

• ELVERFELDT COACHING •

for Results

Resilience and stress management

"The first and foremost task of leaders is to take care of their own energy, and then to channel the energy of others." (Peter Drucker)

Energy is the primary currency of high performance.

- There are days when you are overflowing with energy, and everything seems effortless. You find yourself in the flow.
- But there are also days when you're down, lacking energy and, despite giving it your all, you neither accomplish what you're capable of nor receive the recognition you deserve.

To manage your energy efficiently, you need to consciously and judiciously utilize your resources. Giving your all means being physically conditioned, emotionally invested, mentally sharp, and having a clear sense of purpose in your actions.

Together, we will assess your current energy levels, how you handle stress, identify potential energy sources, and discover what might be draining your energy.

Why wait any longer to optimize your energy potential with a pit stop and gear yourself up for daily challenges?

The goal of resilience coaching is to enhance your resilience in a highly personalized and bespoke manner, allowing you to navigate challenges, stress, and pressure more effectively.

The process might include:

1. Needs analysis and goal setting.
2. Identifying your resources and strengths.
3. Developing potent coping strategies and techniques.
4. Bolstering self-care and mindfulness for lasting impact.
5. Execution and ongoing support.

The approach and timeframe are tailored to your unique needs.

Through this, you'll bolster your inner capacity to handle challenges with increased poise and confidence, ensuring a stable professional environment.