



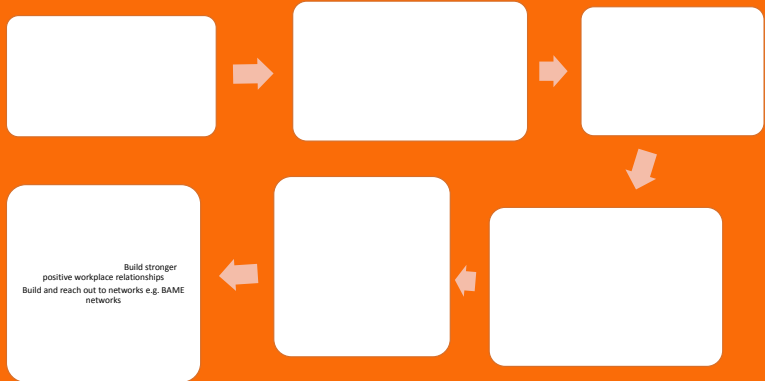
Being a resilient business owner

With **Andry Anastasis McFarlane**
Executive Coach, Facilitator and Author

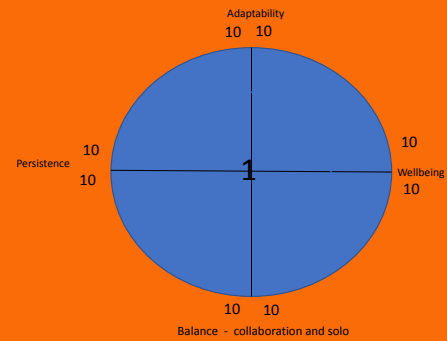
Resilience and Wellbeing Strategies



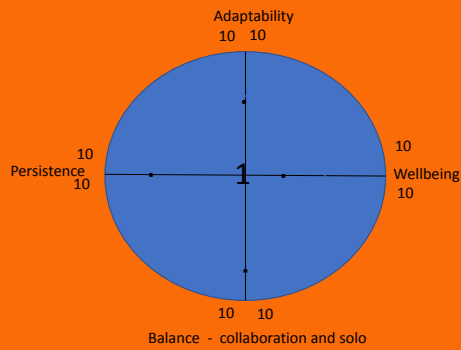
6 Resilience Strategies - Overview



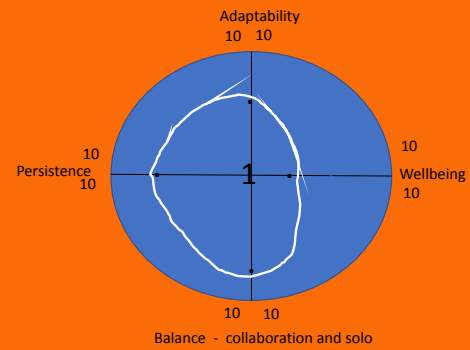
Assessing Your Resilience Wheel



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- Choose a time frame to reflect on e.g. this year.
- Read the 'ends of scale descriptors' for each quality e.g. persistent.
- Decide for each quality where on the scale you have been in that time period.
- Join up the dots.
- Which areas have been strengths for you and which needs development?
- What will you do moving forward to build resilience?



10/10

- Had a strong staying power and persistence – you kept going and know what drives you
- Adaptable and flexible..without 'breaking'
- Embedding wellbeing into your daily life. Prioritising wellbeing. Learning to manage stress.
- A good balance between building your resilience individually and reaching out to strong networks of support.

Ends of Scale Descriptors

1/10

- You ran out of steam, lost motivation (or no values to drive you), ongoing burn out
- Inability to adapt, go for plan b,c,d or respond when urgent*
- Emergency well-being only. No stress strategies applied.
- You tried to do everything on your own or you struggle to do anything without others around you.



Andry's Resilience Links

- For more information on all coaching and resilience programmes, including Really Resilient Guide, please visit thelearningmoment.org
 - You can find Andry's new book The Really Resilient Guide at: <https://thelearningmoment.org/really-resilient-guide-book/> and <https://amzn.to/2MDAyCN>
- Instagram:
- <https://www.instagram.com/thelearningmoment/>

