

Jacqui Perkins.

With you all the way

Building the Individual

You are all you've got, and it's enough



A topic of self discovery and growth, to sustain you and encourage you to have the strength and tenacity to continue traveling the footpath I have shared with you.



This is a circular journey from our first Topic - 'Prioritising for Purpose' all the way through to our 6th Topic - 'Resilience - you are all you've got, and its enough!'

Resilience is not something that only a few 'lucky' people are gifted with. Resilience is a skill that can be honed and developed, pro-actively, so that you consistently build your 'resilience muscle' similar to building your immunity. So when the proverbial 'SH!T hits the fan' you have the resources to deal with it. Resilience is a choice, a choice to incorporate some daily rituals and disciplines into your life.

In this program you will learn

- Resilience is also a skill, not just a trait, that can be developed by introducing small tiny daily rituals that will rewire your brain to be more alive and alert to opportunity rather than threat
- It is a proactive strategy and will help you in times of crises because you have developed the mental and physical reserves to handle the crises better
- How to identify what is in your circle of concern and what is in your circle of influence and make a plan to assertively shift unhelpful behavior from your circle of concern to your circle of influence
- How to create a powerful and empowering internal dialogue along with an empowering physiology
- How to look at techniques such as mindfulness and meditation in a whole new way that are simple, easy to use and just make sense!
- How to examine your relationship with Stress and learn how to re-frame this into a productive relationship that serves you
- How to make decisions from a place of power rather than fear
- How to feel empowered by your choices. You will own your choices and that those choices can be healthy, helpful and productive or the exact opposite

These skills will help you in your personal life, your professional life and in your both your personal and professional relationships

You will be reminded that you are all you have .. you don't need anybody else to come in and save you and that you do not need a "knight in shining armor" to rescue you and make it all OK ... you have what it takes to do what you need to do...

