

# I am Rubber Band Resilient

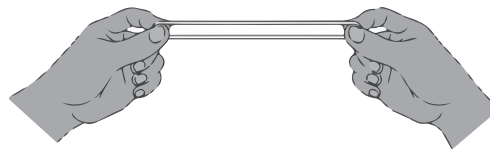
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**// Your Disruption Can be the Beginning of Greatness**

**My Personal Disruptions**





**My Professional Disruptions**


**How Stretched Do I Feel**



1 2 3 4 5 6 7 8 9 10

**// Fear is your loss of confidence in your ability to handle the situation**

 The Stretch	 The Snap	 The Hold
React	Reframe	Re-Energize

- Embrace Event
- My Time Frame
- Control Something
- Appreciate Different Reactions
- Name Creative Outcomes
- Mobilize Your Tribe
- Pause before Next Action
- Build the Muscle
- Personal Energy/Self-Care

Let Kathy energize your team through your next transition or disruption!