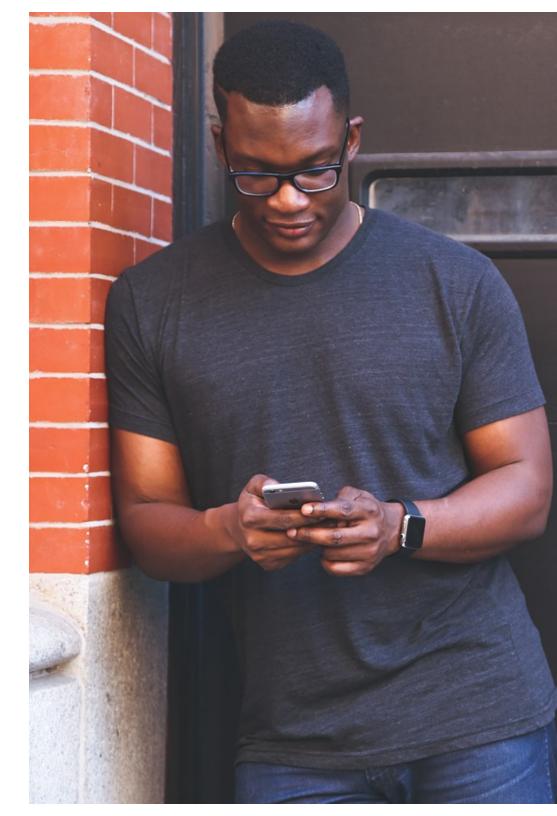


C.H.A.R.T. Your Path -Strategies for Mindset & Resilience

Kimberly Gonsalves, PCC, SCC Executive & Leadership Coach kimberly@leadershipstate.com

1. Conscious Choices

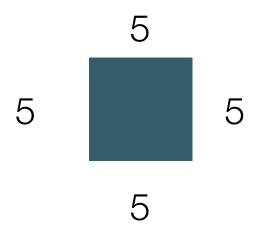


Choose Your Focus

NO CONTROL	INFLUENCE	CONTROL
What others do	Whether others want to connect with you	Your "Brand" (be intentional)
Hiring practices	What you contribute	Your Mindset Shift out of negativity
How long this will last	How you and friends cope	Your Actions/ Habits
Corporate budgets	Research, negotiate	Your ASKs Follow through Skills development

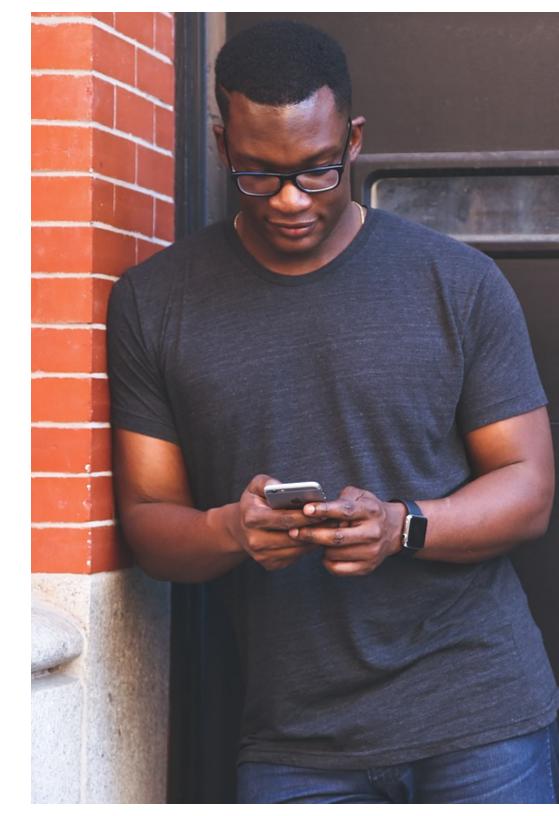
Choose Your Feeling

Box breathing



- Mark Divine, Unbeatable Mind

Connect



Create a Team



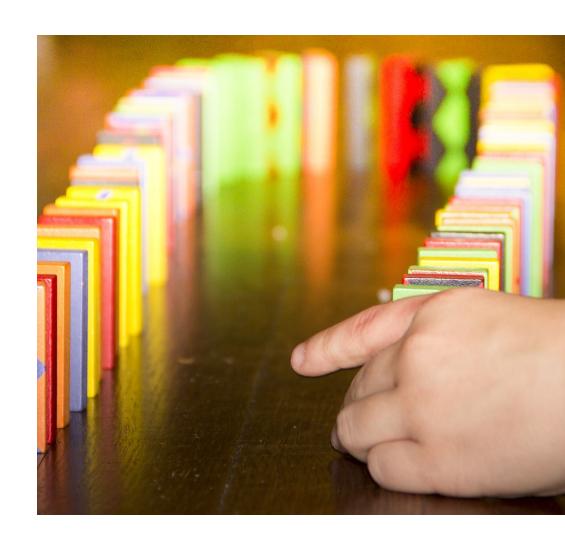
Team Member 1Great writer; sister did internship at

Team Member 2Knows everyone

Team Member 3Dad works in tech

Who's on your team?

2. Have a Growth Mindset (vs. Fixed)



"I'm not sure what to say ____"

"I'm not good at ____"

"I'm not comfortable ____"

"I don't have experience doing ____"

YET

3. (be) Agile



4. Resilience & Response-ability



Exercise: Feed Forward

 Dr. Marshall Goldsmith, New York Times best-selling author, executive coach

- 1. Accept invitation to breakout room
- 2. Meet & greet name, major, # sibs
- 3. Help each other you'll play both roles



"I'm excited!"

Alison Wood Brooks, Harvard Business School

Pick one behavior you'd like to change

 Describe this behavior to your partner

"I want to be a better listener"

3 minutes

Partner 1 Partner 2

1 behavior you want to change

"Thank you"

Give 2 suggestions

"You're welcome"

Switch roles

- Dr. Marshall Goldsmith, "Feedforward"

This exercise was _____

Stretch



Reflect

Rest - Recover



5. Trust Yourself

"If your habits don't line up with your dream, then you need to either change your habits or change your dream."

- John Maxwell

How can I help?

Contact me

- kimberly@leadershipstate.com
- (650) 440 3148