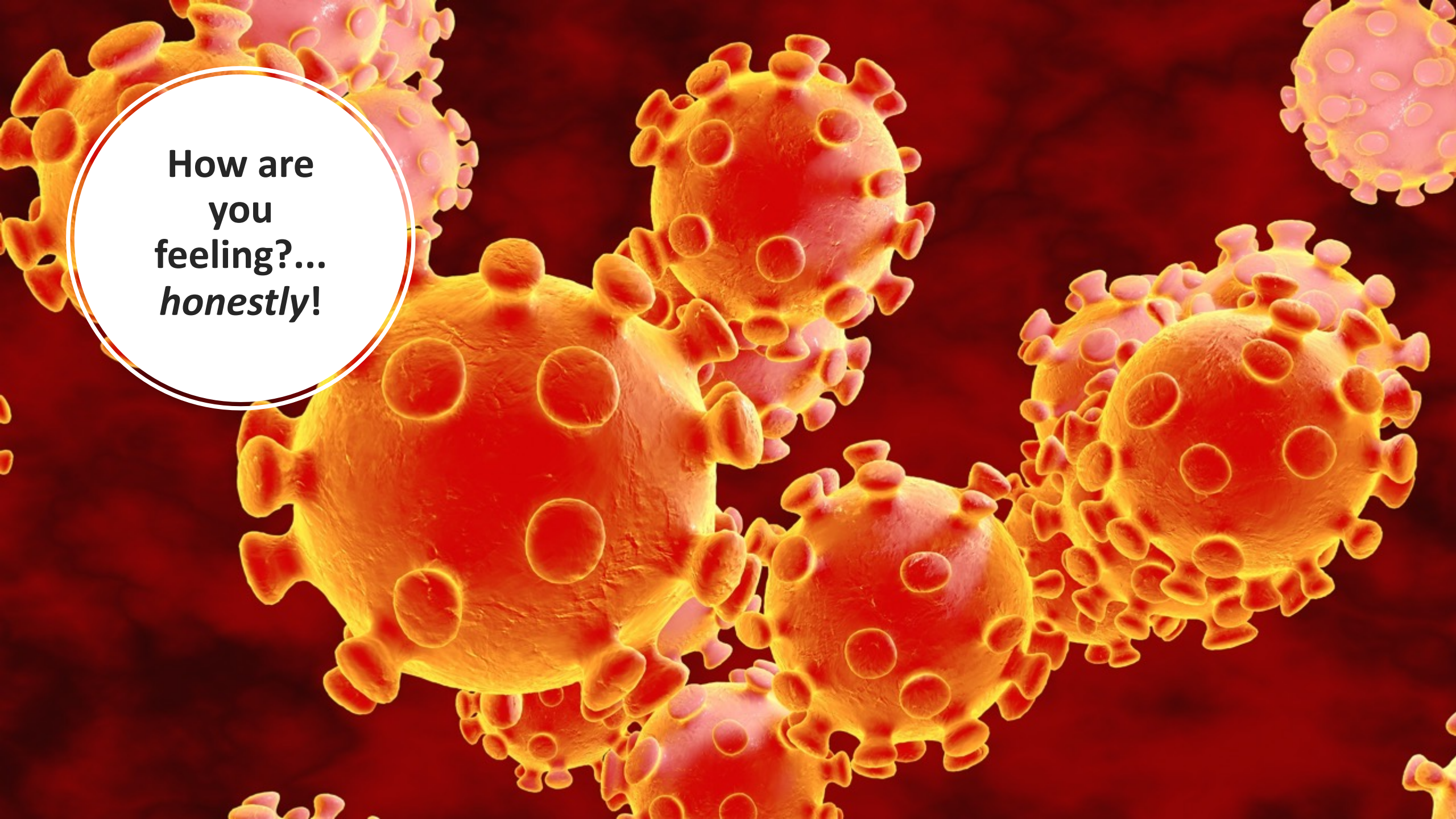


VINTAGE
STRATEGY

Taming the CoronaCoaster!



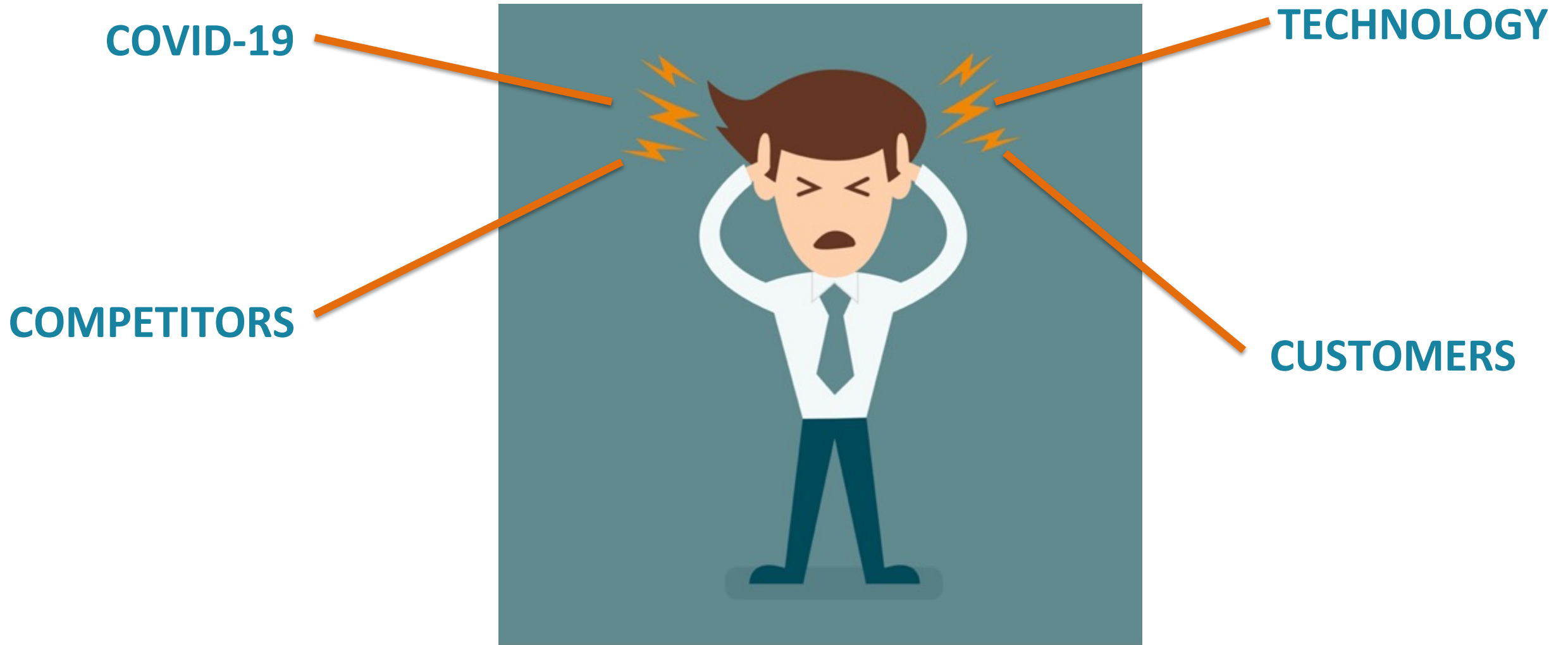


**How are
you
feeling?...
*honestly!***

What can we *CONTROL*?



Locus of Control



External or Internal?

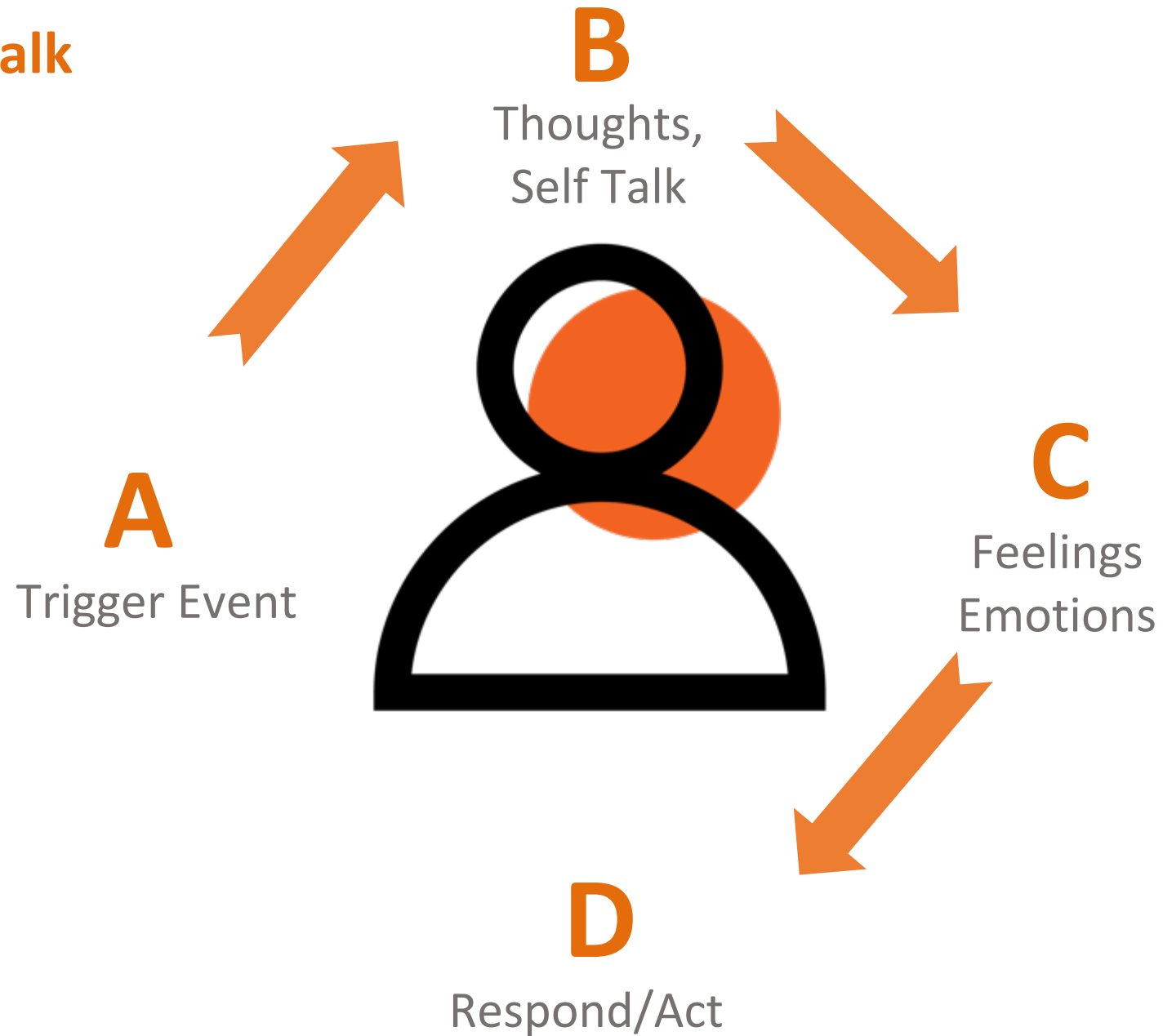
Locus of Control

- What can we control?
- What can we influence?



BUT...WHAT ARE WE SAYING TO OURSELVES?

Negative Self Talk

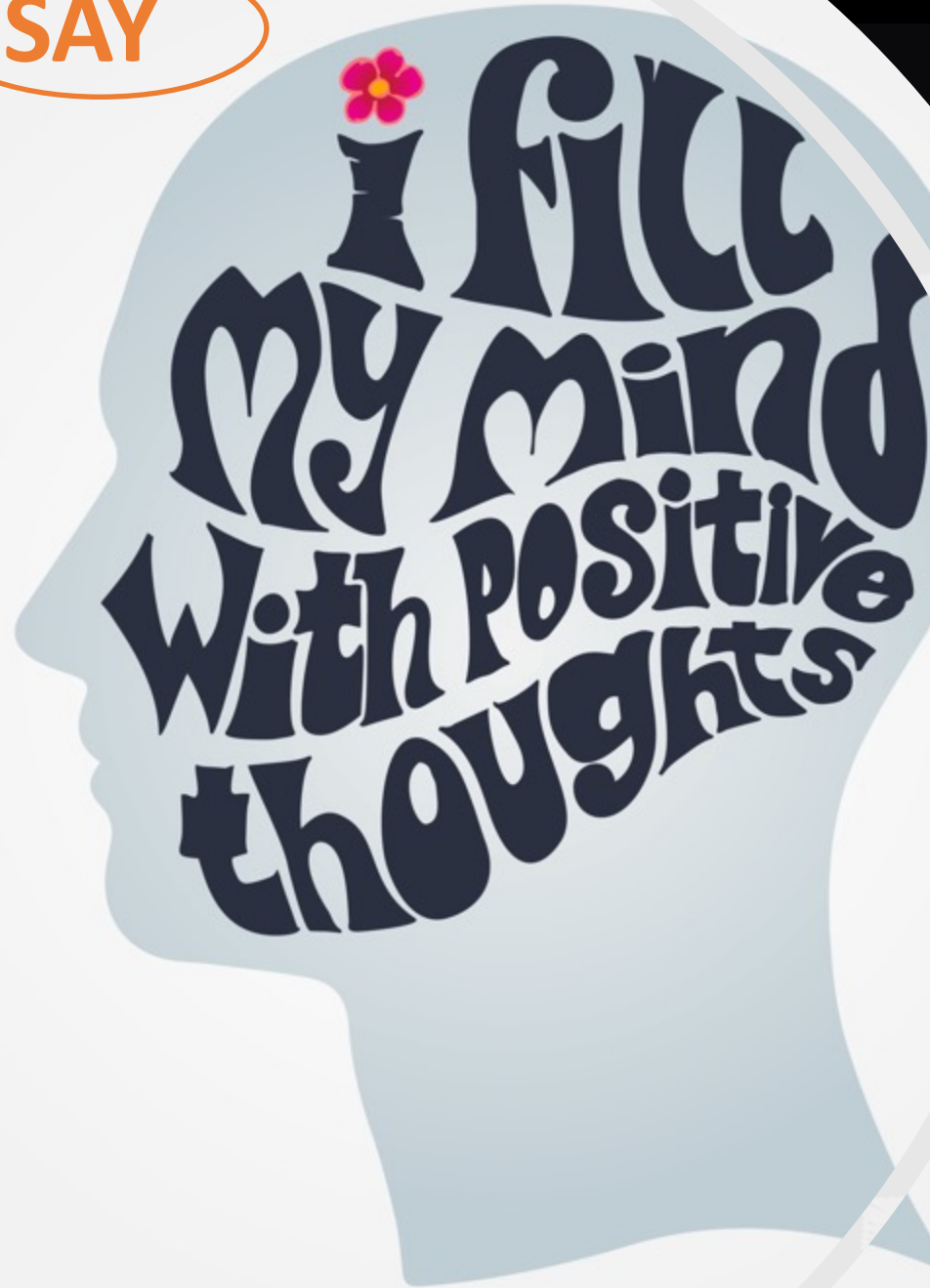






More **CAN**
Less **CAN'T**

SAY



DO



Ideas to create change!

Discuss how you could:

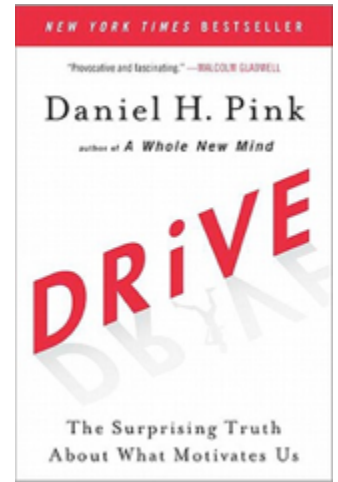
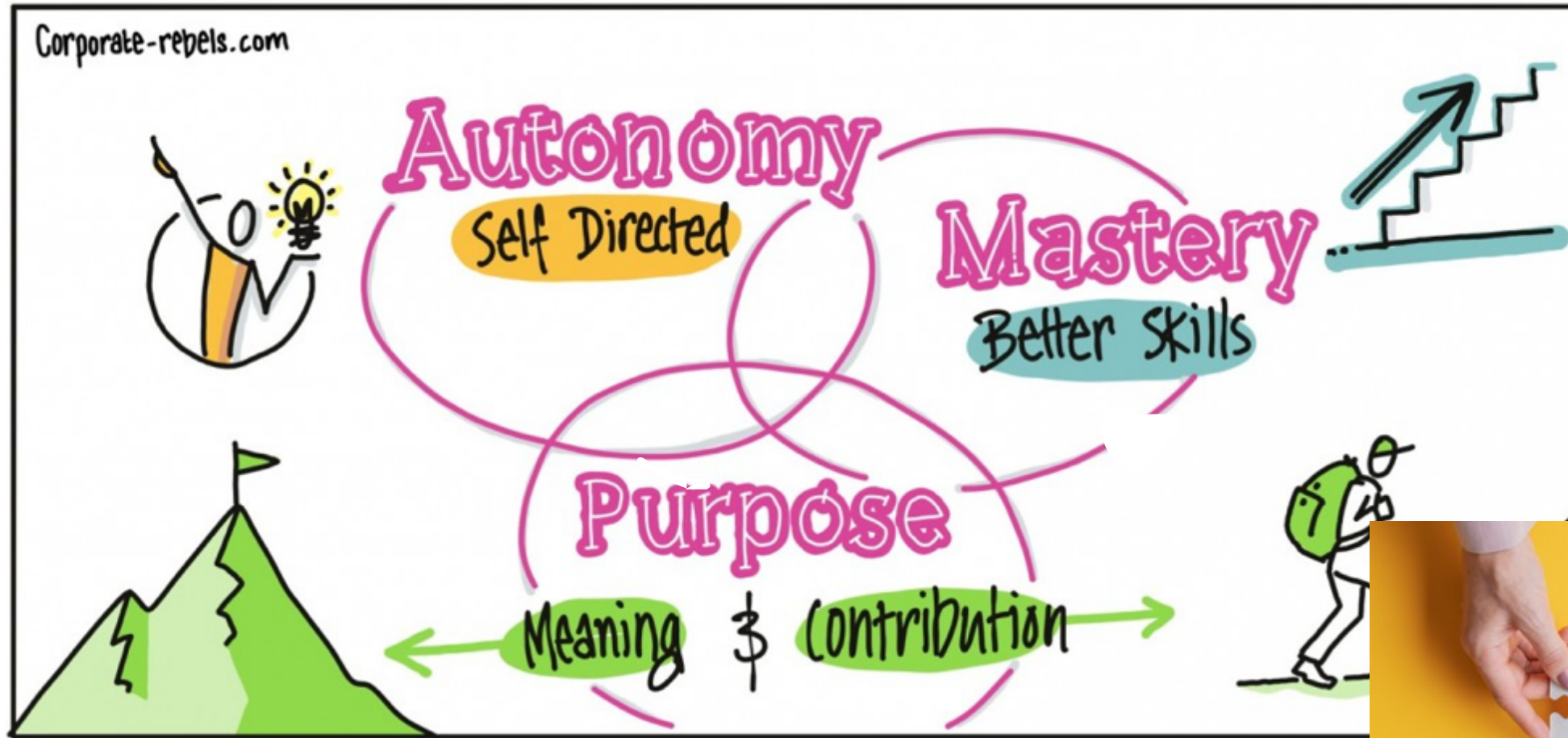
- 1. Focus more on the “CAN” rather than the CAN’T”*
- 2. Build a new Mindset by what you “SAY” to yourself and others*
- 3. Create new Habits - what “DO’s” can embed change*

Your role as a Leader...

- Communicate 'a' way forward...next steps and a light on the hill
- Building Trust...through vulnerability, making it safe
- Being Accessible & Checking In...RUOK?



Leading others...drivers of *motivation*



Resources...



- Run this session – use the slides or the recording
- Talk to me about an in-house tailored session

Self paced online *Personal Resilience Course*

Course Modules

- Where is your resilience now?
- Managing your Stress
- Managing your Beliefs
- Managing your Self Picture
- Managing Change in a World of Change
- Building capability
- Dealing with barriers
- Your Resilience Plan



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👥 Online forum

💬 Chat online

Who's your buddy?

