



Positive focus

Think forward

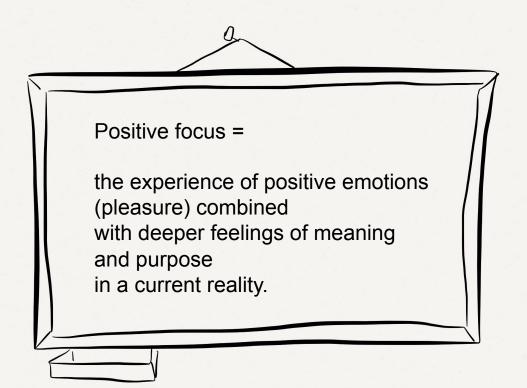


1. Think back to a time where you felt energized, positive and focused at work.



2. Write down the key characteristics of that moment (who was there, trigger, ...)





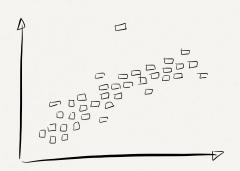
3 measurable components:

- 1. results
- 2. pleasure
- 3. relations

M



1.cause

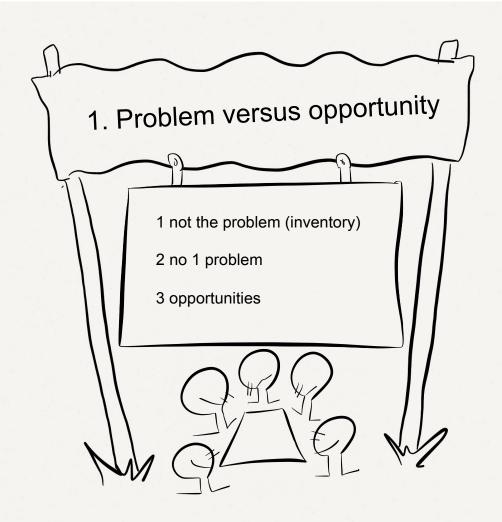


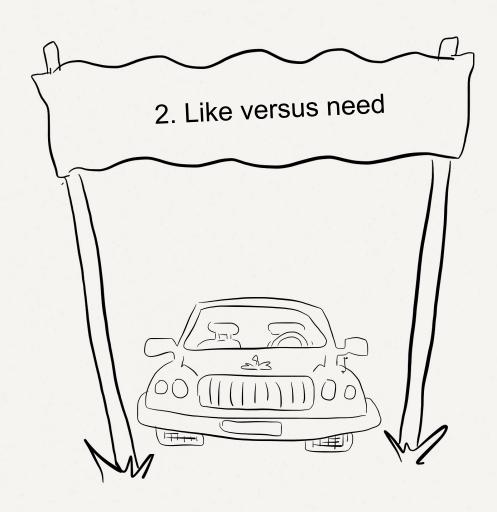
2.deviance

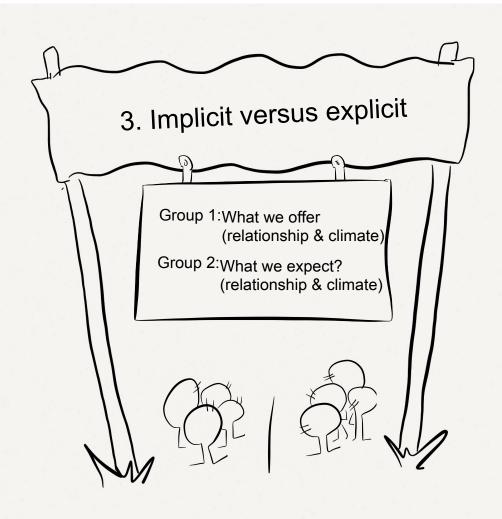


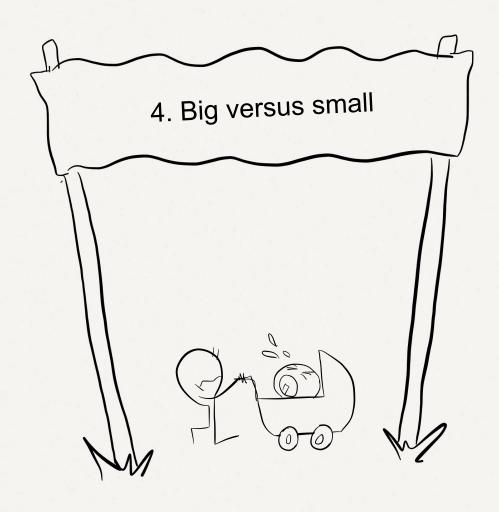
3.change







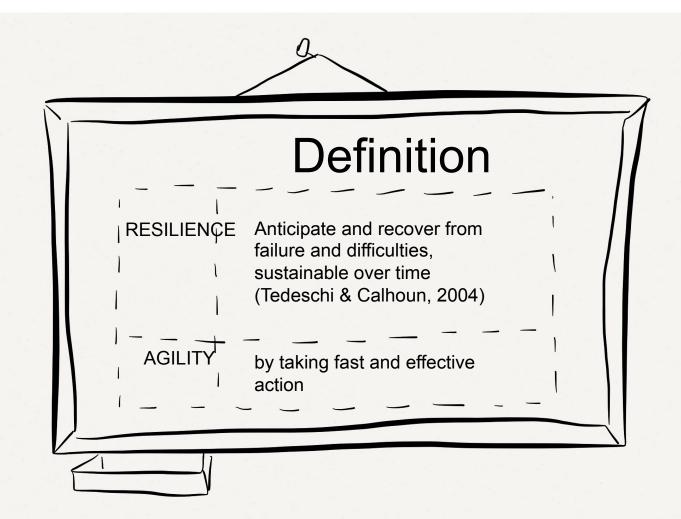




Streetwize action workshop



Agility & resilience



WHAT?



UNDERSTANDING

WHY



MOTIVATION

HOW



ACTION



Resilience



Rational: What is my mission?



Emotional: What NOURISHES ME WHILE STRIVING FOR THAT MISSION?



Behavioral: What ACTIONS CAN I TAKE TO ACHIEVE MY MISSION?



AGILITY



Rational: DO I USE 3 STEP

THINKING?



Emotional: CAN I IMMERSE

MYSELF IN NEW EXPERIENCES?



Behavioral: DO I USE (SELF)REFLECTION?



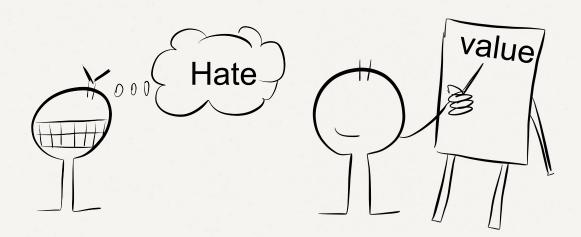


Rational Resilience:





Resilience: focus





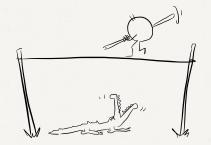
Resilience: TALENT



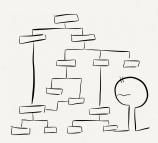
Rational Agility



1.Assets
CHANCE X GAIN



2.Risks
CHANCE X DAMAGE



3.process



