reference, so you're ready to go in Module 2.

1) COMMITMENT WORKSHEET: Clearly defining what exercises you'll practice - what, when, how, etc. The more specific you are - the more likely you'll do it!

2) TRACKER WORKSHEET: Your weekly tracker to take notes on your practice each day.

3) REFLECTION WORKSHEET: Reflection & inquiry on practicing the weekly Field Work.

RESILIENCY TRAINING

FIELD WORK



COMMITMENT - EXAMPLE

MY COMMITMENT:

WEEK OF: October 3rd

EXAMPLE:

I will practice The Resiliency Shift method 2 times per day for a week. I'll note what is happening around me, who I'm with, how it worked/didn't work, and note the nuances of how I shifted.

WHAT WILL I DO?	WHEN? HOW OFTEN?	WHAT SUPPORT DO I NEED?	COMPLETE
<p>EXAMPLE: <i>I will practice The Resiliency Shift. I'll make observations on my Field Work Tracker during the week</i></p>	<p>EXAMPLE: <i>2 times per day for a week.</i></p>	<p>EXAMPLE: <i>My Field Work Tracker worksheet & a calendar reminder; I'll also tell a friend I'm doing this.</i></p>	
<p>EXAMPLE: <i>I will practice The Resiliency Shift. I'll journal on the reflection questions before moving on to next module.</i></p>	<p>EXAMPLE: <i>30 minutes at the end of this week</i></p>	<p>EXAMPLE: <i>My Reflection Worksheet prompts, my journal, partner to watch kids, 60 minutes alone time.</i></p>	

RESILIENCY TRAINING

FIELD WORK

TRACKER - EXAMPLE

MY COMMITMENT:

WEEK OF: October 3rd

EXAMPLE: I will practice The Resiliency Shift method 2 times per day.

	WHAT I NOTICED - LIST NOTABLE OBSERVATIONS	COMPLETE
MON	<i>Cause: asked a 'dumb Q' by X, was able to notice/shift with posture and breath/ 2nd: noticed, but couldn't shift too upset</i>	<input checked="" type="checkbox"/>
TUE	<i>Revisited trigger from Mon alone-tried ResilShift; worked alone / 2nd news article - noticed my hunched posture/forehead - shifting posture helped</i>	<input checked="" type="checkbox"/>
WED	<i>Was super busy, hectic day; it didn't cross my mind. I probably could have used it, but oh well.</i>	<input type="checkbox"/>
THU	<i>Cause: asked a 'dumb Q' by X, was able to notice/shift with posture and breath/ 2nd: noticed, but couldn't shift too upset</i>	<input checked="" type="checkbox"/>
FRI	<i>Cause: asked a 'dumb Q' by X, was able to notice/shift with posture and breath/ 2nd: noticed, but couldn't shift too upset</i>	<input checked="" type="checkbox"/>
SAT	<i>Home: kids lft shoes in middle of floor AGAIN! Pausing, taking a breath & counting down from 5 stopped me from yelling. Spouse brought up sore subj again - i had to leave the room then do the shift - worked alone</i>	<input checked="" type="checkbox"/>
SUN	<i>Idiot on the radio - not able to shift totally, but my gut loosened up a bit; 2nd: Big presentation tomorrow-practiced 3 times when I kept thinking of how it will go - 3rd time something clicked and I released.</i>	<input checked="" type="checkbox"/>

RESILIENCY TRAINING

FIELD WORK

REFLECTION - EXAMPLE

REFLECTIONS - THOUGHTS

Describe what it looked like when you experimented with The Resiliency Shift?

REFLECTIONS - EMOTIONS

What emotions came up when you practiced The Resiliency Shift?

REFLECTIONS - SENSATIONS

What sensations in your body did you notice when triggered vs after shifting?

REFLECTIONS - RELATIONAL

What did you learn about how you see yourself & how others saw you before & after the shift?

MODULE 2

EXERCISE: Reflection - on before & after Resiliency Shift

FIELD WORK: Resiliency Shift

Resiliency Training

M O D U L E 2

EXERCISE

We're going to build our awareness of what a triggered state and a resilient state look like in ourselves. Recall the guided Resiliency Shift experience you had during the online lesson.

If it's been a bit since the guided Resiliency Shift experience, I recommend re-watching the guided video to practice The Resiliency Shift again before proceeding - it will be helpful if you have trouble answering the questions in the exercise below.

RESILIENCY TRAINING

MODULE 2

EXERCISE

DESCRIBE YOUR TRIGGERED STATE - WORKSHEET

Bring to mind your triggered state. Write words that describe your triggered state in the following categories:

THOUGHTS YOU HAVE

EMOTIONS YOU FEEL

SENSATIONS IN BODY

OTHERS' PERCEPTIONS

Capture any other notable details about your triggered state here:

RESILIENCY TRAINING

MODULE 2

EXERCISE

DESCRIBE YOUR RESILIENT STATE - WORKSHEET

Bring to mind your resilient state. Write a brief description of your resilient state in the following categories:

THOUGHTS YOU HAVE

EMOTIONS YOU FEEL

SENSATIONS IN BODY

OTHERS' PERCEPTIONS

Capture any other notable details about your resilient state here:

RESILIENCY TRAINING

MODULE 2

EXERCISE REFLECTIONS

DESCRIBING YOUR SHIFT IN DETAIL

Just like in the guided video of The Resiliency Shift, here's the capacity building part (think of it as learning how to tune an instrument - you're body / mind is out-of-tune and you're going to tune it) - mindfully bring yourself from your triggered state to the resilient state and PAY ATTENTION TO and SAY OUT LOUD, every small nuanced shift that is taking place in what you see, hear, taste, smell; how your body feels, how your mind is. Make it as slow and explicit as possible. Now RECORD THE MICRO-LEVEL SHIFTS in vivid detail below or in a journal.

E.g. When I'm moving from triggered to resilient my posture is taller, my jaw relaxes, my shoulders shift down and back. I release agitation and my mind seems calm and still. Before I couldn't even feel my legs and now I have a sense of grounding. I wasn't very aware of my surroundings and now I can see the entire space around me bringing in sounds, smells and the taste of seawater in my mouth.

Resiliency Training

M O D U L E 2

FIELD WORK

Your Field Work for Module 2 is to learn how to set up meaningful Field Work for each of the following modules and get familiar with your worksheets! Let's get started...

All Field Work we'll set up will have three main components:

- 1) Clearly defining what exercises you'll experiment with - what, when, how, etc. - the more specific, the more likely you'll be do it.
- 2) Your weekly tracker to take notes on your experience each day.
- 3) Reflection & inquiry on your experiences with Field Work.

Intention or purpose for your all Field Work:

- ✦ Repeated practical application of Resiliency Training exercises helps build awareness around what is happening to you + they are designed to break you free from stress habit patterns over time.
- ✦ Reflecting on what happens while you are experimenting, is how your learning and integration will solidify and grow.

RESILIENCY TRAINING

MODULE 2

FIELD WORK COMMITMENT

MY COMMITMENT:

WEEK OF: _____

RECOMMENDED:

I will practice The Resiliency Shift method 2 times per day for a week. I'll note what is happening around me, who I'm with, how it worked/didn't work, and note the nuances of how I shifted.

WHAT WILL I DO?	WHEN? HOW OFTEN?	WHAT SUPPORT DO I NEED?	COMPLETE
<p>RECOMMENDED</p> <p><i>I will practice The Resiliency Shift. I'll make observations on my Field Work Tracker during the week</i></p>	<p>RECOMMENDED</p> <p><i>2 times per day for a week.</i></p>	<p>RECOMMENDED</p> <p><i>My Field Work Tracker worksheet & a calendar reminder; I'll also tell a friend I'm doing this.</i></p>	<input type="radio"/>
<p>RECOMMENDED</p> <p><i>I will practice The Resiliency Shift. I'll journal on the reflection questions before moving on to next module.</i></p>	<p>RECOMMENDED</p> <p><i>30 minutes at the end of this week</i></p>	<p>RECOMMENDED</p> <p><i>My Reflection Worksheet prompts, my journal, partner to watch kids, 60 minutes alone time.</i></p>	<input type="radio"/>

RESILIENCY TRAINING

MODULE 2

FIELD WORK TRACKER

MY COMMITMENT:

WEEK OF: _____

RECOMMENDED I will practice The Resiliency Shift method 2 times per day.

	WHAT I NOTICED - LIST NOTABLE OBSERVATIONS	COMPLETE
MON		<input type="radio"/>
TUE		<input type="radio"/>
WED		<input type="radio"/>
THU		<input type="radio"/>
FRI		<input type="radio"/>
SAT		<input type="radio"/>
SUN		<input type="radio"/>

RESILIENCY TRAINING

MODULE 2

FIELD WORK REFLECTIONS

REFLECTIONS

Did you complete your Field Work? If not, why not (remember this is all new data for your learning)?

What are the positive results of your actions?

What surprised you?

What are the lessons learned/challenges?

What seems like a helpful next step?

Other notes you'd like to capture/share?

KEY TAKE-AWAY

MODULE 3

EXERCISE: Reflection - my resiliency chart

FIELD WORK: Breath

Resiliency Training

M O D U L E 3

EXERCISE

We're going to continue building our awareness of what a triggered state and a resilient state look like in ourselves by creating our very own personalized "My Resiliency Chart."

For this exercise, it will be helpful to recall specific experiences when you were triggered and when you felt resilient.

If helpful you can recall the same experiences you used in the guided Resiliency Shift during the online lesson in Module 2 or think of different ones.

RESILIENCY TRAINING

MODULE 3

EXERCISE

Instructions:

Take a look at our handy chart - and notice the descriptors in each column. These are 'typical examples.' What would help you most in this process is to know YOUR own personal examples.

Flip to the next page and fill out YOUR handy chart that you will reference for the remainder of Resiliency Training.

When do you make your best decisions?

'Triggered'
Stress State



Resilient
State



	'Triggered' Stress State	Resilient State
BRAIN	Non-logical Lizard Brain	Logical Neo-Cortex
NERVOUS SYSTEM	Hijacked & High-alert	Rest & Digest
MIND	Racing & Unfocused	Clear & Focused
EMOTIONS	Overwhelmed & Impatient or Angry	Grounded & Steady
BODY	Tense & Restricted	Relaxed & Open
RELATIONSHIPS	Separation & Insensitive	Connected & Resonate
ACTIONS	Unsure & Impulsive	Confident & Meaningful

RESILIENCY TRAINING

MODULE 3

EXERCISE

Instructions:

Take another look at the chart below. Let's make it YOURS!

- Use the table below - fill in words that describe each row in the "Triggered Stress State" (left column).
- Use the table below - fill in words that describe each row in the "Resilient State" right column.
- Print the completed chart out and keep it handy to build your awareness.

MY RESILIENCY CHART

'Triggered'
Stress State



Resilient
State



	'Triggered' Stress State	Resilient State
BRAIN		
NERVOUS SYSTEM		
MIND		
EMOTIONS		
BODY		
RELATIONSHIPS		
ACTIONS		

Resiliency Training

M O D U L E 3

FIELD WORK

Your Field Work for Module 3 is to try out the 2 breathing exercises we learned this week.

Use the following three FIELD WORK worksheets:

1) COMMITMENT WORKSHEET: Clearly defining what exercises you'll practice - what, when, how, etc. The more specific you are - the more likely you'll do it!

2) TRACKER WORKSHEET: Your weekly tracker to take notes on your practice each day.

3) REFLECTION WORKSHEET: Reflection & inquiry on practicing the weekly Field Work.

RESILIENCY TRAINING

MODULE 3

FIELD WORK COMMITMENT

MY COMMITMENT:

WEEK OF: _____

RECOMMENDED:

I will practice the Box Breath __ number of times this week when I feel a bigger trigger / stress event.

I will practice the Bee Breath __ with frequent triggers this week where I feel comfortable doing it.

WHAT WILL I DO?	WHEN? HOW OFTEN?	WHAT SUPPORT DO I NEED?	COMPLETE
<p>RECOMMENDED</p> <p><i>I will practice the box breath in response to bigger triggers</i></p>	<p>RECOMMENDED</p> <p><i>__ times this week.</i></p>	<p>RECOMMENDED</p> <p><i>My Field Work Tracker worksheet & a calendar reminder; I'll also tell a friend I'm doing this.</i></p>	<input type="radio"/>
<p>RECOMMENDED</p> <p><i>I will practice the bee breath in response to frequent triggers</i></p>	<p>RECOMMENDED</p> <p><i>-- times per day for a week</i></p>	<p>RECOMMENDED</p> <p><i>My Reflection Worksheet prompts, my journal, tell my partner &/or kids or housemates</i></p>	<input type="radio"/>

RESILIENCY TRAINING

MODULE 3

FIELD WORK TRACKER

MY COMMITMENT:

WEEK OF: _____

RECOMMENDED I will practice The Box Breath & Bee Breath to help calm myself

	WHAT I NOTICED - LIST NOTABLE OBSERVATIONS	COMPLETE
MON		<input type="radio"/>
TUE		<input type="radio"/>
WED		<input type="radio"/>
THU		<input type="radio"/>
FRI		<input type="radio"/>
SAT		<input type="radio"/>
SUN		<input type="radio"/>

RESILIENCY TRAINING

MODULE 3

FIELD WORK REFLECTIONS

REFLECTIONS

Did you complete your Field Work? If not, why not (remember this is all new data for your learning)?

What are the positive results of your actions?

What surprised you?

What are the lessons learned/challenges?

What seems like a helpful next step?

Other notes you'd like to capture/share?

KEY TAKE-AWAY

MODULE 4

EXERCISE: Reflection - activating your resiliency with attachment/affiliation

FIELD WORK: Gratitude

Resiliency Training

M O D U L E 4

EXERCISE

Gratitude for you - choose your own adventure!

Gratitude practices come in many forms, ease and access. It's all about finding one that fits your interests and how you can best easily fit it into your schedule.

Here's a menu of gratitude practices. I encourage you to peruse the three optional exercises and try out one for 7 days. See what happens!

Revisit your handy 'My Resiliency Chart' from Module 3 and notice if you experience any shifts from stress/triggered to calm/resilient.

RESILIENCY TRAINING

MODULE 4

EXERCISE

GRATITUDE EXERCISE #1 - Meal Time Round Robin:

This is a favorite at my house. For the first couple years, it started out as practice we did over the month of November, but when COVID hit, it was one of our survival tactics that we used every single day to help us deactivate that threat response system and activate that attachment/affiliation response from our nervous systems.

When: Meal time - get specific, name a meal - preferably when you are sitting down with those you live with (can be done alone, no problemo). We do it at dinner time.

Instructions:

Step 1: Everyone at the table says one thing they are grateful for.

Step 2: Repeat for 5 rounds around the table.

Step 3: Notice. What do you notice after doing it once? What do you notice after doing it for a week?

Rules/Norms:

- #1 Each person should stay in the spirit of the practice - no sabotaging the general premise and idea.
- #2 No refereeing, criticizing, judging or shaming. Each person has the power to decide what they are grateful for.

Amendment: *When we're feeling rushed, we each say five things in a row quickly, rather than skip the practice. If we forgot the night before, we bring it into our morning as we're rushing around getting ready, yelling out across the house.*

RESILIENCY TRAINING

MODULE 4

EXERCISE

GRATITUDE EXERCISE #2 - Gratitude Journal:

If you like journaling, this one's for you. And if you don't like journaling, but like to jot things down as reminders, this one is probably for you too!

Let's keep it super simple!

Instructions:

Step 1: Decide on your time & place. Is it right when you get into your bed at night? Is it during your mid-day break at your desk? Or when you first sit down and turn on your computer? Pick a place & a time and stick with it.

Step 2: Prepare - grab a notebook and pen and put it in the location that you plan to write.

Step 3: Pick your start date and commit to your 7-day gratitude journaling practice.

Step 4: Begin! Pick up your notebook and pen at your designated place/time and write down 5 things you are grateful for. It could be 5 words, 5 sentences, or 5 paragraphs. Just make sure that you are noting 5 things you are grateful for in this moment.

Done! - *I said it was simple! But effective. Try it and note the state of your nervous system before and after each session and before and after the 7 days. What do you notice?*

RESILIENCY TRAINING

MODULE 4

EXERCISE

GRATITUDE EXERCISE #3 - Lovingkindness Guided

Meditation:

This practice is especially helpful if you're having a hard time finding gratitude because your current stressor seems so big and serious.

If you're a meditator or not, this guided 10-minute practice will definitely get you out of the stress cycle and activate your attachment/affiliation system! Gratitude goes hand-in-hand with love and compassion.

The Lovingkindness or 'Metta' meditation is based in the Buddhist tradition but can be practiced by anyone.

Instructions:

Step 1 : grab some headphones and find a comfortable seat (or place to lay down) where you won't be interrupted for 11 or so minutes - set that boundary for yourself.

Step 2: Turn on [this video](#) (found in online course Module 4, Lesson 3) and let my voice guide you. No experience necessary.

Step 3: Notice. Check out our handy 'My Resiliency Chart' again - notice your state of mind before the practice and afterward. Did you experience any shifts?

Resiliency Training

M O D U L E 4

FIELD WORK

Your Field Work for Module 4 is to try out the at least one of the gratitude practices we learned about this week (included in Module 4 Exercises - previous pages).

Use the following three FIELD WORK worksheets - fill them in yourself this week, now that you have the hang of it!:

1) COMMITMENT WORKSHEET: Clearly defining what exercise(s) you'll practice - what, when, how, etc. The more specific you are - the more likely you'll do it!

2) TRACKER WORKSHEET: Your weekly tracker to take notes on your practice each day.

3) REFLECTION WORKSHEET: Reflection & inquiry on practicing the weekly Field Work.

RESILIENCY TRAINING

MODULE 4

FIELD WORK COMMITMENT

MY COMMITMENT:

WEEK OF: _____

WHAT WILL I DO?	WHEN? HOW OFTEN?	WHAT SUPPORT DO I NEED?	COMPLETE
			<input type="radio"/>
			<input type="radio"/>

RESILIENCY TRAINING

MODULE 4

FIELD WORK TRACKER

MY COMMITMENT:

WEEK OF: _____

	WHAT I NOTICED - LIST NOTABLE OBSERVATIONS	COMPLETE
MON		<input type="radio"/>
TUE		<input type="radio"/>
WED		<input type="radio"/>
THU		<input type="radio"/>
FRI		<input type="radio"/>
SAT		<input type="radio"/>
SUN		<input type="radio"/>

RESILIENCY TRAINING

MODULE 4

FIELD WORK REFLECTIONS

REFLECTIONS

Did you complete your Field Work? If not, why not (remember this is all new data for your learning)?

What are the positive results of your actions?

What surprised you?

What are the lessons learned/challenges?

What seems like a helpful next step?

Other notes you'd like to capture/share?

KEY TAKE-AWAY

MODULE 5

EXERCISE: Reflection - celebration & mid-way check-in

FIELD WORK: Sound

Resiliency Training

M O D U L E 5

EXERCISE

We're half way! It's time to celebrate and reflect on how far you've come!

Are you feeling better about having awareness and power over your triggers and ability to recover? Have you experienced the freedom that comes with taking action when you're feeling stressed or overwhelmed?

Now that we've had four weeks of practice shifting our mental, emotional and physical state, have you started to notice any shifts in:

- 1) your base-line level of stress and overwhelm?
- 2) the number or types of things that trigger you?
- 3) the time it takes for you to recover from a triggering event?

Even a 10% shift in any of the above, means you are putting in the work to rewire your habit patterns to reach for resiliency over stress - and that is something to celebrate!

RESILIENCY TRAINING

MODULE 4

EXERCISE

MID-POINT CHECK IN

Different resiliency methods work better for different people. Take a look at what we've covered below. Check the box for those you enjoyed or felt were helpful.

LEADERSHIP IMPACTS

I learned how a stress state impacts my ability to lead

BREATH

I learned the power my breath has - which is always there for me - to help me shift

MY RESILIENCY CHART

I created my own personalized chart to gain clarity on how I react in a triggered and a resilient state

THE RESILIENCY SHIFT

I marked the exact nuances and embodied the shift from a triggered to a resilient state and used it when I needed it

ATTACHMENT/AFFILIATION

I expanded my understanding of my nervous system & the wooing powers gratitude has to shift me

FIELD WORK

I've dedicated time for my learning & growth, using curiosity and compassion, to expand my awareness + increase my capacity for resiliency

WHAT ELSE HAS SHIFTED?

WHAT ELSE HAS HELPED?

RESILIENCY TRAINING

MODULE 5

EXERCISE

REFLECTIONS

Let's take some time to reflect on what you've experienced so far during Resiliency Training. Take a few minutes and jot down what has worked well for you, what shifts you've noticed, and what you still wish you could learn or manage? What do you want to commit to for the remaining Modules?

KEY TAKE-AWAY

Resiliency Training

M O D U L E 5

FIELD WORK

Your Field Work is to try out some sound baths or binaural beats referenced in the lessons of Module 5.

Remember, it's not just any sound! Specific frequencies produce different brain waves and trigger a rest/digest response from your nervous system - and listening in stereo with speakers or headphones is key. There is actually some pretty interesting stuff going on when the body interacts with sound. Ready to experiment with it yourself?

Create Field Work for yourself that includes:

- Trying out some sound baths - you can find some here on the [Freedom, Growth & Joy YouTube channel](#) or one of my favorite sound bath [YouTube channels, Healing Vibrations](#). These are also linked in our online course in Module 5.
- Try out listening to specific binaural beats that target what you're looking for - focus, serotonin, etc. My go-to YouTube channel is [Magnetic Minds](#). This link is also found in our online course in Module 5.

RESILIENCY TRAINING

MODULE 5

FIELD WORK COMMITMENT

MY COMMITMENT:

WEEK OF: _____

WHAT WILL I DO?	WHEN? HOW OFTEN?	WHAT SUPPORT DO I NEED?	COMPLETE
			<input type="radio"/>
			<input type="radio"/>

RESILIENCY TRAINING

MODULE 5

FIELD WORK TRACKER

MY COMMITMENT:

WEEK OF: _____

	WHAT I NOTICED - LIST NOTABLE OBSERVATIONS	COMPLETE
MON		<input type="checkbox"/>
TUE		<input type="checkbox"/>
WED		<input type="checkbox"/>
THU		<input type="checkbox"/>
FRI		<input type="checkbox"/>
SAT		<input type="checkbox"/>
SUN		<input type="checkbox"/>

RESILIENCY TRAINING

MODULE 5

FIELD WORK REFLECTIONS

REFLECTIONS

Did you complete your Field Work? If not, why not (remember this is all new data for your learning)?

What positive results did you experience?

What surprised you?

What didn't you enjoy?

What will you do going forward now that you've worked with this?

Other notes you'd like to capture/share?

KEY TAKE-AWAY

MODULE 6

EXERCISE: Reflection - your motivation / your 'why'

FIELD WORK: Movement

Resiliency Training

M O D U L E 6

EXERCISE

The success of shifting any parts of ourselves relies on our internal motivation to do so. So, in this exercise, we're going to pause and remember why you signed up for this in the first place.

Perhaps, some new reasons have also come into view as you've experienced your capacity for growing your resiliency muscle. What else is possible?

RESILIENCY TRAINING

MODULE 6

EXERCISE

REFLECTIONS - YOUR WHY

What was happening in your life that motivated you to sign up for this course?

REFLECTIONS - WHAT IF

What would it mean to you, your relationships, your mental energy, your career, etc. if you increased your resiliency and met the goals of why you signed up? And consider the opposite, what if you shelved this all right now?

REFLECTIONS - WHAT NOW

What do you want to do in the remaining modules to ensure you get the most out of this program?

REFLECTIONS - SUPPORT

What support can you provide yourself, or ask for from others, to ensure you can do what you want to do? Can you commit to that?

Resiliency Training

M O D U L E 6

FIELD WORK

Your Field Work for Module 6 is to try out the 2 movement exercises we learned this week.

- 1) The Crossover March - [video found here](#) & linked in Module 6 online. You can also do this from memory without the video.
- 2) The Vagus Nerve Massage - [video found here](#) & linked in Module 6 online. You don't need the video here either, once you get the hang of it.

Use the following three FIELD WORK worksheets:

- 1) **COMMITMENT WORKSHEET:** Clearly defining what exercises you'll practice - what, when, how, etc. The more specific you are - the more likely you'll do it!
- 2) **TRACKER WORKSHEET:** Your weekly tracker to take notes on your practice each day.
- 3) **REFLECTION WORKSHEET:** Reflection & inquiry on practicing the weekly Field Work.

RESILIENCY TRAINING

MODULE 6

FIELD WORK COMMITMENT

MY COMMITMENT:

WEEK OF: _____

WHAT WILL I DO?	WHEN? HOW OFTEN?	WHAT SUPPORT DO I NEED?	COMPLETE
			<input type="radio"/>
			<input type="radio"/>

RESILIENCY TRAINING

MODULE 6

FIELD WORK TRACKER

MY COMMITMENT:

WEEK OF: _____

	WHAT I NOTICED - LIST NOTABLE OBSERVATIONS	COMPLETE
MON		<input type="radio"/>
TUE		<input type="radio"/>
WED		<input type="radio"/>
THU		<input type="radio"/>
FRI		<input type="radio"/>
SAT		<input type="radio"/>
SUN		<input type="radio"/>

RESILIENCY TRAINING

MODULE 6

FIELD WORK REFLECTIONS

REFLECTIONS

Did you complete your Field Work? If not, why not (remember this is all new data for your learning)?

What positive results did you experience?

What surprised you?

What didn't you enjoy?

What will you do going forward now that you've worked with this?

Other notes you'd like to capture/share?

KEY TAKE-AWAY

MODULE 7

EXERCISE: Reflection - building your nature list

FIELD WORK: Nature

Resiliency Training

M O D U L E 7

EXERCISE

Nature - it's all around us. Nature is truly all around us all the time. And immersing yourself in nature on a regular basis is sure to reduce your baseline level of stress.

Even if you can't make it to your favorite hiking place, there is always time to shift your gaze to a house plant or even a photograph or video of nature.

This week our exercise will help us set up our nature list. This will help you know immediately where to turn when you want to bring in this resiliency powerhouse move.

RESILIENCY TRAINING

MODULE 7

EXERCISE

MY NATURE LIST - PLACES I CAN ACCESS NATURE ANY TIME!

For each timeframe below, write in a piece of nature or natural place you can turn to. Think of things that available to you in your day-to-day life.

30 seconds

When I have 30 seconds, I can access nature by:

3 minutes

When I have 3 minutes, I can access nature by:

10 minutes

When I have 10 minutes, I can access nature by:

1 hour

When I have 1 hour, I can access nature by:

Resiliency Training

M O D U L E 7

FIELD WORK

Your Field Work for Module 7 is to try out the 1 hour guided nature walk. It's a full immersion experience that will set you up to enjoy nature in new ways every time you find yourself outdoors.

- **Guided Nature Walk** [video found here](#) & linked in Module 7 online.

This week, use the following two FIELD WORK worksheets:

1) COMMITMENT WORKSHEET: Clearly defining what exercises you'll practice - what, when, how, etc. The more specific you are - the more likely you'll do it!

2) REFLECTION WORKSHEET: Reflection & inquiry on practicing the weekly Field Work.

RESILIENCY TRAINING

MODULE 7

FIELD WORK

GUIDED NATURE WALK - Preparations & Instructions

This piece of Field Work does take a little planning, but it is meant to encourage you to step away from the go, go, go to find deep solace and restoration.

Preparations:

What: guided nature walk

Where: your favorite trail or sidewalk

Length: 1 hour (45 minute walk + 15 minute seated integration)

Materials Needed:

- Cell phone & headphones
- Guided [MP3](#) or [YouTube video](#) downloaded on cell phone or over cell service
- Comfortable clothes & shoes for your weather and terrain (water &/or snack for when you're finished)
- Your reflection questions (incl here), a journal and pen & a blanket, towel or chair for your reflection time

Mindset: Curious, open, non-judgmental and accepting of what is

RESILIENCY TRAINING

MODULE 7

FIELD WORK

GUIDED NATURE WALK - Preparations & Instructions

This piece of Field Work does take a little planning, but it is meant to encourage you to step away from the go, go, go when you really need it most - to find deep solace and restoration.

Instructions:

Step 1: Find a time to walk outdoors for 1 hour. Set it up as your Field Work for the week - specifying when, where, what support you need, etc.

Step 2: Decide on a place you'd like to walk outdoors for about 45 minutes where you can view nature + a place to sit for 15 minutes at the end. It's ideal if you can walk on a nature path, but if access is an issue, walking in an urban area is just fine as long as there are trees, plants, etc. within view. *If walking is not accessible to you, then finding a seat in a natural setting will work.

Step 3: Have access to the guided nature walk [audio](#) or [video](#) track as you walk.

*****Use only ONE earbud to listen to the track - the other ear should be left to listen to what is happening around you.*****

Step 4: When you're ready to walk, press play and be guided by my voice while you're walking.

Step 5: After the recording is over, get your Reflection Questions (incl here), journal and pen, and something comfortable to sit on. To complete the 1-hour nature immersion and find a place close-by to sit for 15 minutes to reflect and integrate your experience.

RESILIENCY TRAINING

MODULE 7

FIELD WORK COMMITMENT

MY COMMITMENT:

WEEK OF: _____

WHAT WILL I DO?	WHEN? HOW OFTEN?	WHAT SUPPORT DO I NEED?	COMPLETE
			<input type="radio"/>
			<input type="radio"/>

RESILIENCY TRAINING

MODULE 7

FIELD WORK REFLECTIONS

REFLECTIONS

Look around you. What do you have to learn from the nature around you?

How does your body feel now compared to how it feels in your everyday life?

What was it like to experience your surroundings with the hat of the curious learner – as a child or alien seeing it for the first time?

How could wearing the hat of the curious learner in your everyday life serve you?

What fears did you experience during the walk?

What visions or aspirations arose during the walk?

What are you connected to now that you'd like to maintain a connection with?

How can you apply this sense of connection to other humans in your life?

Check in with your brain – is it busy and overwhelmed? Or calm and clear?

MODULE 8

EXERCISE: Reflection - your awe & wonder list

FIELD WORK: Awe & Wonder

Resiliency Training

M O D U L E 8

EXERCISE

Awe & wonder- you can find it in a grain of sand. This world is filled with many wonders and placing our attention on it is also provides instant shifts into a more resilient state.

This week our exercise will help us set up our personal list of awe and wonder. Finding what brings us into a state of awe & wonder is like building our own medicine cabinet. Let's get started!

RESILIENCY TRAINING

MODULE 8

EXERCISE

REFLECTIONS -

Let's remember what awe & wonder feels like in our bodies. Think of a time when you felt yourself in that state. Perhaps looking at a wide vista or something beautiful you'd never seen before?

REFLECTIONS -

Awe and Wonder are in the eye of the beholder. Let's make a list that evokes that feeling of awe & wonder in your body like we explored above. If you have any trouble, you could set up field work to look for awe & wonder in your day-to-day and make your list as you go!

Resiliency Training

M O D U L E 8

FIELD WORK

Your Field Work for Module 8 you'll be putting your intention and attention on inviting awe & wonder into your days.

You can find some instructions and helpful tips on the next page to help you get set off on the right foot

Use the following three FIELD WORK worksheets:

- 1) COMMITMENT WORKSHEET:** Clearly defining what exercises you'll practice - what, when, how, etc. The more specific you are - the more likely you'll do it!
- 2) TRACKER WORKSHEET:** Your weekly tracker to take notes on your practice each day.
- 3) REFLECTION WORKSHEET:** Reflection & inquiry on practicing the weekly Field Work.

RESILIENCY TRAINING

MODULE 8

FIELD WORK

AWE & WONDER - Instructions & Tips

Instructions:

Step 1: Set your intention to practice awe & wonder at least 2 times per day for a week (we all know how practice helps us rewire our brain by now, right!?).

Step 2: Peruse your list of awe and wonder experiences to get you started and pay attention to what else comes up as you practice.

Step 3: Set your intention to follow these helpful tips that will enhance your experience:

TIPS...

- **Full attention:** Put your full attention on whatever it is you are experiencing or looking at.
- **Linger:** You may feel the need to rush. Set that aside and allow yourself to fully linger on the experience in the present moment.
- **Slow down:** No matter what you choose, allow yourself to slow down and bring your full curiosity to whatever the experience is - both the mountain top and the mundane - examine it slowly from all angles.
- **Senses:** Open all of your senses to the experience. What are you seeing, hearing, tasting, smelling, feeling, sensing?
- **Alien curiosity:** Whatever you choose to practice on, pretend you are an alien being seeing and experiencing it for the first time.

RESILIENCY TRAINING

MODULE 8

FIELD WORK COMMITMENT

MY COMMITMENT:

WEEK OF: _____

WHAT WILL I DO?	WHEN? HOW OFTEN?	WHAT SUPPORT DO I NEED?	COMPLETE
			<input type="radio"/>
			<input type="radio"/>

RESILIENCY TRAINING

MODULE 8

FIELD WORK TRACKER

MY COMMITMENT:

WEEK OF: _____

	WHAT I NOTICED - LIST NOTABLE OBSERVATIONS	COMPLETE
MON		<input type="radio"/>
TUE		<input type="radio"/>
WED		<input type="radio"/>
THU		<input type="radio"/>
FRI		<input type="radio"/>
SAT		<input type="radio"/>
SUN		<input type="radio"/>

RESILIENCY TRAINING

MODULE 8

FIELD WORK REFLECTIONS

REFLECTIONS

Did you complete your Field Work? If not, why not (remember this is all new data for your learning)?

What positive results did you experience?

What surprised you?

What didn't you enjoy?

What will you do going forward now that you've worked with this?

Other notes you'd like to capture/share?

KEY TAKE-AWAY

MODULE 9

EXERCISE: Reflection - your persistent resistance

FIELD WORK: Acceptance

Resiliency Training

M O D U L E 9

EXERCISE

From a young age, we've been taught to push away pain, parts of ourselves we don't like, certain thoughts, and more.

In this exercise, we'll take a look at what we resist in ourselves - giving ourselves kindness, compassion and grace as we explore this. Keep in mind we're here to heal the separation we've created in ourselves to access our wholeness again. The wholeness we were born with and is the truth of who we are.

RESILIENCY TRAINING

MODULE 9

EXERCISE

REFLECTIONS - YOUR WHY

What emotions do you commonly label as negative?

REFLECTIONS - WHAT IF

What thoughts do you frequently have that seem negative or bother you?

REFLECTIONS - WHAT NOW

What pains do you have in your body right now that are making you tense or restricted?

REFLECTIONS - SUPPORT

How could your life look and feel different if you accepted each of the things above?

Resiliency Training

M O D U L E 9

FIELD WORK

Your Field Work for Module 9 is to try out the guided meditation on Acceptance.

- **Guided Acceptance Meditation** [video found here](#) & linked in Module 9 online.

IMPORTANT THINGS TO NOTE:

IF IT BECOMES TOO MUCH - You are 100% in control of your experience. If at any time you feel the need to stop - I encourage you to pause and breathe...look around the room, touch your arms and legs. Re-assure yourself in your current state of physical safety.

KEEP IN MIND - Acceptance is not a practice of changing your current state, but instead sitting with it and allowing it to be. It may transform or it may not. Your unconditional acceptance is the gift we're giving ourselves here, not control or willing change.

You know the drill - use the following three FIELD WORK worksheets to detail your commitment, field work tracker, and reflections.

RESILIENCY TRAINING

MODULE 9

FIELD WORK COMMITMENT

MY COMMITMENT:

WEEK OF: _____

WHAT WILL I DO?	WHEN? HOW OFTEN?	WHAT SUPPORT DO I NEED?	COMPLETE
			<input type="radio"/>
			<input type="radio"/>

RESILIENCY TRAINING

MODULE 9

FIELD WORK TRACKER

MY COMMITMENT:

WEEK OF: _____

	WHAT I NOTICED - LIST NOTABLE OBSERVATIONS	COMPLETE
MON		<input type="radio"/>
TUE		<input type="radio"/>
WED		<input type="radio"/>
THU		<input type="radio"/>
FRI		<input type="radio"/>
SAT		<input type="radio"/>
SUN		<input type="radio"/>

RESILIENCY TRAINING

MODULE 8

FIELD WORK REFLECTIONS

REFLECTIONS

Did you complete your Field Work? If not, why not (remember this is all new data for your learning)?

What positive results did you experience?

What surprised you?

What didn't you enjoy?

What will you do going forward now that you've worked with this?

Other notes you'd like to capture/share?

KEY TAKE-AWAY

MODULE 10

**EXERCISE: Reflection - your Resiliency Training toolbox +
impact & use**

FIELD WORK: Continuing your resiliency journey

Resiliency Training

B O N U S M O D U L E

EXERCISE

Wahoo! Let's celebrate! You just spent 8 weeks doing something for your own growth and development - to improve your human experience you're having here on earth.

You invested your time and energy, focusing your intention and attention again and again, to help yourself build regenerative capacities - you chose resiliency.

To fully reap the benefits of Resiliency Training I ask you to not stop now. **Fully commit and dedicate time to Module 10.**

Spending this time to reflect on what you've learned and experienced in Resiliency Training will solidify and integrate the experience, so it can be regenerative - building resiliency capacities that can support you for the rest of your life.

RESILIENCY TRAINING

BONUS MODULE

EXERCISE

Suggestions for review & reflection:

Suggestion 1: Review your journaling and reflections from each exercise and set of field work you did during Modules 1 - 9.

Suggestion 2: Review the list of learnings we've covered in Resiliency Training (incl here)

Suggestion 3: Review your Resiliency Toolbox (incl here) - these are the tools you experienced and experimented with in your Field Work. they are now your tools - here to support you for you in all the days to come.

Suggestion 4: Complete the exercise and field work below.

RESILIENCY TRAINING

BONUS MODULE

EXERCISE

TIPS for Reflection & learning

Let's arrive exactly where you are...

==> Clear approximately 60 minutes of quiet time.

==> Have your exercises & field work reflections from module 1 - 9 handy.

==> Make the time a personal celebration - you're spending time on something that will benefit you - get comfy, grab your favorite pen, cup of tea - whatever feels special.

==> Orient to why you signed up for Resiliency Training, *I am committed to...*

==> Believe what you want is possible and plan for that.

==> Provide yourself spaciousness to thoughtfully consider the reflection questions or free-write your own thoughts as they come to you.

==> If you hit discomfort...I invite you to pause, notice it and offer compassion.

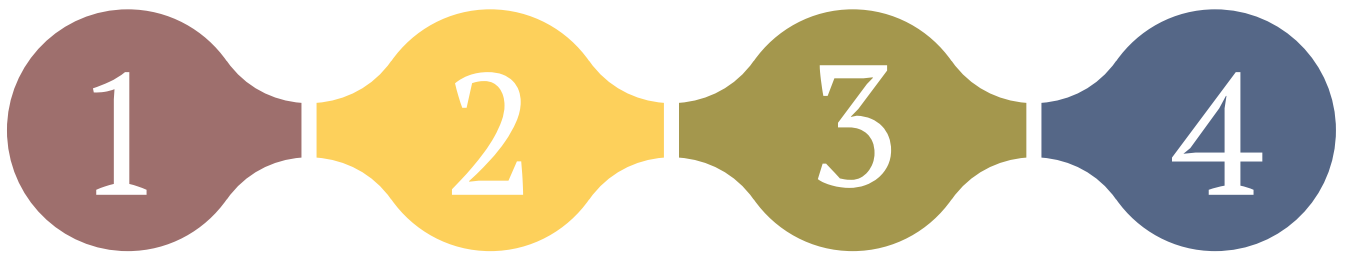
==> Complete this exercise and move onto to create your Field Work - you can do it!

RESILIENCY TRAINING BONUS MODULE

EXERCISE

10 KEY LEARNINGS

WHAT WE LEARN...



Stress & Overwhelm

How crisis and complexity in 2022 = us stuck in stress/overwhelm loop



Our Nervous System

What a triggered stress state vs resilient state look like & feel like



Leadership Impacts

How a stress state impacts our decision making & resonance



Our Response

What is happening in our nervous system & what we do about it



RESILIENCY TRAINING

BONUS MODULE

EXERCISE

10 KEY LEARNINGS

WHAT WE LEARN...



Our Nervous System

How to activate our attachment/affiliation system & deactivate our threat/defense system



Science of Sound

Why the newest trend in health - sound - can reduce stress effortlessly



Stress + Our Body

How stress physically lives in our bodies + importance of movement

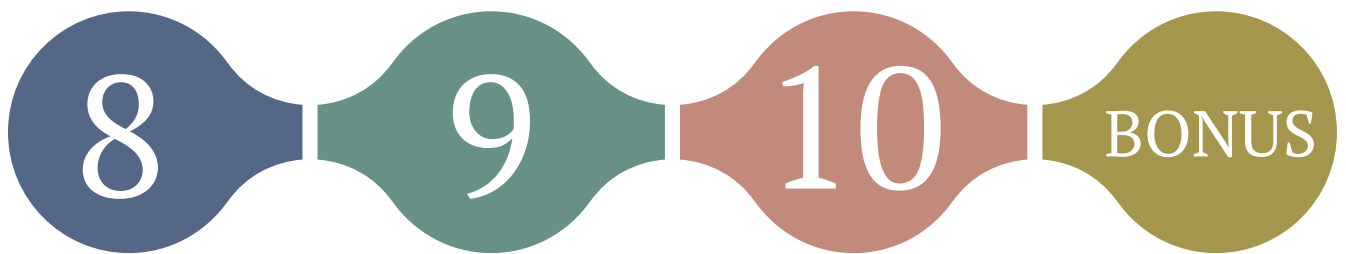


RESILIENCY TRAINING BONUS MODULE

EXERCISE

10 KEY LEARNINGS

WHAT WE LEARN...



Nature + The Brain

Why nature calms us all – it's specifically bioengineered by evolution



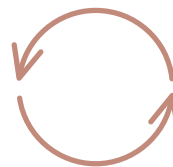
Awe + The Brain

How practicing awe & wonder can improve your intelligence & well-being



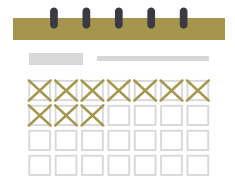
Resist = Persist

What we resist, persists and how acceptance can help us release overwhelm



Habit Change

How regular practice, small moves over many reps, creates a new habit



YOUR Resiliency Toolbox



RESILIENCY SHIFT

INTENTIONALLY SHIFT FROM TRIGGERED
TO RESILIENT



BREATH

BOX BREATH AND BEE BREATH



GRATITUDE

GRATITUDE ACTIVATES OUR
ATTACHEMENT/AFFILIATION SYSTEM



SOUND

SOUND ATTUNES TO OUR BRAINWAVES
AND CELLULAR ACTIVITY



MOVEMENT

MOVEMENT DOES WONDERS IN
RELEASING TENTION FROM THE BODY &
MIND



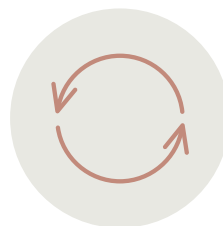
NATURE

NATURE IS A NATURAL CALMING AGENT,
BRINGING US INTO BALANCE WITH ALL
AROUND US



AWE & WONDER

AWE & WONDER EXPANDS OUR
PERSPECTIVE, CREATIVITY & OUR
RELATIONSHIP TO OTHERS



ACCPETANCE

ACCEPTANCE REDUCES OUR
RESISTANCE, WHICH REDUCES OUR
SUFFERING

Resiliency Training

B O N U S M O D U L E

FIELD WORK

Your final set of guided Field Work is focused on solidifying awareness on how you can build resiliency into your everyday experiences and how these tools can continue to assist you in 1) lowering your base-line level of stress, 2) reducing the number of things that trigger you and 3) speeding the time it takes for you to recover from a triggering event.

You'll also find blank worksheets to help you set up your own field work in your continued development and growth - for continued Resiliency Training or any other capacity you'd like to build.

1) COMMITMENT WORKSHEET: Clearly defining what exercises you'll practice - what, when, how, etc. The more specific you are - the more likely you'll do it!

2) TRACKER WORKSHEET: Your weekly tracker to take notes on your practice each day.

3) REFLECTION WORKSHEET: Reflection & inquiry on practicing the weekly Field Work.

RESILIENCY TRAINING

BONUS MODULE

EXERCISE

REFLECTIONS - ON THE SPOT

Which resiliency moves seemed to help you shift quickly in the moment?

REFLECTIONS - ON THE BIGGIES

Which resiliency moves seemed to help for those big triggering events?

REFLECTIONS - ON THE REGULAR

Which resiliency moves seemed most helpful to practice regularly - ones that seemed to reduce your base-line level of stress?

REFLECTIONS - ON YOUR WATCH

What are the early warning signs that you are triggered or in a state of overwhelm, so you know when to bring in a resiliency move?

RESILIENCY TRAINING

FIELD WORK COMMITMENT

MY COMMITMENT:

WEEK OF: _____

WHAT WILL I DO?	WHEN? HOW OFTEN?	WHAT SUPPORT DO I NEED?	COMPLETE
			<input type="radio"/>
			<input type="radio"/>

RESILIENCY TRAINING

FIELD WORK TRACKER

MY COMMITMENT:

WEEK OF: _____

	WHAT I NOTICED - LIST NOTABLE OBSERVATIONS	COMPLETE
MON		<input type="radio"/>
TUE		<input type="radio"/>
WED		<input type="radio"/>
THU		<input type="radio"/>
FRI		<input type="radio"/>
SAT		<input type="radio"/>
SUN		<input type="radio"/>

RESILIENCY TRAINING

FIELD WORK REFLECTIONS

REFLECTIONS

Did you complete your Field Work? If not, why not (remember this is all new data for your learning)?

What positive results did you experience?

What surprised you?

What didn't you enjoy?

What will you do going forward now that you've worked with this?

Other notes you'd like to capture/share?

KEY TAKE-AWAY



THANK YOU!

It was truly an honor joining you on this journey into resiliency!
I hope you felt supported and seen as you traveled through Resiliency Training.
You have my deep appreciation and compassionate support as you continue on
bringing resiliency moves to any challenge in the days ahead.

Wishing you freedom, growth & joy,

Ellen Palmer

~ Click here to check out my coaching services ~

Read this to see if coaching is right for you

TALK TO
ELLEN

Or Visit:

FREEDOM-GROWTH-JOY.COM