

PRAESTA

Staying Resilient To Setbacks

How best do you manage your reaction to setbacks? What is the story you tell yourself when events seem to derail you? Is your instinct to blame yourself or others, and does that serve any useful purpose?

A theme in our coaching conversations is keeping a positive mindset when things go wrong and self-confidence can be undermined. It can help to stand back and reflect on the learning from an experience, put events into perspective, and lighten the weight of responsibility you may be feeling. It might be worth pausing and:

Reflecting on your experience...

- When has a setback forced me to open my eyes to different opportunities?
- Which setbacks have been defining moments in helping to develop my resilience?
- How have setbacks shaped the way I balance boldness with realism?
- Do I still dwell on setbacks which are no longer relevant to my life – and can I let them go now?
- Might I share more about my response to setbacks with others who look to me for a lead?

Being deliberate in looking forward...

- What potential setbacks can I avoid through thoughtful preparation?
- Does too much depend on my personal leadership, and if so, how can I develop others so they share my thinking and know how to act in my absence?
- Can I smile more at the roller coaster of life, where ups and downs are inevitable and are soon overtaken by other events?
- How do I create recovery time and space when a setback knocks my confidence? Can I accept that this is not selfish and others need me to look after myself?

We can sabotage ourselves by self-talk that escalates our fears and apparent failures. Looking through a different lens can allow us to reframe setbacks as the most formative influences on our life journey.