



The Framework for Workforce Resilience

The New You Inspiring Healthy, High Performance

ASVA Cultural Connections Conference
14th November

Resilience Dynamic®

Resilience Dynamic Dashboard®

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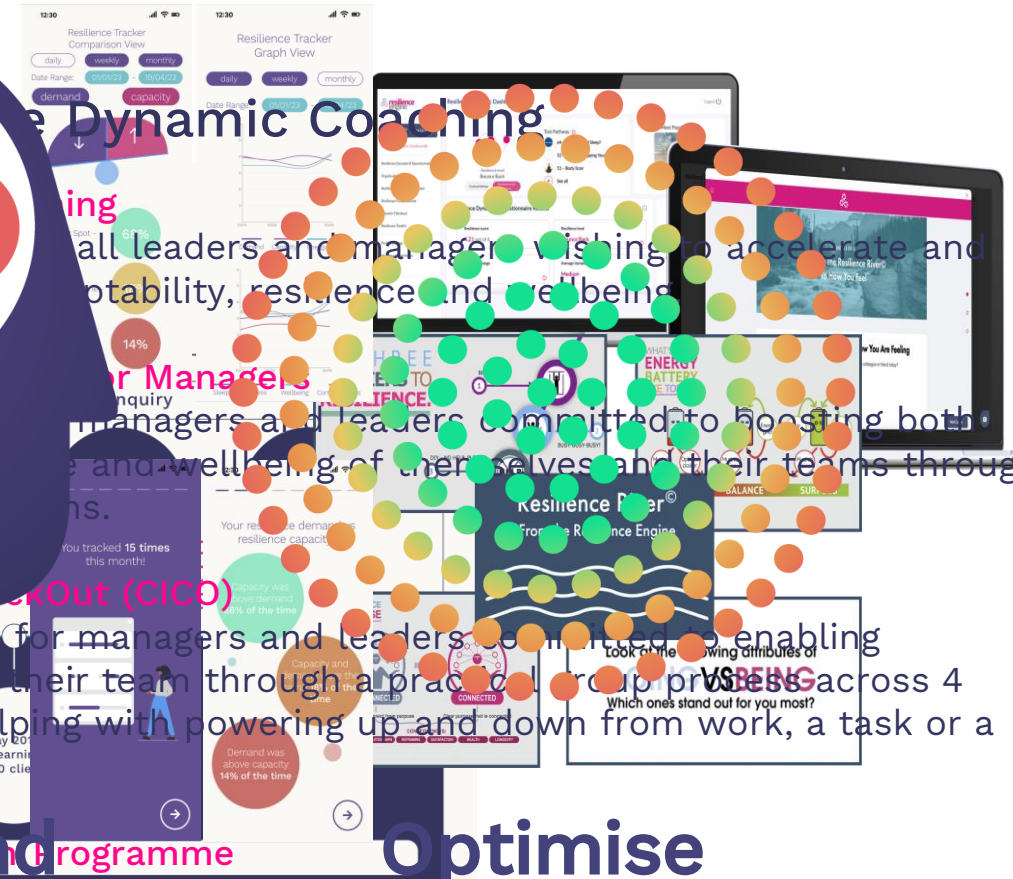
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The solution for experienced, regularly practicing internal or external coaches, or OD professionals who want to incorporate and hone how to enable resilience in their practice.



The New You Inspiring Healthy, High Performance

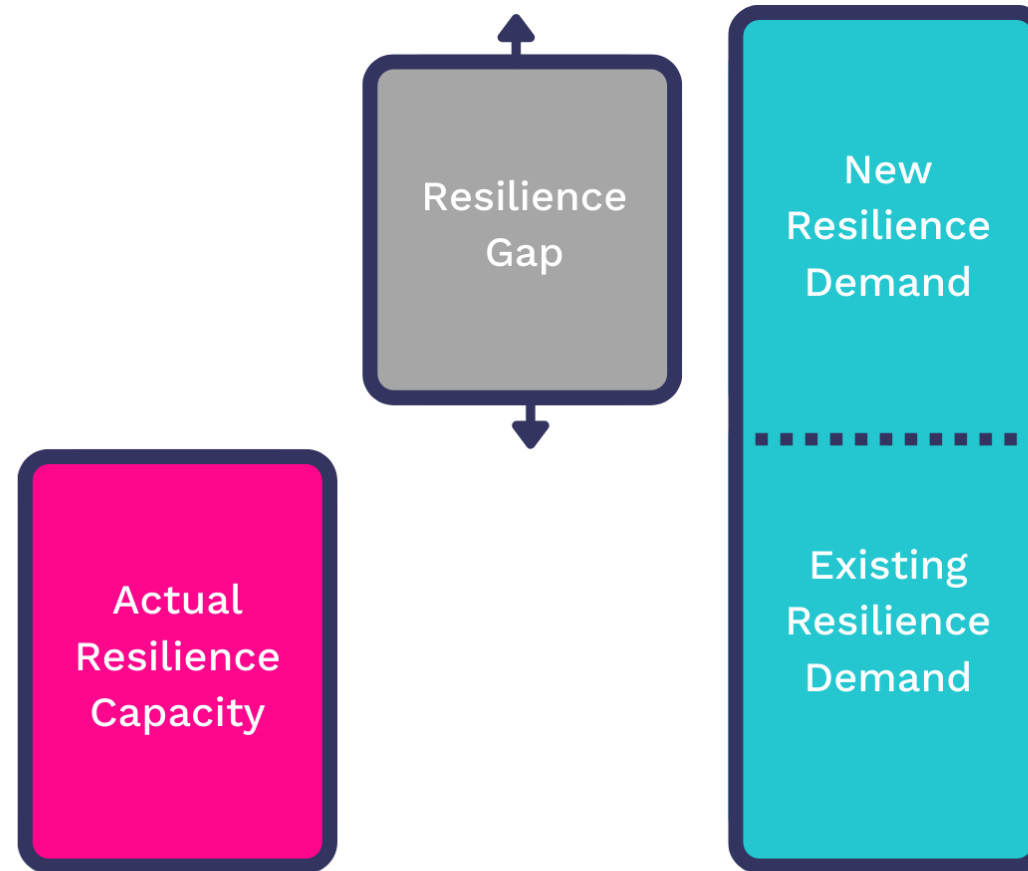
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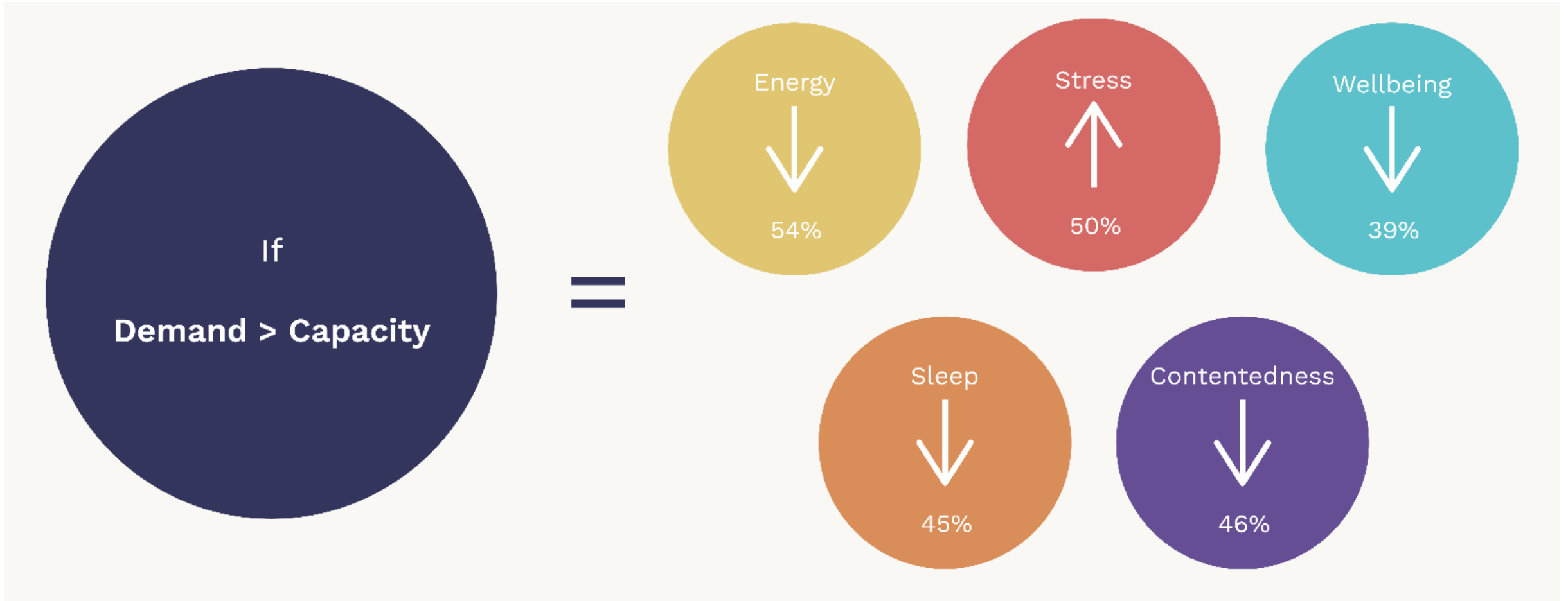
Problems



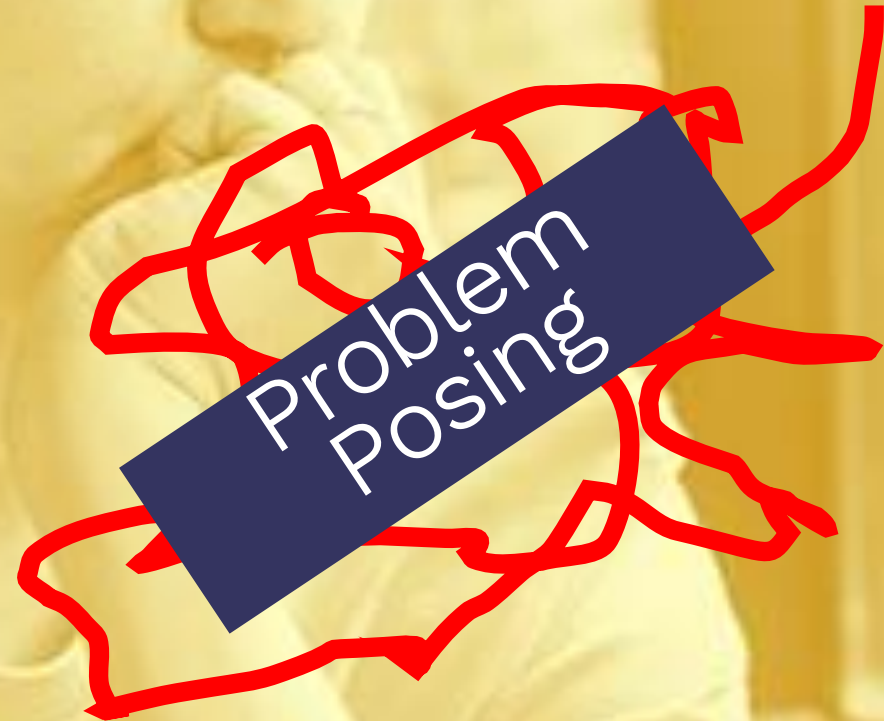
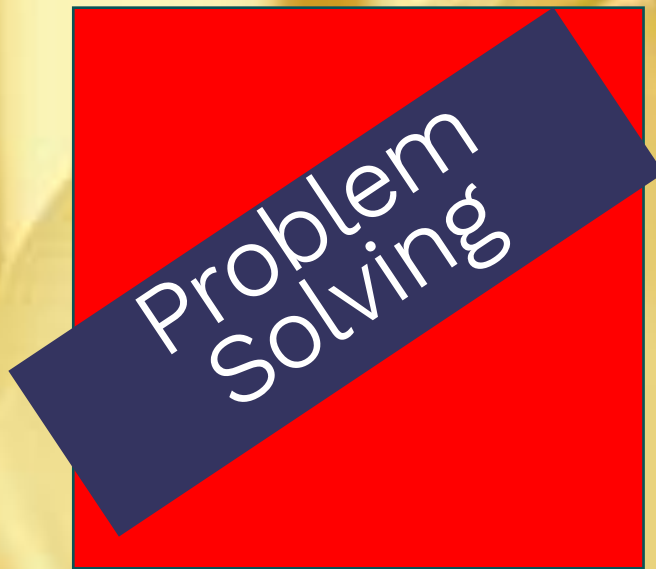
Change and the Resilience Gap



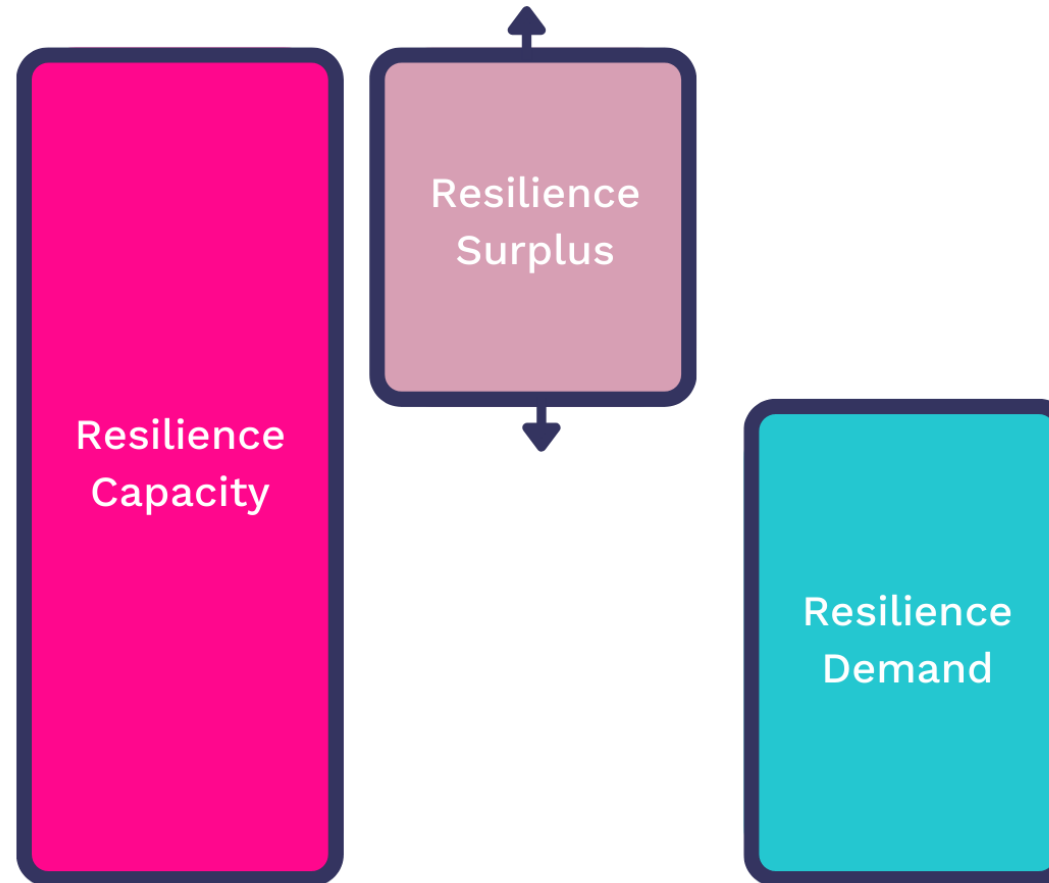
The Shocking News



Problems



Change and the Resilience Surplus





Resilience

The Capacity for Change

Habit 1 Resilience River©



What can I realistically expect of myself?

How might I boost it?

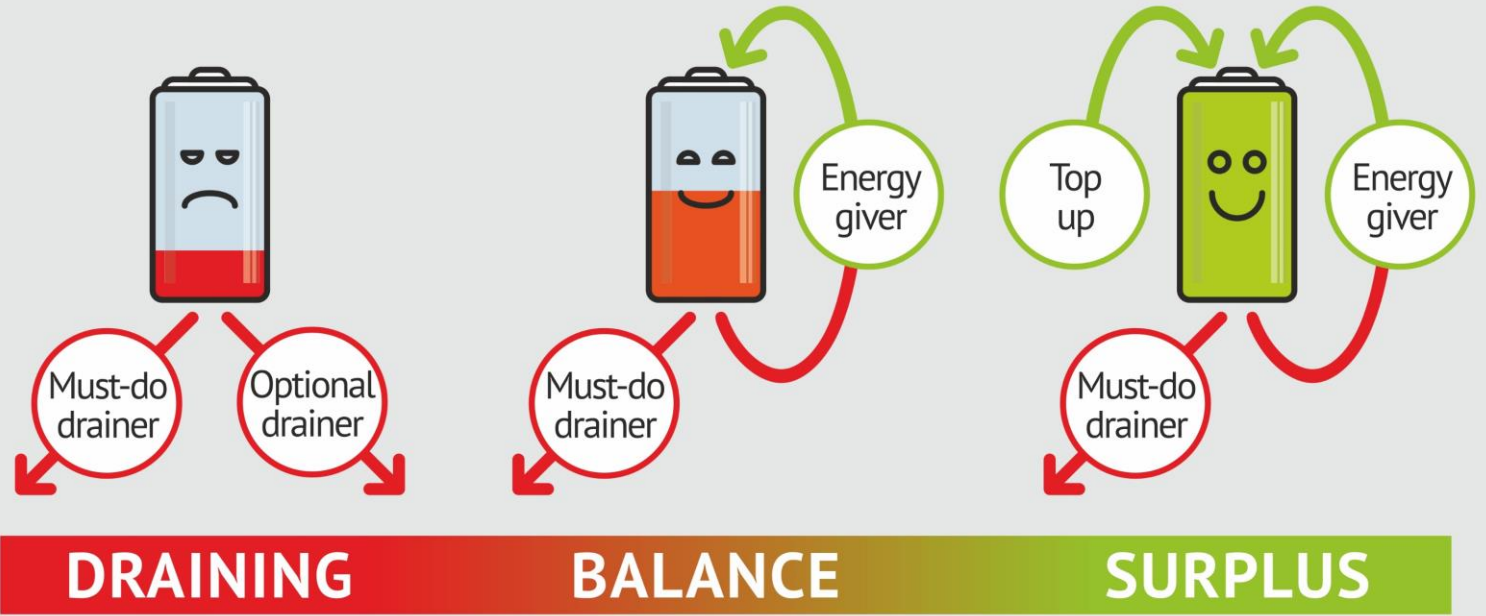
How can I navigate it optimally?



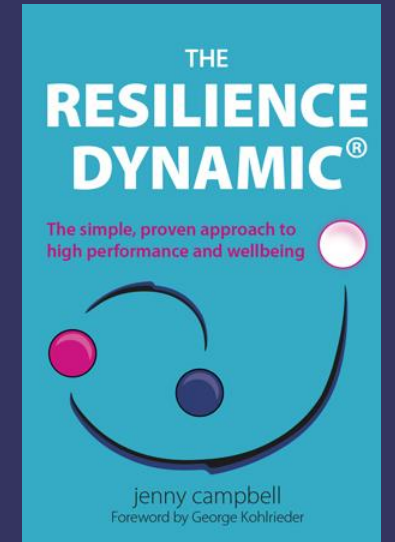
Habit 2: Practice Being Present

Habit 3 Optimise Energy (not time)

WHAT'S YOUR
ENERGY
BATTERY
LIKE TODAY?



Resources



Buy the book

<https://practicalinspiration.com/product/the-resilience-dynamic>
code: vip-resilience25

Complete your own self-assessment
(Resilience Dynamic® Indicator)

tinyurl.com/Resilience-Dynamic-Indicator

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