

TRUST is a choice

- To distrust is sometimes a healthy choice too
- Trust is a two-way street – they are assessing you too
- Building – look to the domains, where is the work needed

Psychological Safety

- Your productive response is everything
- Consider your voice share – be curious
- Value the human being



Human beings

- Need to know that they matter
- See, hear and value people
- Connection is an energy that helps

Resilience and Stress Regulation

- Build resilience habits
- Engage in self reflection
- Are you breathing
- Be stress ready

Boundary Management and Recovery time

- Prioritise Recovery Time
- Establish & talk about non negotiables
- Monitor your boundary drift

Energy Management

- Balance physical, emotional and cognitive energy
- Anchor your routines to energy peaks
- Have a recovery ritual
- Know where your drains are
- Optimise your transitions

Take one, take two – take a few!