

3 Pillars of RESILIENCE

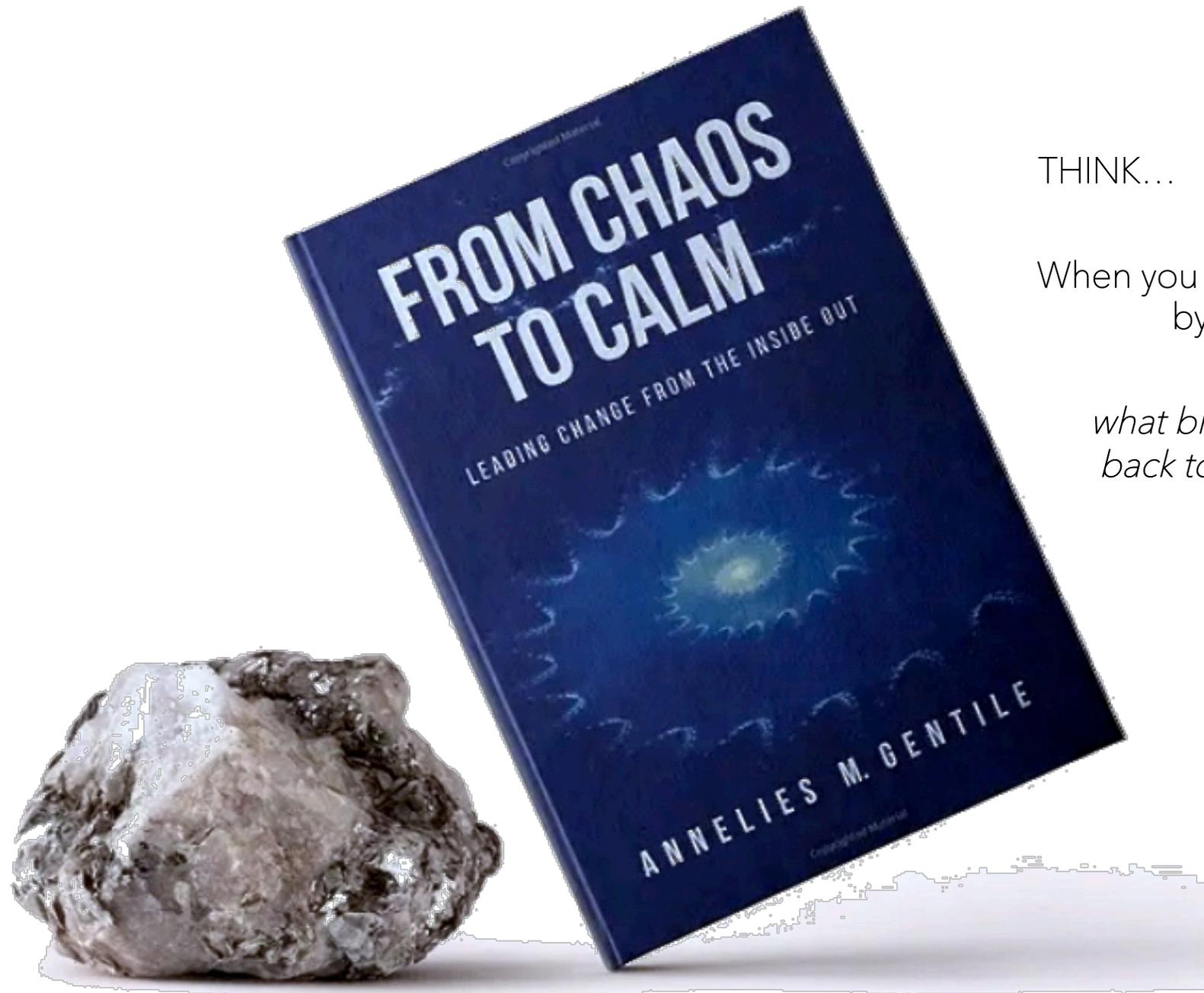
Annelies M. Gentile, MA, PCC
Integrative Life and Leadership Coach . Author . Speaker

EMPOWERING PEOPLE FOSTERING IDEAS CHANGING LIVES



CONDUIT FOR CHANGE





THINK...

When you are rocked
by change...

*what brings you
back to center?*

DIRECTIONS: What do you notice about life when you feel chaotic, calm or in-between? Fill in the scale with what you notice internally and externally for each category. Note when you are most resilient.



Chaos to Calm Stress Scale ©

Annelies M Gentile, MA, PCC www.conduitforchange.com

EXTERNAL ENVIRONMENT

These are observations of your physical spaces; includes your relationship dynamics with tasks, things and others.
What do you see/notice around you?

1	2	3	4	5	6	7	8	9	10

CHAOS & DISORDER

CALM & ORDER

[RESPONSE ZONE] [REGULATION ZONE] [REACTION ZONE]

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INTERNAL ENVIRONMENT

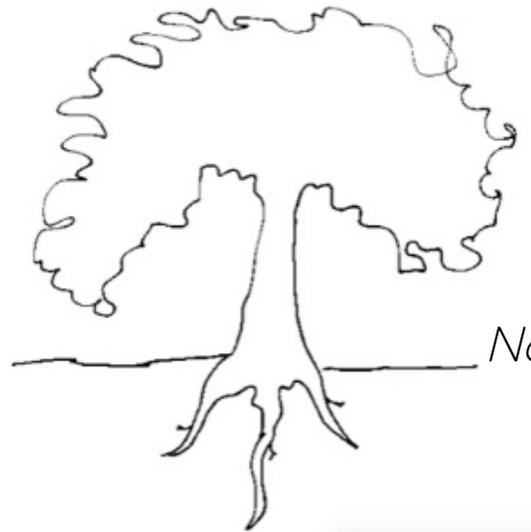
These are physical sensations, emotional experiences; includes observations of your behavior and relationship to self.
What do you feel/notice inside?

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Mindfulness

Be present. Acknowledge what is without control or judgment. There is nothing to fix. Mindfulness asks us to accept life as it is so that we can create what's next. Being mindful opens you up to resources to cope, adjust and re-imagine. Mindfulness allows you to navigate life with eyes wide open. Begin by simply noticing surroundings, inside and out. Breathe.



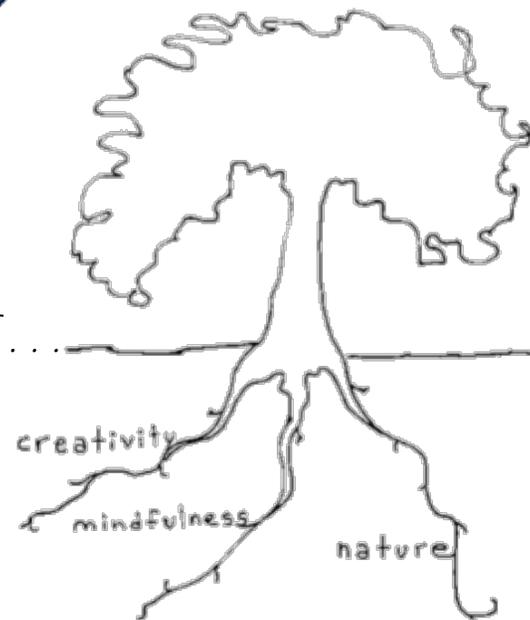
Notice what you notice

B R E A T H E

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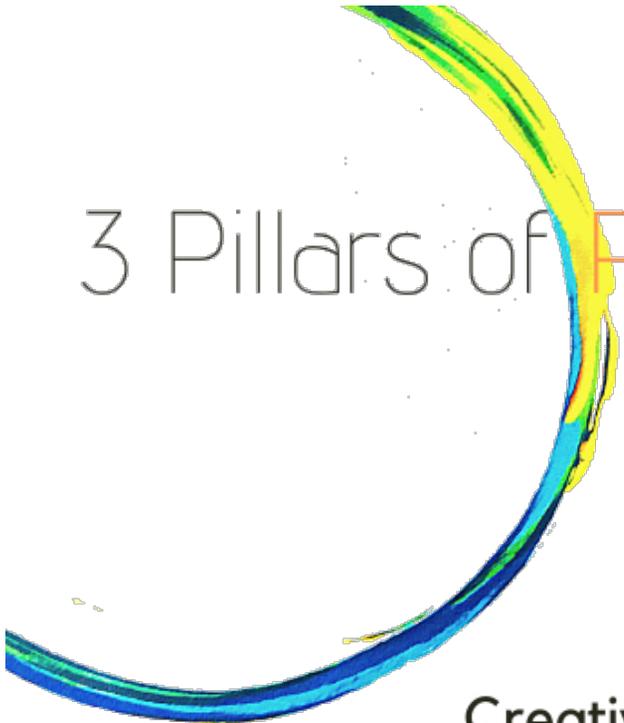
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Know yourself . . .



Nature

The nature pillar is two-fold. It's partly about holding relationship with natural world, partly about holding relationship with your own wild nature. Nature feeds, fuels and frees us. Kindle connection to your own innate nature (thinking, feeling, being), and the natural world itself (viewing, sensing, engaging). Know your nature, inside and out, all its awe, beauty and wildness. Pause to observe, go for a walk, open the window, water a plant. Notice your body responses in the presence of natural elements. Find your happy place inside and out.



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Creativity

Creativity resides at the edge of chaos. Owning your creativity vitality allows you to play with the edges of life reducing stress, reclaiming your power. Creativity is inherent to being human. It's also essential to problem-solving, building empathy and trust. At its core, creativity is more about process than product. Think: movement of energy. Tiny creative acts every day and in times of crisis can turn a break down into a breakthrough.



Move with life

... as life moves you

[LEARN MORE at www.conduitforchange.com](http://www.conduitforchange.com)

[GET THE BOOK: From Chaos to Calm :: Leading Change From the Inside Out](#)

Resilience isn't
"bounce back".

*Resilience is
movement and
adapting forward.*

Resilience happens
when *conditions* are
ripe for resilience to
occur.

How will you create
ripe conditions for
resilience to occur in
you and for others?

What's missing?

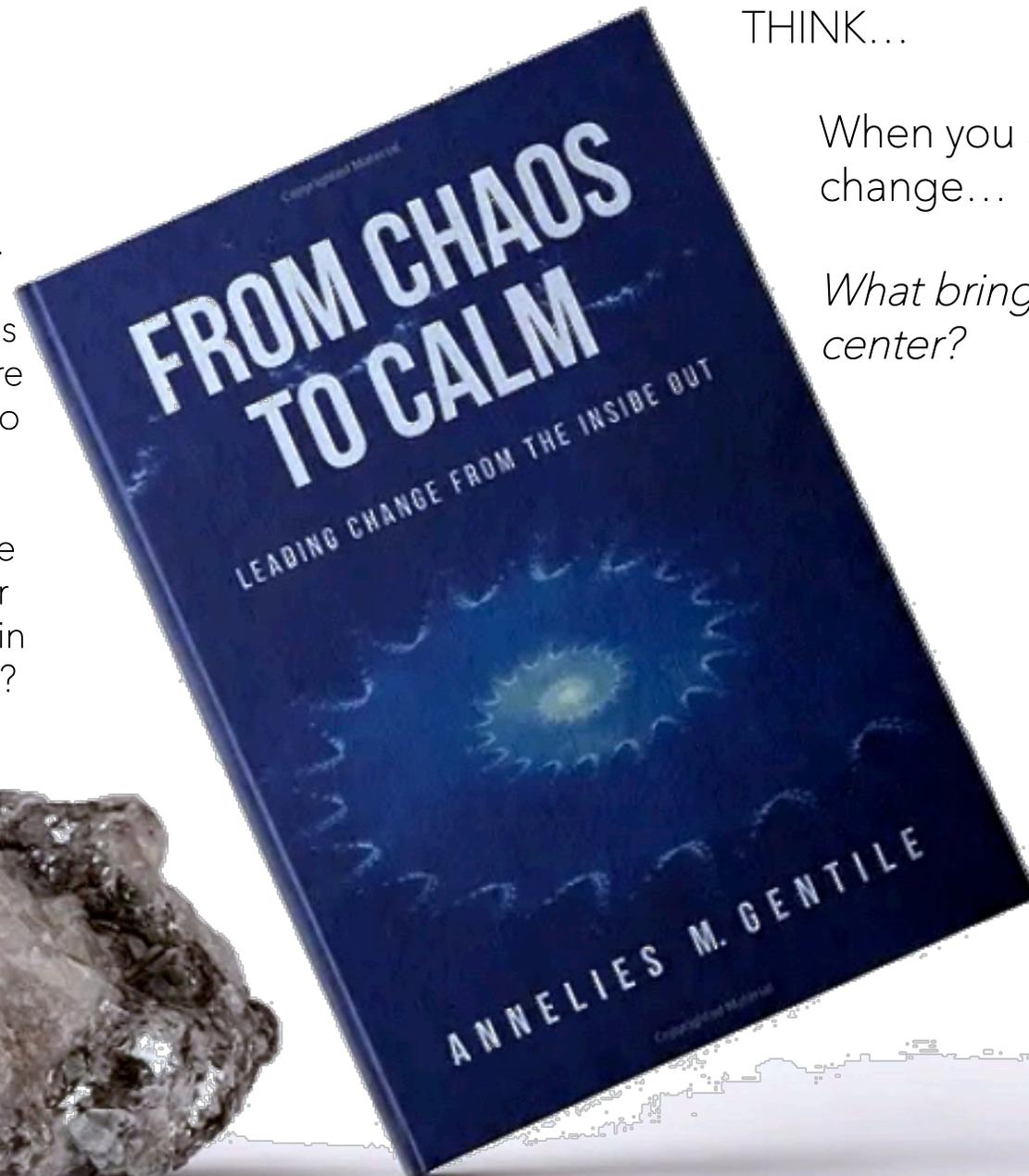
THINK...

When you are rocked by
change...

*What brings you back to
center?*

Life is movement.
Life is change.

*What conditions
enable you to
move when life
moves you?*



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Mindfulness
Nature
Creativity

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