

July - 3-2-1: An Overview of Resilience

A Monthly Resilience Newsletter



"Never, never, never give up"

Winston Churchill

Hello and welcome to the first edition of our newsletter. My name is Julia Coggins.

I am the founder of www.juliacogginscoaching.com

I am an enthusiastic and energetic Coach with a focus on Positive Psychology, a HR Professional, Facilitator and Retreat Events Planner, with a passion for travel, people and Yorkshire Puddings (being from Yorkshire, they are naturally with lots of gravy!).

The aim of this monthly newsletter is to enable you to build your own

Resilience Toolkit helping you ride the rollercoaster of life.

Every month, we will look at a different topic, which will help to improve your resilience and offer you links, tips and ideas on how you can build your own resilience toolkit.

We will provide you with the 3-2-1 of Resilience:

- Three Tips for you to add to your toolkit
- Two Articles you may want to check out
- One Video recommendation for you to view.

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What does resilience mean to you?

The Oxford English Dictionary defines resilience as:
"Springing back when bent or pressed, readily recovering from shock or stress."

What are the benefits of being resilient?

What are the benefits of being resilient?

- You are likely to see challenges as manageable
- Your emotional stability will be good – lower rates of depression
- You will have a better ability to cope with setbacks

3 - Tips

1. **Be persistent.** Keep on going even when you feel like giving up. You never know how close you are to success.
2. **When faced by an obstacle find a way round it, over it, or under it.** Think about how you can reach your outcome in a different way. Be flexible in your approach. (Be like the bamboo and bend.)
3. **Make a plan.** Look for solutions. Be a problem solver. Decide what you want to do and take action.

2 - Articles

1 - Video



Remember the key is taking action

- Choose one tip or tool you think will work for you;
- Integrate it into your everyday life;
- Practice it regularly, make it a habit and it will work for you.

At Julia Coggins Coaching we believe all the answers are in the room, so email us your thoughts and ideas about resilience and our newsletter, or Yorkshire Puddings.

Next Month: 3-2-1-Declutter You

[Subscribe Now](#)

Sign up for 3 tips, 2 articles and 1 video on the benefits of decluttering your mind and space.

Clutter is not just physical stuff. It's old ideas, toxic relationships and bad habits. It's anything that does not support your better self.

Eleanor Brown

MIND SPA

RETREAT DAY FOR WOMEN

Recharge your batteries
Reboot your brain
Renew your outlook



A Spa For Your Mind

Saturday 22nd October
09.00 - 17.30 Toddington
Park, Bedfordshire

Step into a day to reflect, replenish and plan what's next for you. Celebrate who you are, build your resilience to change and learn practical strategies to uncover a more positive approach to life.

[Click here for more details](#)

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Julia Coggins Coaching

www.juliacogginscoaching.com



07786567027

julia@juliacogginscoaching.com

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