



Managing the Impact of Covid-19 **Planning for Recovery**

SAI Workshop
11 June
@ 1.30 pm

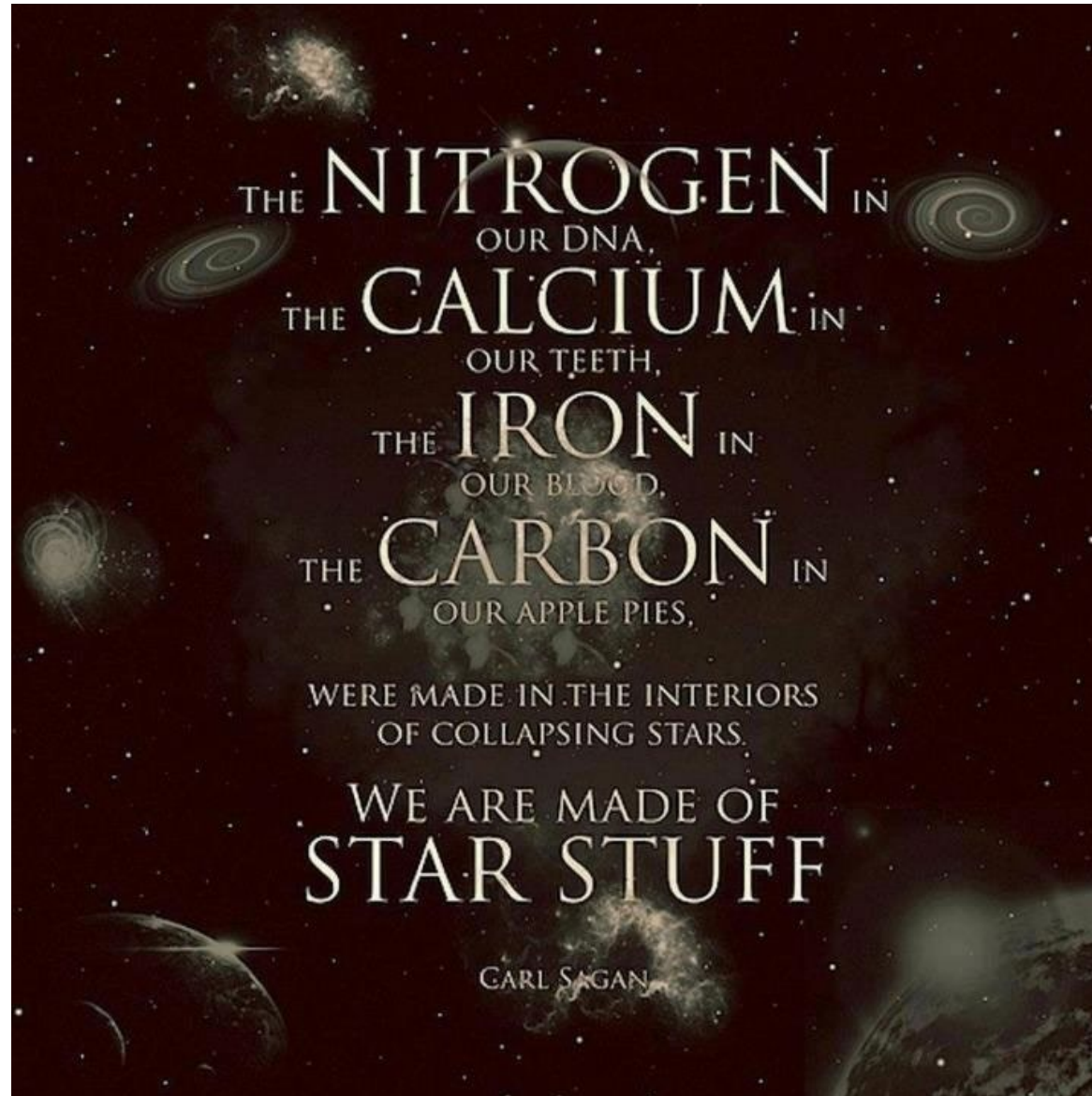
3 Strategies to
Enhance Resilience
in Any Situation:

- Attitude
- Perspective
- Staying Curious

with Maeve Lankford
Transformational Coach & Facilitator



Strategy #1 – Know that you are more than your feelings



Affirmations

- I [name] am so much MORE than my circumstances
- I [name] am so much MORE than my experiences
- That which is within me is greater than [your experience]
- I will have this experience, but I refuse to let it have me



Max Goldberg, Flickr



J. Todd Poling, Flickr



Staying in the knowing that you are more— The 3 R's

- Recognise
 - Notice what you are noticing
- Refresh
 - Take 3 Deep Breaths
- Re-pattern
 - Insert your new affirmation, say it repeatedly

#2 – Harness the Power of Perspective

Reactive

Creative

We must c (see) clearly first

The 30,000 ft view



Teddy Roosevelt



Perception and Gratitude

**The miracle of
gratitude is that it
shifts your perception
to such an extent that
it changes the world
you see.**

DR. ROBERT HOLDEN

2 Kinds of Gratitude

- Gratitude FOR the things we have
- Gratitude IN the situations in which we find ourselves

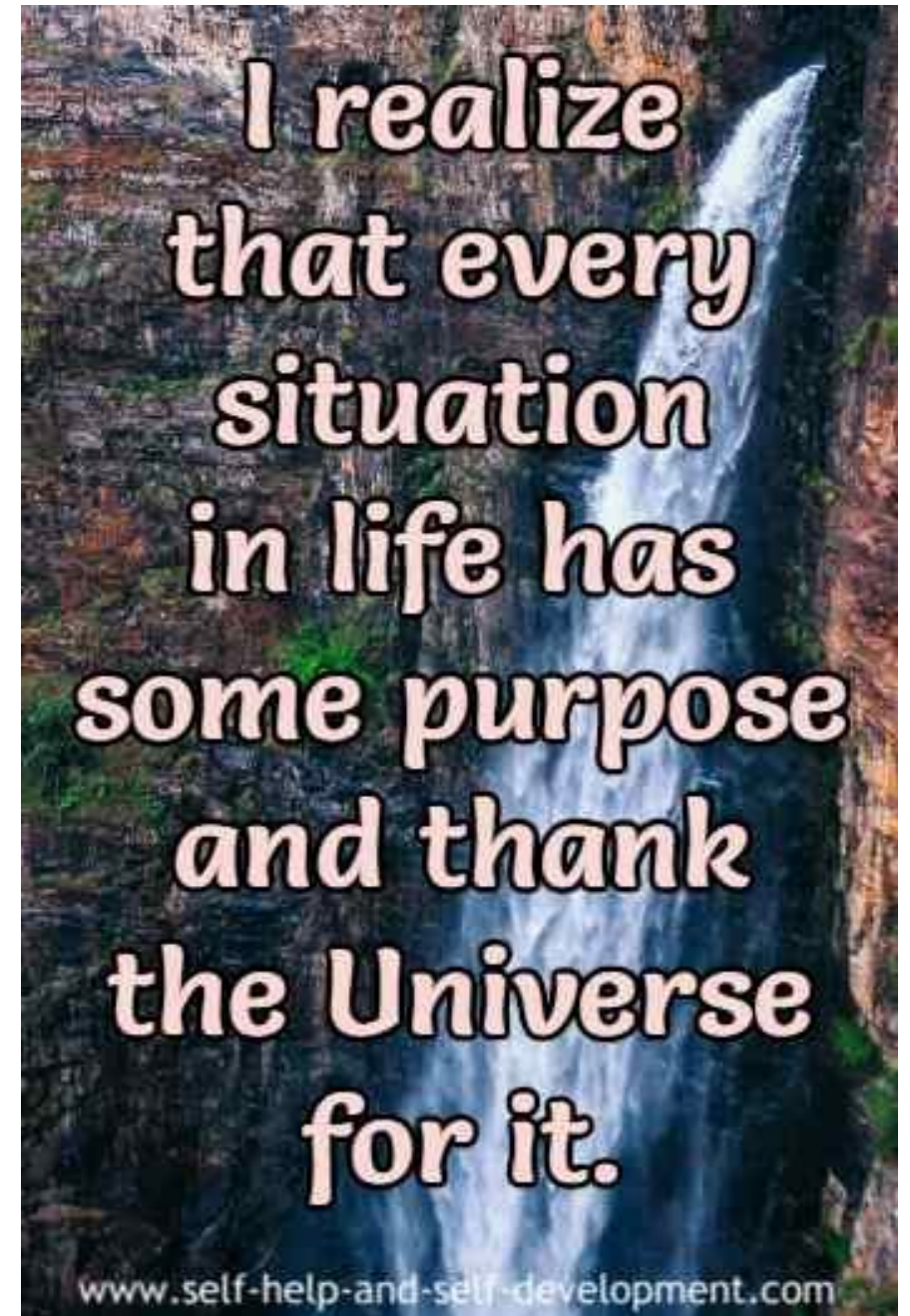
Gratitude FOR

- Develop a daily Gratitude Practice – 5 things
- Uplevel your Gratitude Practice:
 - Keep a Gratitude Journal for 30 days
 - Write at least five things you are grateful for the first morning
 - Review your list each night and add any others you like
 - Read your list morning and evening, FEEL the Gratitude, always adding one new thing



Unconditional Gratitude IN:

- All things, regardless of your experiences
- Whatever experience you're having, bless it



3 Stay Curious

Questions from the Hero's Journey:

The Departure

What do you need to leave behind on your hero's journey?

The Initiation

What are you discovering about yourself that you didn't know was there?

The Return

What good can come from this?

What's the gift in this experience for you?

Other high vibration questions

How would my best self show up here?

What would love do here?

Recap – 3 Strategies for Standing Firm

#1 Know that you are more than your feelings

- Affirmations
- The 3 R's

#2 The Power of Perception

- Take the Long View
- The power of Gratitude

#3 Stay Curious

- Ask high frequency Q's

Lifework

- Focus your attention
- What's a new perspective I can have?
- Implement a Gratitude practice
- Stay curious with transformational questions

Stay in Touch!

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Thank You

A scenic view of a rocky coastline. In the foreground, a sandy beach is partially submerged by gentle waves. The middle ground shows more turbulent waves crashing against a dark, layered rock formation. The sky is a clear, bright blue, and a few birds are visible in the distance. The overall atmosphere is serene and natural.