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

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1. Conscious Choices
Choose Your Focus

NO CONTROL
What others do
Hiring practices
How long this will last
Corporate budgets

INFLUENCE
Whether others want to connect with you
What you contribute
How you and friends cope
Research, negotiate

CONTROL
Your “Brand” (be intentional)
Your Mindset
Shift out of negativity
Your Actions/ Habits
Your ASKs
Follow through
Skills development

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. 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

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"
1 behavior you want to change

“Thank you”

Give 2 suggestions

“You’re welcome”

Switch roles

– Dr. Marshall Goldsmith, “Feedforward”
This exercise was _______
Repeat

Stretch

Reflect

Rest - Recover

Repeat

Reflect
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

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