

• ELVERFELDT COACHING •

for Results

Resilience and stress management

“Your first and foremost job as a leader is to take charge of your own energy, and then to orchestrate the energy of those around you.” (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 in 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 utilize your resources consciously and judiciously.

Giving your all means being physically conditioned, emotionally invested, mentally sharp, and having a clear sense of purpose in your actions.

Together, we'll 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 to gear yourself up to face your daily challenges?

The goal of resilience coaching is to enhance your resilience in a highly personalized and individual way, 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 powerful coping strategies and techniques.
4. Bolstering your self-care and mindfulness for lasting impact.
5. Execution and ongoing support.

The approach and timeframe are tailored to your unique needs. Together we'll bolster your inner capacity to handle challenges with increased poise and confidence, ensuring your stability in your professional life.