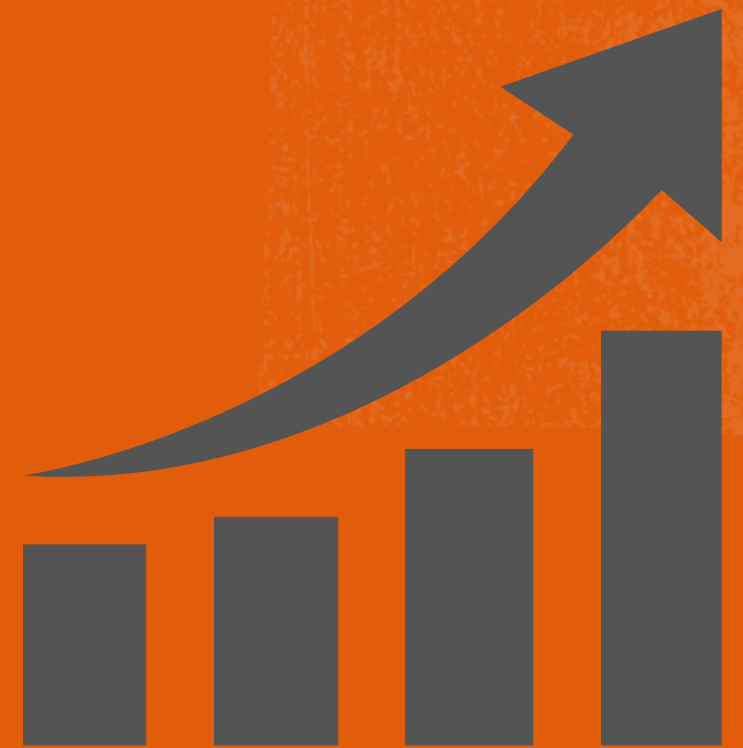


**“Personal
Resilience
is a high-interest
account for our
future.**



**Small deposits today,
big dividends tomorrow."**

We all know the value
of putting money aside
for a rainy day.

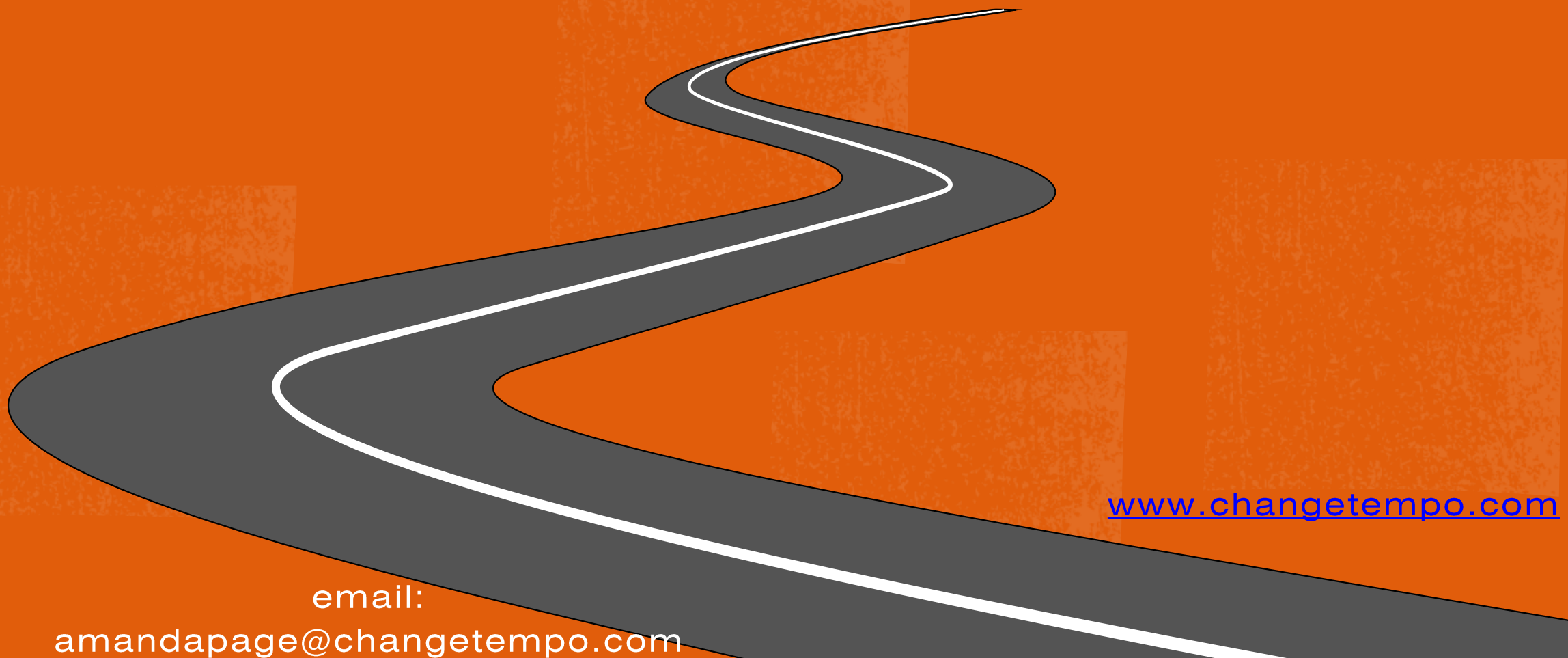


It creates a buffer, so
we have something to
draw on when life gets
challenging.

**But how often do we think about
building the emotional and
mental equivalent?**

Personal Resilience works the same way.

Whether it's a setback, a challenge, or a period of high stress, consistently investing in our personal resilience enables us to persevere, keep moving and emerge stronger than ever.

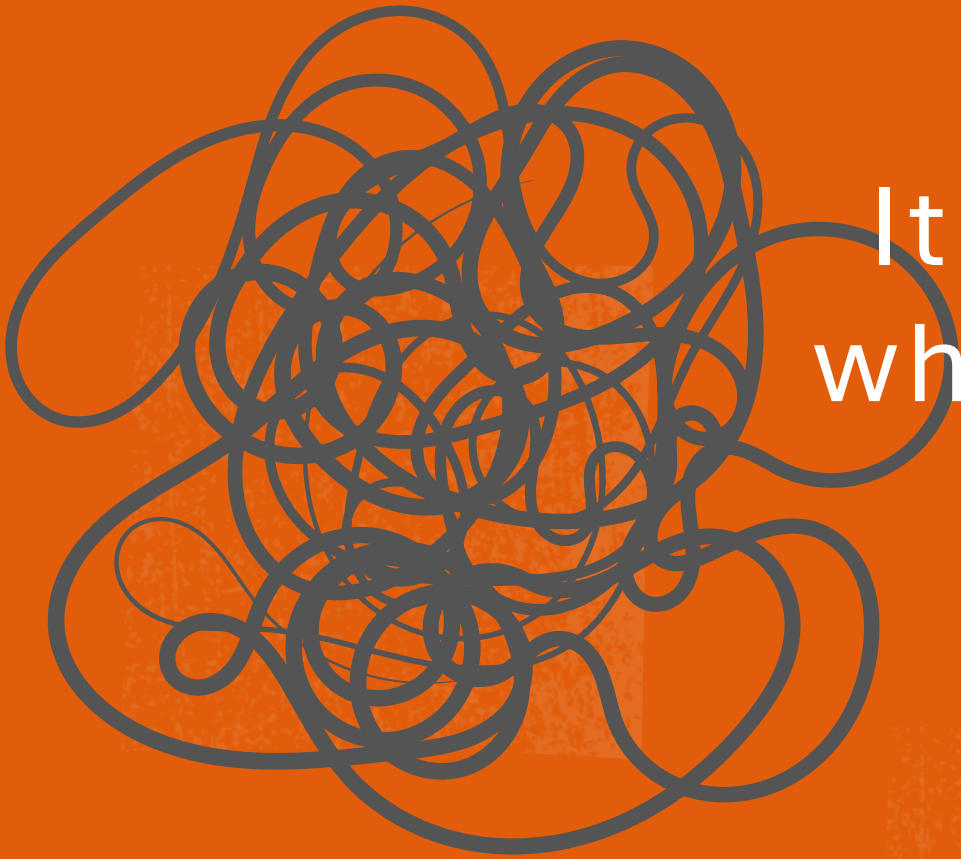


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**When the pressure's
on, it's not the time to
start scrambling for
resources and support.**



**It's the time to draw on
what we've already built.**

Such as:

Good sleep habits

Regular movement

Healthy boundaries

Strong relationships

Self reflection & agility

**Think of these as deposits into
your Personal Resilience Fund.**

**Small, regular actions that prepare
you for the unexpected.**



**The best time to build personal
resilience? Before you need it.**

The next best time? Today.

How healthy is your Personal Resilience Fund?

Could it do with a top-up?

The first step is knowing what to invest in. Whether that's your sleep, mindset, relationships, or simply taking a moment to pause and reflect.



Investing in personal resilience pays dividends



“I’m feeling more rested and energized, thanks to prioritizing better sleep.”

I’m saying ‘no’ to things & reducing how far above and beyond I go & saving my energy to focus on my business.”

“More productive during the day as I have structured my time to focus on what really matters.”

“More patient with myself and less inclined to beat myself up when things don’t go perfectly.”

“Overall, I feel calmer, more in control, and better able to handle stress without letting it overwhelm me.”

**If you're curious about how to
invest in your personal
resilience, I'd love to have a
conversation.**



**Start small, start today, and invest
in the version of yourself you'll
need most in the future.**