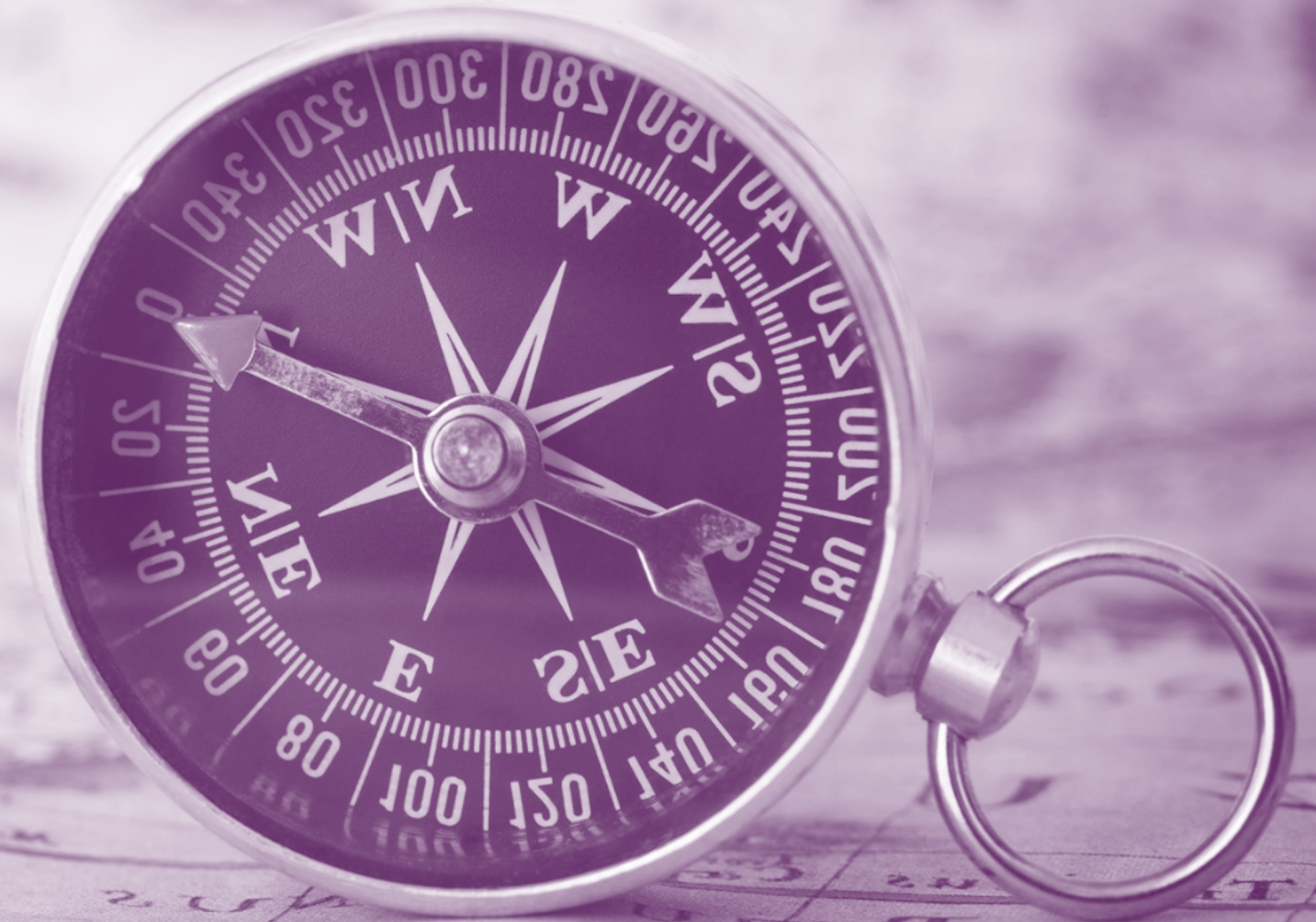


every
woman

Create your own
resilience map



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Katy Murray

everywoman expert

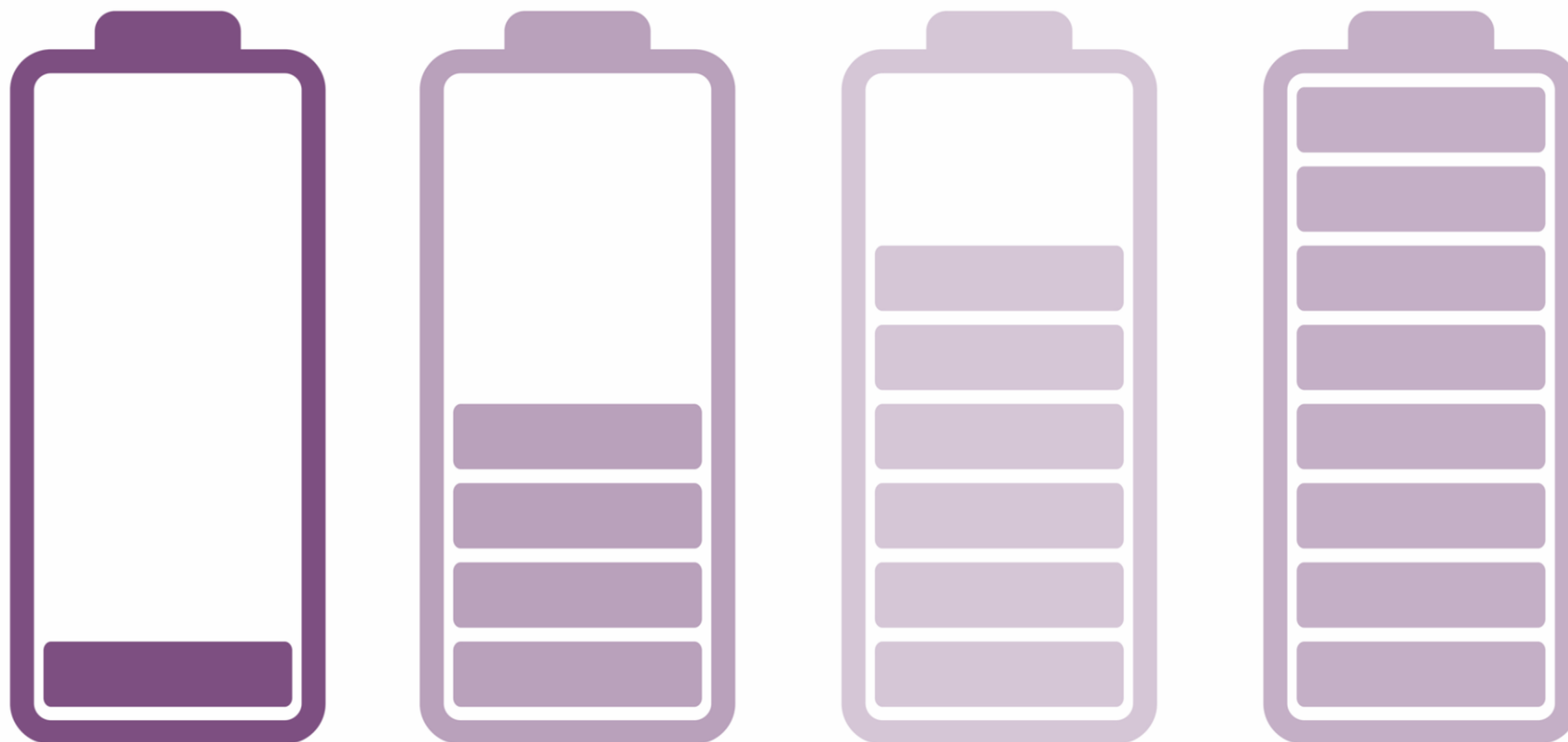




You're in the right place if you'd like to...

- *create your personalised 'resilience map'*
- *gain clarity on how to create a sustainable centre for your wellbeing*
- *add small practises into your day-to-day so you can bring more awareness and focus into your life*
- *build positive change without burning out*

Your Energy Battery





Let's breathe...and get into our bodies

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Tuning in to our inner wisdom...





RESILIENCE and YOU

42%

66%

1 in 3

1 in 4

- **Its systemic** (you're not broken and more self care is not going to fix the systems issues!)
- **Its personal** (no one else is going to hold your boundaries for you!)

Your RESILIENCE map

Which areas need some extra love and attention?



Pic from *Change Makers a Woman's Guide to Stepping UP without Burning Out at work* by Katy Murray

Aspect of your battery energy	Mental	Emotional	Relational	Spiritual	Locational	Phsycial
Activities to top up your energy	Healthy mental habits to counteract negativity bias	Do things everyday that you love	Healthy loving relationships Intimacy pleasure and connection	Part of something bigger than yourself	Declutter Creating a space that feels lovely for you	Hydration Nutrition Sleep
		Feeling the way you want to feel	Fun and friendship	Nurturing your beliefs	Use colours scents fabric texture	Movement Fresh air
	Resetting your central nervous system to shift out of threat response	Gratitude	Forgiveness and grace	Connecting to your values and what's most important to you	accessories you love	Nature
		Beauty spotting	Letting go of grudges and regrets	Living in alignment with your values	Mix up your work location	Pleasure
					Get into nature	

Which areas need some extra attention and focus?

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Your RESILIENCE map – emotional

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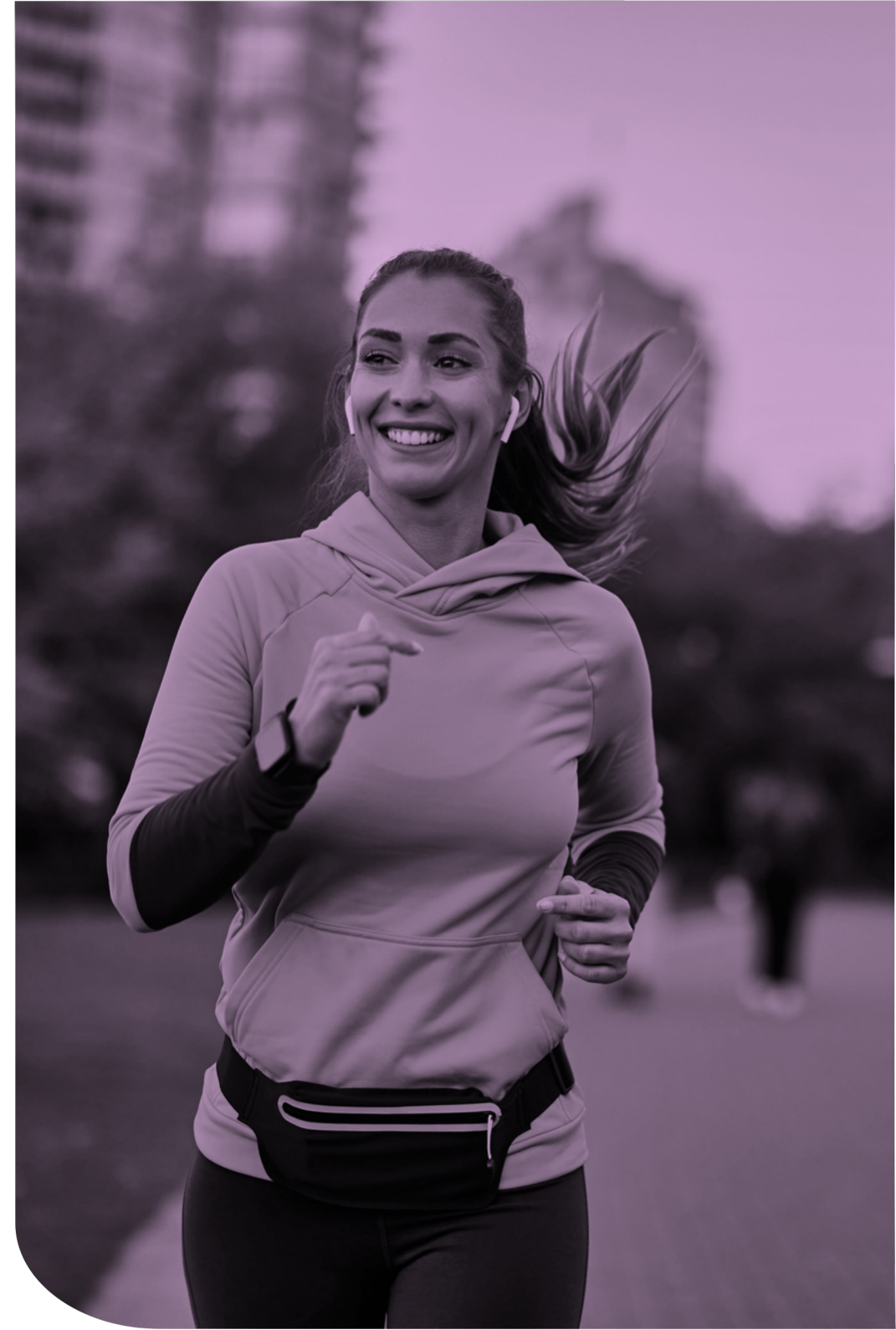




Your RESILIENCE map - mental

Your RESILIENCE map - physical

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Your RESILIENCE map - locational

Your RESILIENCE map - relational





Your RESILIENCE map - spiritual

Next steps

- What's most important for you from this session
- your biggest A-Ha
- What's your next step conversation
- What do you want to go deeper with
- What further support do you need?



Resilience Affirmations

“I’m proud of the
woman I’m
becoming”

“I do enough.
What I
accomplish today
is enough.”

“I start my day with
(fill in with how you
want to feel Joy
curiosity awe wellness
etc)”

“I let go of the
old ... I’m
embracing the
new.”

“I nurture rest,
pleasure and joy
in my life”

“Today my intentions
are: I choose to feel... I
choose to be... I
choose to progress...”

“I know what
sustains my
resilience and I
choose to
activate it”