



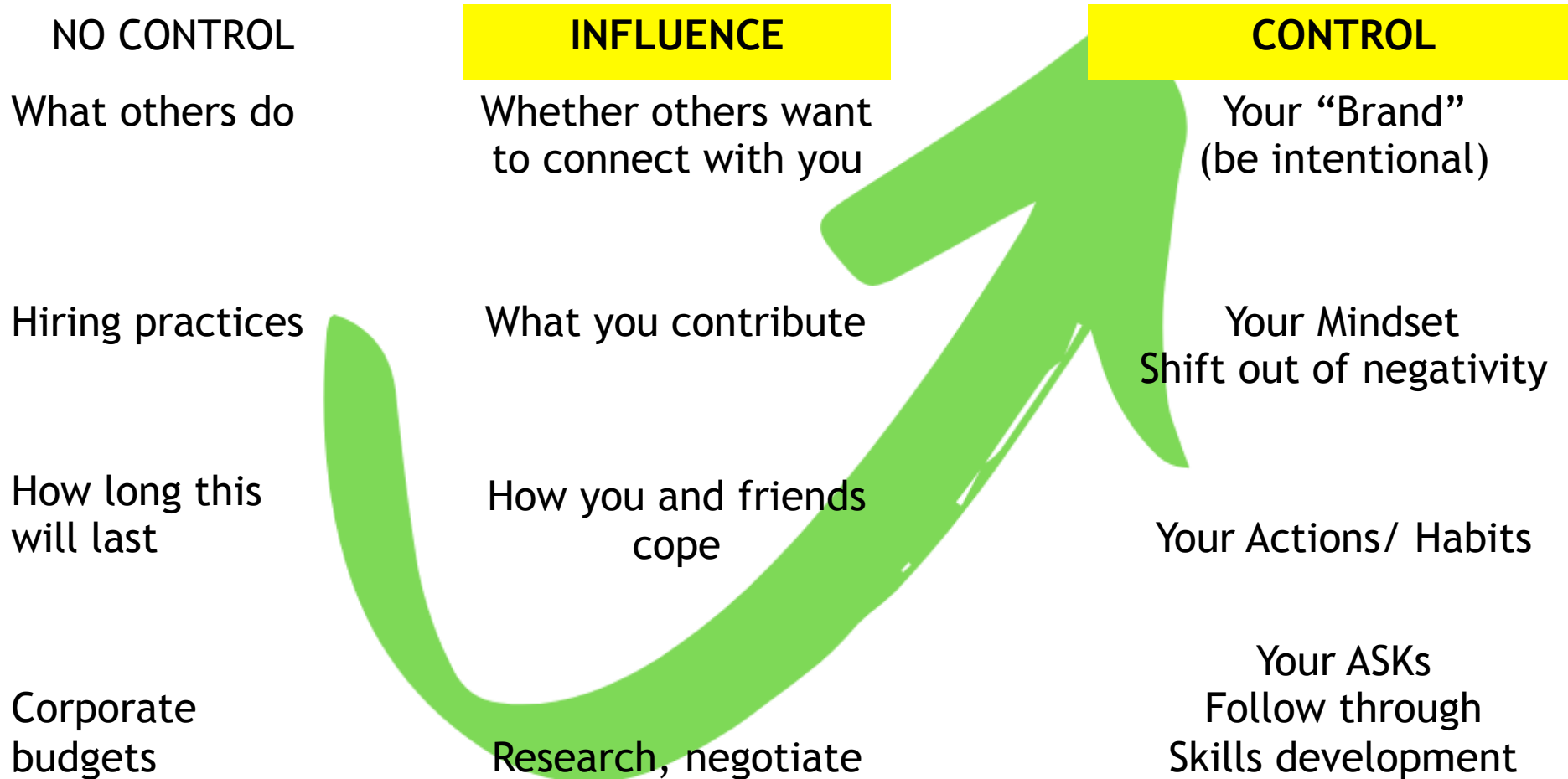
C.H.A.R.T. Your Path - Strategies for Mindset & Resilience

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1. **C**onscious Choices

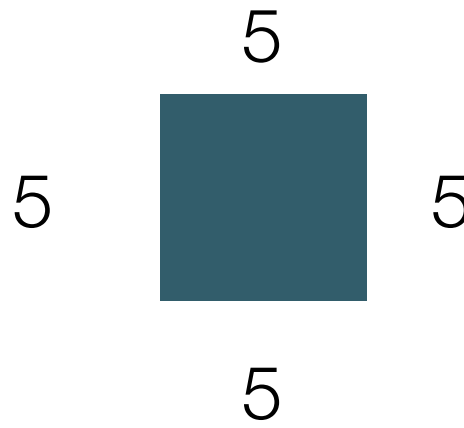


Choose Your Focus



Choose Your Feeling

Box breathing



– Mark Divine, Unbeatable Mind

Connect



Create a Team



Team Member 1

Great writer; sister did internship at



Team Member 2

Knows everyone



Team Member 3

Dad works in tech



Who's on *your* team?

2. **H**ave 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) **A**gile



4. **R**esilience & **R**esponse-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



Repeat

Reflect

Rest - Recover



5. **T**rust 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*
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