



## Navigating the Future: Cultivating Career Resilience

**1. What are your current strategies for navigating resilience & how might you tweak those?**

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**2. How & when do you work at your best? What are your strengths?**

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**3. Given our North Star, what do you need to STOP doing?**

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**4. Given our North Star, what tiny new habits do you need to start doing?**

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**5. What resilience strategies could be equally applied at home & 'at work'?**

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