

The *confidence* **to get**
knocked down
and the resilience to get back up



SARA ROSS

Chief Vitality Officer at BrainAMPED

LEARNER

motivating
collaborative
trusting
integrity
hopeful
committed
dependable
carving
authentic
teacher
empowering
passionate
listened
consistent
positive
enthusiastic
accountable



1. Emotions

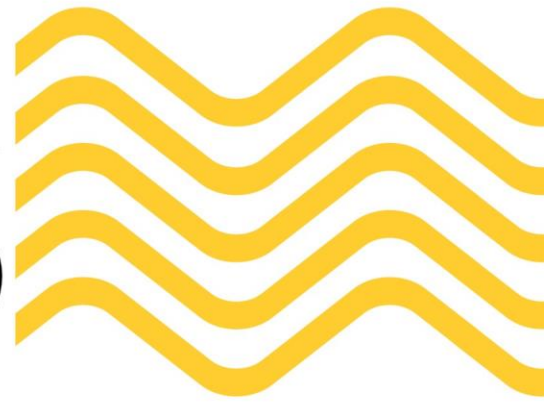
2. Expectations

3. Environment

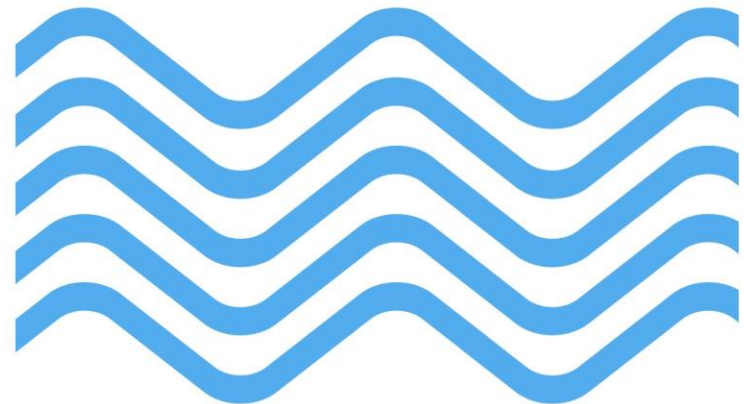


#1 *Emotions*

INTENTIONS




You hold



IMPACT

You have



Negativity BIAS



We train for success...

not for getting knocked down.



Resilience Diminishers

Generalize

Awfulize

Individualize

Get Specific

- **Who?**
- **What?**
- **When?**
- **Where?**

The 7x7 Rule

will this
matter in

7 Years?

7 Months?

7 Weeks?

7 Days?

7 Hours?

7 Minutes?

7 Seconds?

MEET THEM *where they* ARE





S.L.O.W.



S.L.O.W.

SLOW down



S.L.O.W.

SLOW
LANGUAGE check



S.L.O.W.

SLOW
LANGUAGE
OXYGENATE



S.L.O.W.

SLOW
LANGUAGE
OXYGENATE
WONDER

HUUH

I wonder...



#2 *Expectations*

HUH

I wonder...

1. What have you tried so far?
2. What else is important to consider?
3. How are **YOU** thinking of moving this forward?

#3

Environment

73%

when
alone

38%

with
others

10%

with
leaders

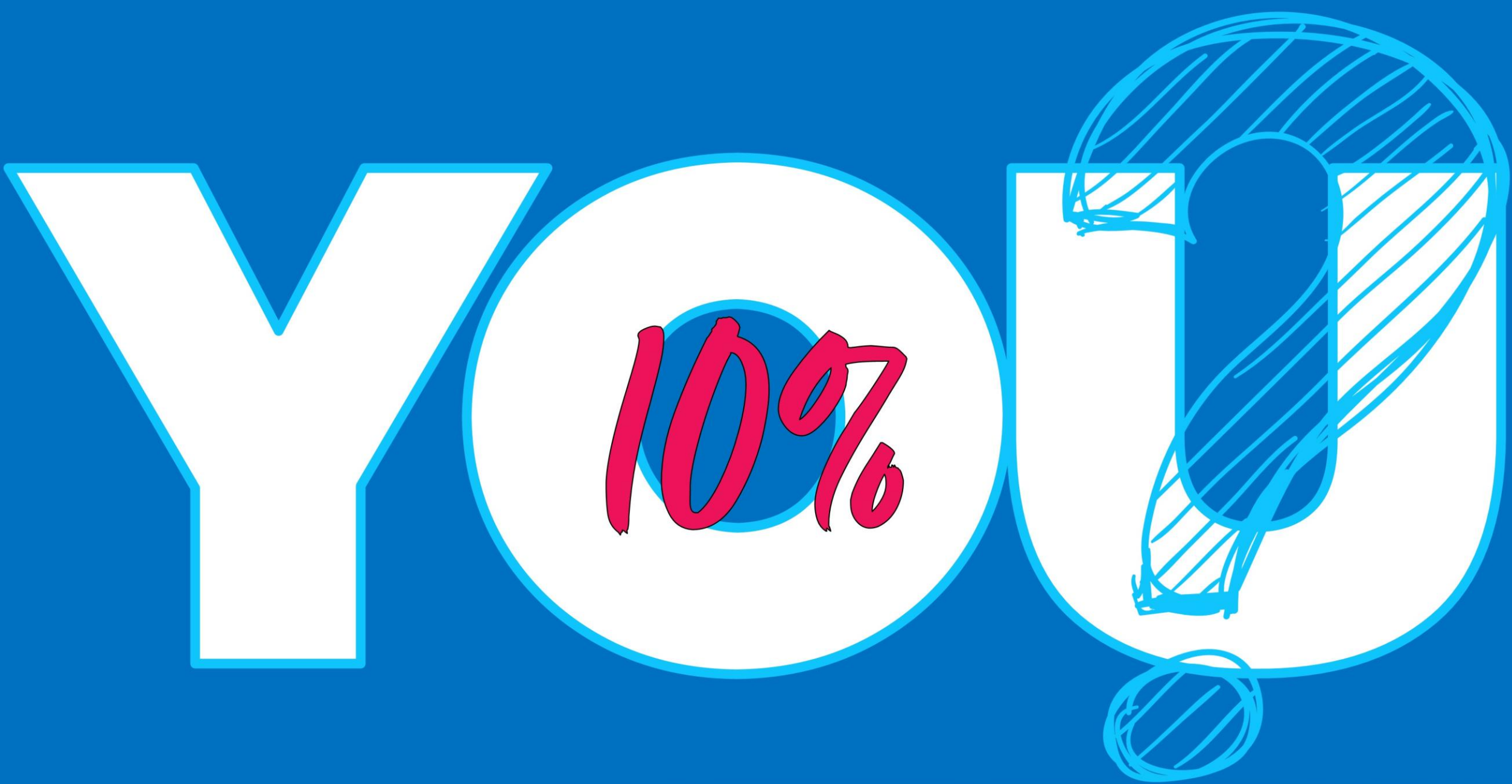


**People DO AS YOU DO,
not as you say.**

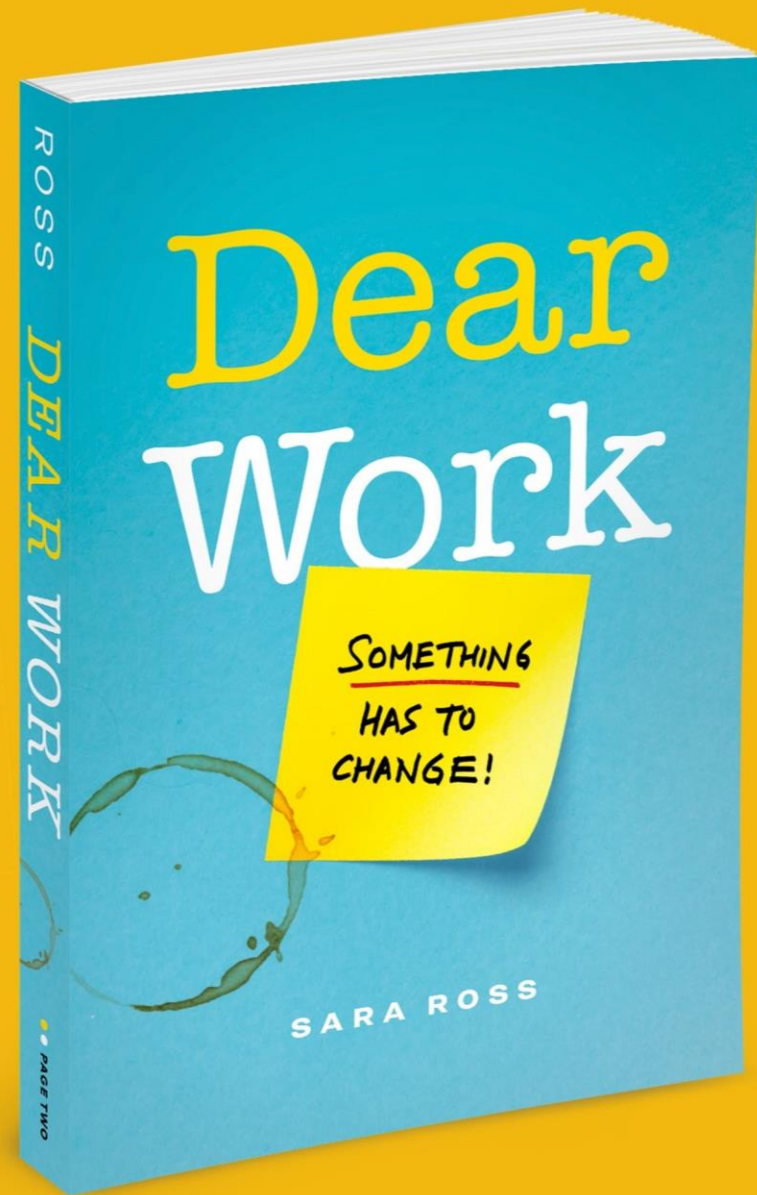




SELF-CARE IS A
courageous
ACT OF LEADERSHIP.



THANK YOU!



(website)



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(Instagram)



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