



Resilience, Instruction, Support, and Excellence

OCTOBER 2020

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Trauma Stewardship

by Laura van Dernoot Lipsky

Read Chapter 9: pages 172-183 (there are questions on page 176)

Choosing our Focus

- » Think of a challenging work situation.
Write 3 things that make it challenging:

- » Write 3 things that you appreciate about it
Look at the list and ask yourself, “Where am I more likely to focus and why?”

- » Reflect on the following quote: “Let yourself be silently drawn by the strongest pull of what you really love.” - *Rumi*

Be prepared to discuss with your Performance Coach at your next coaching session.

RISE

The logo for RISE features the word "RISE" in a bold, white, sans-serif font. To the right of the text is a white graphic element consisting of a curved line that rises and then curves back down, ending in a semi-circle with a serrated, sun-like edge.

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