

Supporting yourself through challenging times

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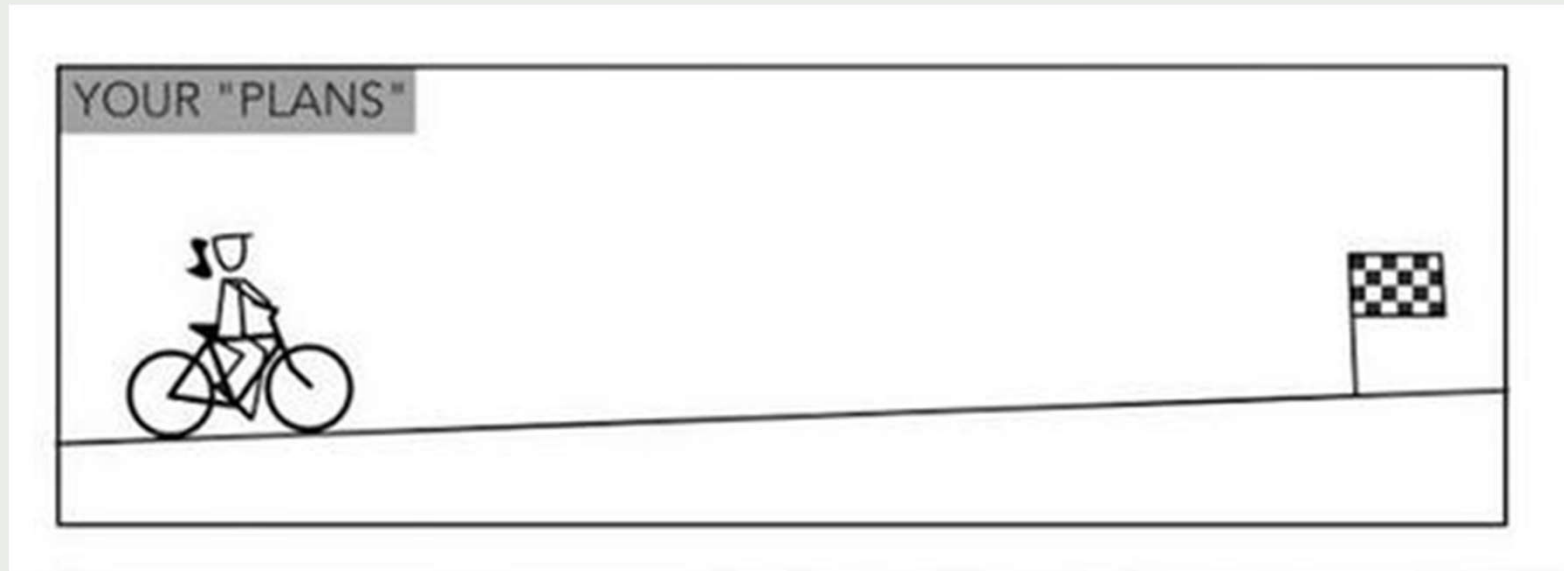


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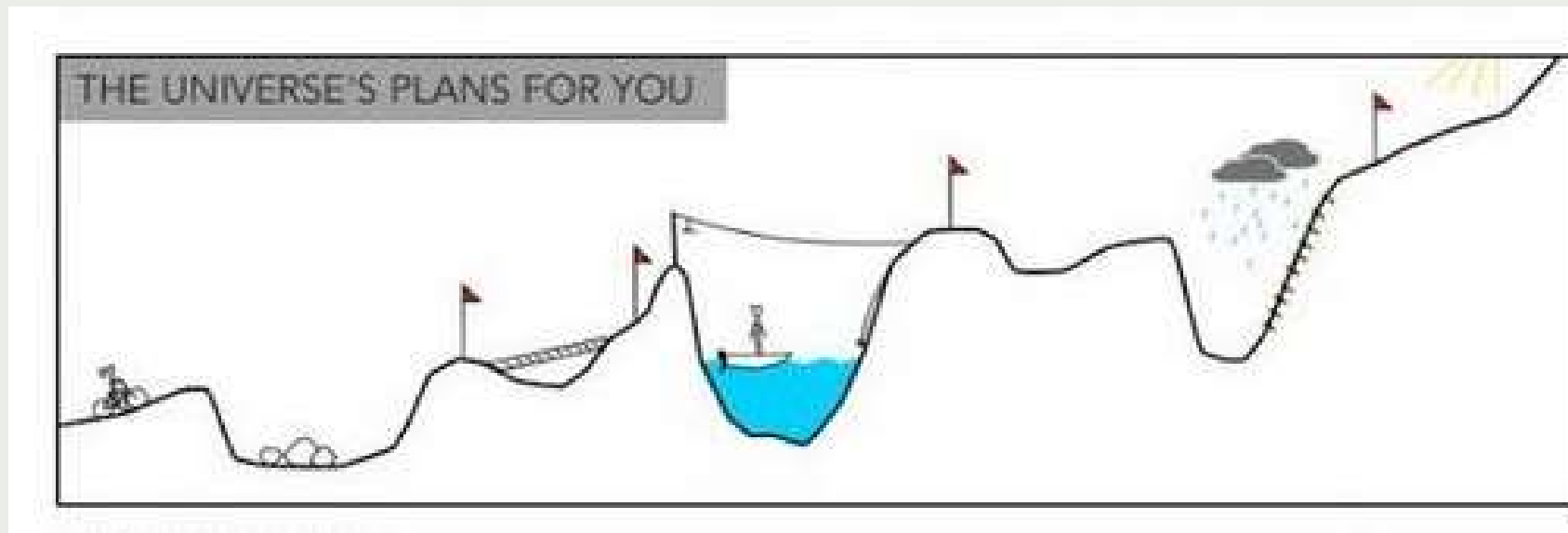
Today

- Introduction
- Acknowledging difficult emotions
- Balancing with positive perspectives
- Control and influence
- Your inner thoughts
- Transition model
- Visualisation

Plans vs reality

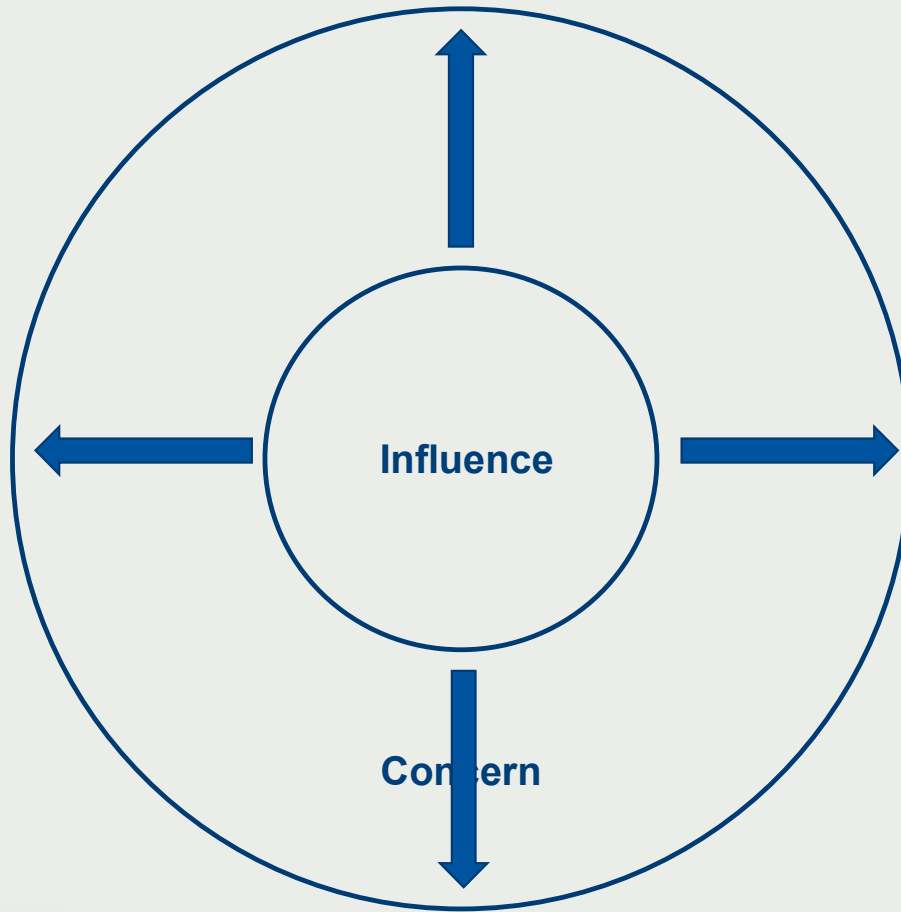


Plans vs reality



Our thoughts shape our experiences





Influence
Your choices
Beliefs
Actions

Concern
Other people's
actions
External influences
Global events
Media
What other people
think

Our thoughts shape our experiences



“You have to water the flowers you want to grow.” Stephen Covey

Bridges – transition model

Endings

Losing
Leaving behind
'Over'

Neutral zone

Working it out
Unknowns
Between old and
new

New beginnings

Adjusting to the new world
Understanding the purpose
Renewed energy, fresh start

Unique perspectives
Positives and negatives for each



"You may not control all the events that happen to you, but you can decide not to be reduced by them."

Maya Angelou

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Roots for growth

Visualisation



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- Offices in Kirkintilloch and Milngavie
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