

## Adversity Sos Be Your Own Life Coach

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Adversity isn't a part of your identity. It's merely an experience. Trust that you have the ability to take back control of your life when everything feels like it's falling apart. Acknowledge the adversity and hard times that you are experiencing, but know that you will overcome anything that stands in your way of success.

How To Overcome Adversity And Hard Times (9 Strategies)

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Adversity multiplies low self-esteem, guilt, and blame – clean your mind ahead of time, so it doesn't play tricks during stressful times. Lastly, acts of kindness have a cumulative effect – it's energy that will get back on your rescue when you are the one who needs help.

### ~~Resilience: How to Rescue Yourself from Adversity ...~~

We then build on this to explore your 'leadership point of view' and your organisational culture before reflecting on the successes and challenges your organisation currently faces. Then using the programme's core principles, we look for new and innovative ways to surpass them.

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