

The Personal Resilience Indicator

Self-Assessment

Client Experiences





Helen's Goal

"I know that exercise is a big part of keeping my resilience up, but I think I struggle to see the things that drag me down. More accurately, I see things but I don't know how to address them and awareness of my downfall areas would be good."

Helen's Achievements

"My personal and professional life constantly clash and I am left with guilt on both sides of my life. The Personal Resilience Indicator, Self-Assessment took me a step back to look at where the clashes are and why. I am now taking steps to take better care of my emotional state - like "being less of a rescue boat for others."

A person with a backpack walking away on a path covered in autumn leaves towards a lake.

Anna's Goal

"I have a sense that I would like to be more resilient and for me that means being more confident in myself and stronger."

Anna's Achievements

"I do feel like my self-confidence has benefitted from doing more exercise. I've not cured all my problems, but I do feel more optimistic. I feel more confident in my work too as I was worried about a project, and I have noticed that I do feel more comfortable, more competent, and more relaxed with it. Doing exercise and sleeping more is having a big impact."



Shilpa's Goal

"I think a lot of stressors in life and at work which have been a personal edge can be crossed more gracefully if I can develop better resilience."

Shilpa's Achievements

"The post PRI report coaching helped me identify that I could do wonders to my relationships if I could develop and hone the art of sitting with the uncomfortable feelings and the dark thoughts that others approach me with, without getting tempted to 'fix' or 'better' it. I realized how deeply I was attached to the role of a 'fixer' or a 'rescuer', without anyone asking for any help."



Chris' Goal

"I wanted a deeper insight into self and deal with and respond better to situations."

Chris' Achievements

"Improved sleep has helped with my capacity to focus for longer and complete more tasks. On the Emotional Intelligence front, I am now less "shoot from the hip" by pausing and better reflecting and I am now able to answer in a more nourishing way."

Georges' Goal

“Keep up and protect my good habits in tough moments and explore boundaries where necessary.”

Georges' Achievements

“Offering someone the opportunity of doing the PRI is the most beautiful way to ask this question that so many managers forget to ask, which is “how are you?” but not “how are you?” and expecting the stereotyped answer which is “Fine”. It is the real, true, deep way to ask someone “How are you?” Because the PRI shows you where you are.”

Unlock your Resilience

Overwhelm and burnout can result when our world suddenly becomes uncertain and confusing. Therefore, my mission is to help you **turn your challenges into triumphs** and reduce the impact on your mental and physical health.

I'm putting my experience to work on my mission

- **Recipient of the Cisco Coaching Excellence Award**
- Over the last 14 years, I've coached 100's of individuals find their power and belief in what's possible.
- I am a Enterprise Management Coach with BetterUp
- During my career in Global Tech, I led complex global programs in Learning & Development, Change & Transformation, Mergers & Acquisitions, and Customer Loyalty
- **Accreditations:** Personal Resilience Indicator Practitioner with Mind Matters, “The Change Cycle” Coach and Facilitator, PROSCI Advance Change Management, Libratum Life Expert, TPI Leaders Secret Code and Salespersons Secret Code Practitioner.

Let's start a conversation!

You can ask me anything, I'm happy to hear about your challenges and goals, and we can explore how I can support you.



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