

POTENTIAL

# Resilience Toolkit



"HARNESS THE POWER OF COACHING"

[WWW.POTENTIALLIFE.CO.UK](http://WWW.POTENTIALLIFE.CO.UK)



# POTENTIAL



## FREE COACHING CALL

You can book your free 60 minute call with me using the Book Me button below.

Or you can email me directly here:  
[marsha@potentiallife.co.uk](mailto:marsha@potentiallife.co.uk)

**[BOOK ME](#)**

## WELCOME

At Potential, I believe in helping you unlock the power within you to achieve your goals and dreams. I work with you holistically to help you with all areas of your life.

My range of coaching and mentoring sessions are designed to help you tap into your inner strength and wisdom, overcome obstacles and challenges, and create a life that aligns with your deepest values and aspirations.

Whether you're looking to boost your productivity, build your confidence, find your purpose, or improve your relationships, I am here to support you on your journey.



## WELCOME TO YOUR FREE TOOLS

### Resilience Wheel

A simple coaching tool that you can use in your own time to discover where you are in relation to levels of resilience. It will help you see the areas that are lower than others, and plan how you work on these so you can build your resilience over time.

### Coaching Call

You are entitled to claim a free 60 minute session with me, to either gain support on developing your resilience wheel or to have a general coaching conversation with me.

### E Newsletter

Access to my free newsletter, so you can keep up with the way I can help you and also provides you with access to further resources.

"IF IT DOESN'T CHALLENGE YOU IT WON'T  
CHANGE YOU."

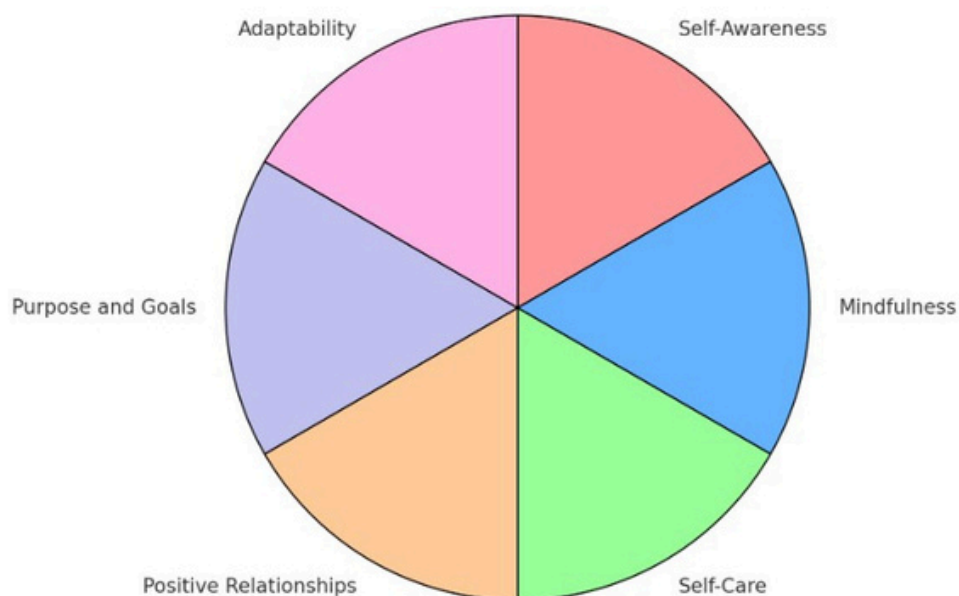
# RESILIENCE WHEEL

The Resilience Wheel is a practical framework that helps individuals understand and build resilience through six key areas. Each segment of the wheel represents a critical component of resilience. You can use this tool in your coaching sessions to help learners assess their current level of resilience and identify areas for growth.

## METHOD

1. Read through this guide in full
2. Use the table on page 5 to score yourself
3. Undertake the suggested activities
4. Reassess in one week or one month
5. Use the table on page 6 to rescore yourself
6. Concentrate your effort on lower scored areas
7. Repeat as required

## RESILIENCE WHEEL



# PERSONAL SCORES

Consider each segment, and score between 1 (low) and 10 (high) to represent how present these areas are in your life

DATE:

Self awareness



Mindfulness



Self Care



Positive Relationships



Pupose and Goals



Adaptability



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Adaptability



# OBJECTIVES & ACTIVITIES

Below is a list of suggestion objectives for each area of resilience. These outline the position, or result you would hope to achieve through the work you will be doing to improve each area.

Below each objective are some suggested activities to help you grow in each area, you can add more of your own ideas..

## SIX KEY AREAS

### 1 Self Awareness

*"To better understand my emotions, strengths & weaknesses"*

Activities: Daily Journaling to keep a journal of your thoughts and feelings. Strength and weakness analysis  
- list your top emotional strengths and identify your weaknesses.

### 2 Mindfulness

*"Stay present to better manage stressful situations"*

Activities: Meditation - Explore simple meditation techniques. Breathing exercises - Try techniques like deep breathing or the box breathing method.

### 3 Self Care

*"Prioritise your physical & mental health"*

Activities: - Routine Health Check-ins - Create a schedule for regular physical activity, healthy eating, and sleep hygiene.  
Relaxation Techniques - Do more activities like reading, creative hobbies, or spending time in nature.

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## SIX KEY AREAS

### 4 Positive Relationships

“Establish & maintain supportive relationships”

Activities: Join Groups - to meet people who share similar interests and values. Active Listening Practice - Learn and practice active listening skills.

### 5 Purpose & Goals

“Discover your “Why” & set achievable goals”

Activities: Values Clarification - Identify your core values and how these can guide your goals. Teach yourself how to set & use SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals.

### 6 Adaptability

“Develop the ability to adapt to change”.

Activities: Growth Mindset Training - Explore concepts of growth mindset and how to embrace challenges. Feel the Fear and Do It Anyway Training - Read and learn how to make decisions and adapt to changes.



# CHECKLIST

You can use this list to keep track of your activities.

- ☐ Read through toolkit

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- ☐ Completed my first scoring

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- ☐ Chosen activities to improve key areas of my life

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- ☐ Set SMART goals to help me stay on track

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- ☐ Found additional activities and added them to my list

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- ☐ Completed my second scoring

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- ☐ Celebrated my progress with a trusted friend or family member

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- ☐

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- ☐

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- ☐

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- ☐

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- ☐

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- ☐

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# REFLECTION JOURNAL

Use this space to make notes about how you feel as you start your journey. Go back and update at different points, stand back and review progress...

My thoughts, feelings and actions

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My thoughts, feelings and actions

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My thoughts, feelings and actions

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# 7 DAY CHALLENGE

This page can be used to help you stay accountable to your goals. You can use it to plot what you are committed to doing each day..

Today's action:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

# TESTIMONIALS

## THE THINGS THEY SAY

It is easier and more effective to work with a Coach to achieve and embed your goals for the long term. If you are interested in working with me to help guide you on your self development journey, you can read how others have benefitted from my coaching and mentoring support.



★★★★★

**CHERYL**

"The impact of your coaching is Profound!!!! You gave me a safe space to hear myself say how I feel which meant I was able to make sense of how it has been limiting me today".



★★★★★

**SARAH**

"I have just completed a 6-week coaching programme with Marsha, and I would highly recommend this service. The process was very well structured, enjoyable and challenging."



★★★★★

**VAL**

"Marsha's calm, compassionate and careful questions have offered challenge in a positive way, together we have created a safe space where I can explore both work dilemmas, and plan for personal growth"



# MY SERVICES

## IGNITE

This blended Coaching and Mentoring Session is available for £149.00 for a one off 90 minute session.

## COACHING

Coaching is delivered in blocks of 6 x 1 hour sessions which I call chapters. Each chapter costs £600. All coaching is delivered online using Zoom. In person sessions are available at an additional cost.

## MENTORING

Mentoring is delivered in blocks of 6 x 45 minute sessions. Each package of mentoring costs £500.00. All mentoring is delivered online using Zoom. In person sessions are available at an additional cost.

## FEEL THE FEAR AND DO IT ANYWAY

### One to one learning

Feel the Fear Courses are delivered online for individuals and include 6 x 2 hour sessions, plus materials and a copy of the Feel the Fear and Do It Anyway book.

Courses cost £900.00.

### Group workshops

Groups are available and will be advertised here throughout the year.

These are delivered as a 1 day workshop (in person) with 8 group members. The cost includes refreshments, materials and a copy of the Feel the Fear and Do It Anyway book.

Course cost £149.00 per head.

[READ MORE](#)

[MARSHA@POTENTIALLIFE.CO.UK](mailto:MARSHA@POTENTIALLIFE.CO.UK)

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# CONTACT



FREE 60 MINUTE COACHING SESSION - PLEASE EMAIL ME TO CLAIM THIS OFFER. I WILL REPLY AND OFFER YOU SOME DATES AND BOOK YOU IN. OFFER EXPIRES 31ST DECEMBER 2025.

[MARSHA@POTENTIALLIFE.CO.UK](mailto:MARSHA@POTENTIALLIFE.CO.UK)

[www.POTENTIALLIFE.CO.UK](http://www.POTENTIALLIFE.CO.UK)



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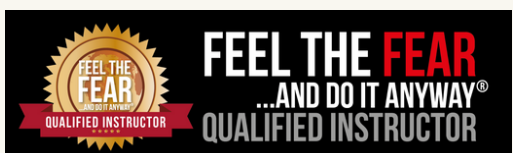
## NEWSLETTER

BY CLAIMING THIS TOOLKIT YOU WILL BE SIGNED UP TO MY MAILING LIST.

YOU ARE FREE TO OPT OUT AT ANYTIME.



# THANK YOU



[illegible]



# NOTES

