

P.A.U.S.E. for healthy resilience

P Purpose

**“Resilience is about how we recharge, not
how we endure.”**

A Attitude

U Understand

I actively manage my mental & physical return on energy. I understand what fuels my energy, and what drains it. I set boundaries and I prioritize time and space to recharge and protect my mental and physical wellbeing.

S Support

E Energy

Challenge the utopian dream of achieving the perfect work / life balance.
It's a trap.



Instead, try asking yourself, what gives me energy?
What takes my energy away? And start making smart choices around your
energy management.

Managing Saboteurs & Strengthen your PQ

1. Call it in the moment.

- Recognize its your monkey brain
- Breathe
- Unhook, Break state & reset before you respond

2. Plan for it

- Manage your mindset, know your triggers
- Reframe. Thoughts. Feelings. Behaviours.
- Power of Pause, 30' Leadership time

3. Strengthen your PQ.

- Power of Pause, 30' Leadership time
- Micro-mindfulness and PQ Reps
- Practice C.L.R. Celebrate. Learn. Recognize.
- Unlock the power of gratitude.
- Build Healthy Resilience habits, set boundaries, rest & recharge

Power of Pause

30-minute leadership reflection time / week

Pick a couple of questions that feel relevant to explore....



YOUR
LEADERSHIP
ACCELERATOR

1. What did I lead well this week? What went less well or not as expected. What was the learning from all?
2. What does success look like for me next week?
3. What am I feeling grateful for? In my team? My strengths? In my relationships? In my life?
4. When did my saboteurs get triggered? How did they show up in my behaviour? How did it feel? How can I manage this trigger differently next time?
5. Which relationships need a health check on the trust bank account? How will I strengthen the trust bank balance?
6. What was my Empowering high and low point?
7. What's happening next week I can think and plan for, so that I bring my best self? Plan to Influence? Plan to Align?
8. What strengths can I use more explicitly and with intention?

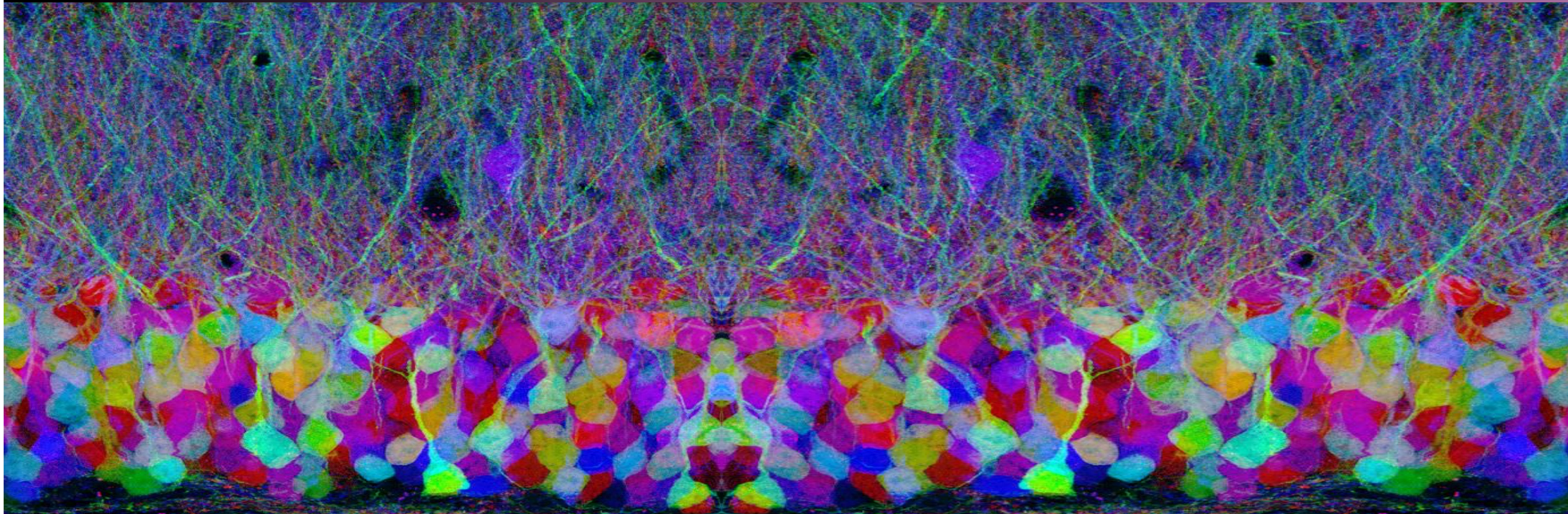


Leaders who invest 25% of their energy into C.L.R. drive ...

Celebrate. The wins and winning moments.

Learn. From experience to thrive.

Recognise. The person. The team. The impact.



**Gratitude, Energy, Fulfilment, Trust, Growth, Accountability,
Momentum, Optimism, High Performance, Purpose, Self Awareness...**

8 Types of rest & recharge, adapted from Dr Sandra Dalton-Smith

Mental rest & recharge: the ability to have mental clarity, focus, and concentration. Self-esteem, recognition, connecting, gratitude, learning.

Spiritual rest & recharge: connects people to something bigger than themselves and fosters feelings of purpose in life. Practice gratitude, reflect to grow, ritualise staying in the moment, being conscious when you are enjoying it, and when it's difficult know this too shall pass...

Social rest & recharge: involves spending time with people who are "uplifting and life-giving", and reducing the time spent with energy drainers. Think about your social connections, learning, reading, holidays, lunch date, gardening, scrolling, TV, movies, artistic pursuits, adventure ..

Emotional rest & recharge: focuses on being authentic and having real, open experiences with others. Breaking state when you are overwhelmed or emotionally hijacked. Empathy and compassion for yourself, caring and connecting with family and friends, pets, parenting, intimacy.

Sensory rest & recharge: involves limiting sensory inputs from gadgets, TV, bright lights, loud sounds, and phone notifications.

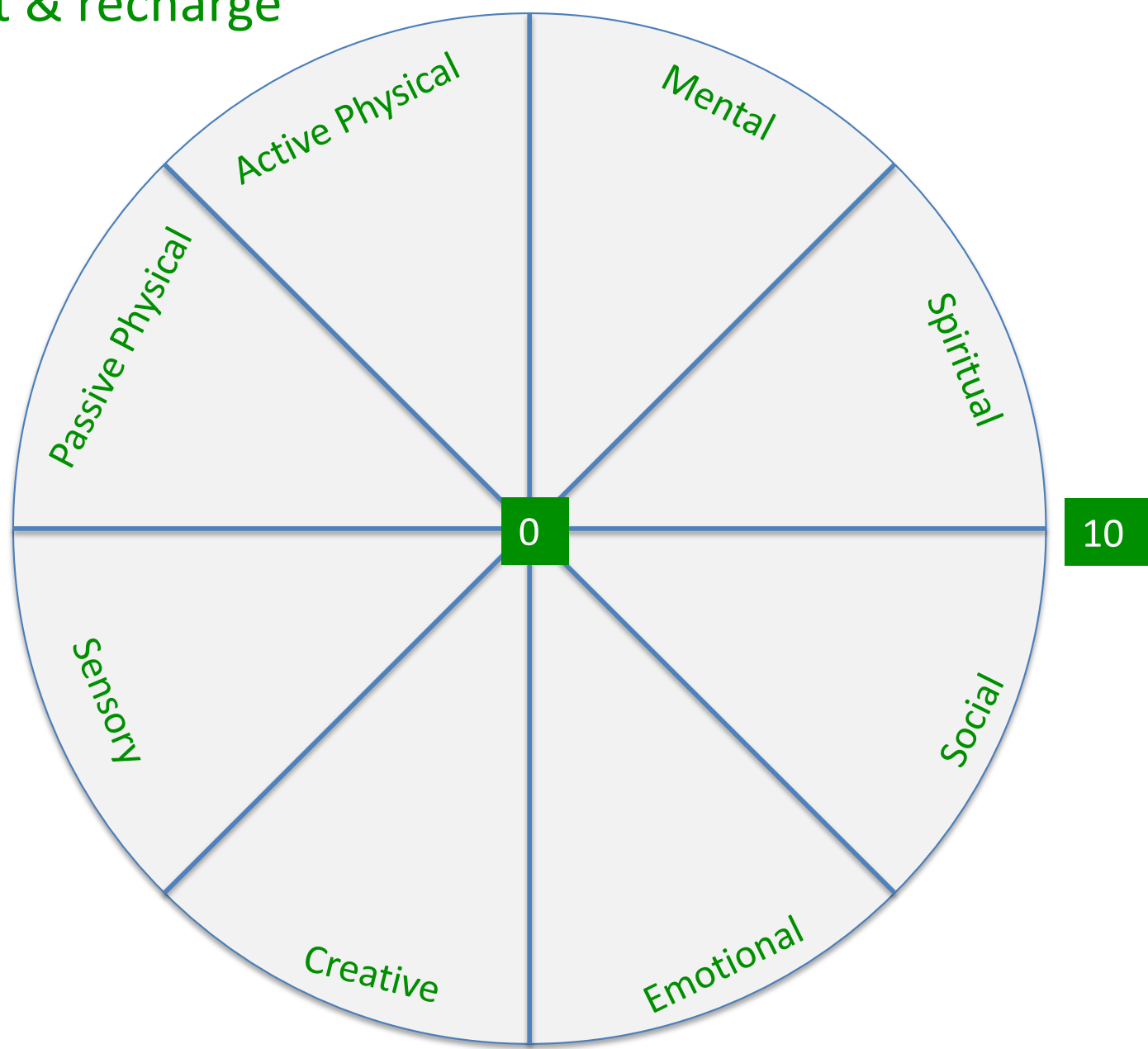
Creative rest & recharge: is about restoring creative energy, to help think outside the box and problem-solve with activities that inspire awe, fun and wonder. Belly laughter, childlike curiosity, creative outlet, fun, silliness, daring, excitement ...

Active Physical rest & recharge: rest refers to activities that improve circulation and lymphatic flow, as well as "muscle fluidity".

Passive Physical rest & recharge: like sleeping and napping, meditation and mindfulness.

Watch out for things that can undermine or be an alert to compromised physical well being / higher levels of distress: SAC: sugar, alcohol, caffeine as a support, higher levels of anxiety, lower libido, fast to anger, feeling low / depression, chronic pain, health KPIs like cholesterol, blood pressure, compromised diet, waking from sleep with worry...

Wheel of rest & recharge



WHAT QUESTIONS

1

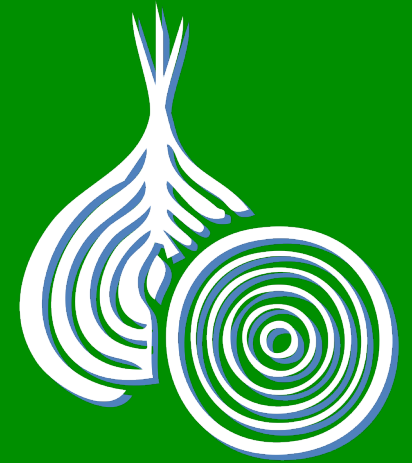
Describe all surface symptoms

2

Peel back layers of underlying conditions

3

Get to the root cause of what WE want to impact or change.
What does success look like?
What will shift the needle?



What do I / we want?

How will I / we achieve it?

Accountability for Action?

Timeframe?

Complete in order, written down, in full
to refine and frame thinking, drive
ownership and ensure action.

P.A.U.S.E.™ for healthy resilience

Score Card

Score where you feel 'at the moment'

1 = Not at all
2
3 = OK but not sustainable
4
5 = Sustainable & healthy

		Me today 1-5	How I can +1
P	Purpose	I feel a sense of purpose in my day to day which gives me perspective and better enables me to live and lead with my values aligned to my actions most of the time.	
A	Attitude	I manage my mindset through self-awareness, curiosity and empathy. I practice emotional agility to unhook from an emotional hijack and choose how I respond to my circumstances, bringing a growth mindset, building on my strengths and with awareness of my behaviours that can undermine me.	
U	Understand	What's needed of me in this moment? With cognitive agility I am able to reflect and separate feelings from fact. I listen to understand (not just to respond). I am able to focus on what is in my control or that I can influence and accept and adapt to what I cannot control.	
S	Support	I have a safe and trusted person(s) in my life, who has my best interests at heart, delivers a tough message with care, from whom I draw strength and with whom I feel safe to step back and explore challenges. I have a robust network of trusted relationship which support my success.	
E	Energy	I actively manage my mental & physical return on energy. I understand what fuels my energy, and what drains it. I set boundaries and prioritize time and space to recharge and protect my wellbeing.	

P.A.U.S.E. for healthy resilience

- | | | |
|----------|-------------------|--|
| P | Purpose | We make better life choices when we are connected to our purpose |
| A | Attitude | Managing emotional hijacks in the moment, setting intention and boundaries to proactively manage mindset and PQ |
| U | Understand | Unpacking overwhelm, separating fact from emotion |
| S | Support | Know who is 'your person'. Health check your support network to leverage energy givers, and manage energy drainers. |
| E | Energy | Manage your energy. Regularly check in with rest and recharge. |



Life's line of choice.

Walk
towards
the best
version of
me

Reasonable
reasons to
walk away ...