

#thiscanhappen2020

THIS CAN **HAPPEN.**

EMPOWERING WORKPLACE  
MENTAL HEALTH

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# Hello!

- Executive Coach for 20 years
- Author of 'Will It Make The Boat Go Faster?'
- Stand Up Comic
- Qualifications in CBT and more





## Session Overview

1. How to keep riding this 'coronacoaster' of uncertainty even though the initial adrenalin has worn off
2. Bouncebackability – having the resilience to turn around setbacks
3. Beliefs – tapping into confidence to step up and find new opportunities
4. Motivation – keeping going even when you are weighed down with distractions and doubt
5. Simple habits to cultivate resilience

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Get involved :)



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1. How to keep riding this 'coronacoaster' of uncertainty even though the initial adrenalin has worn off



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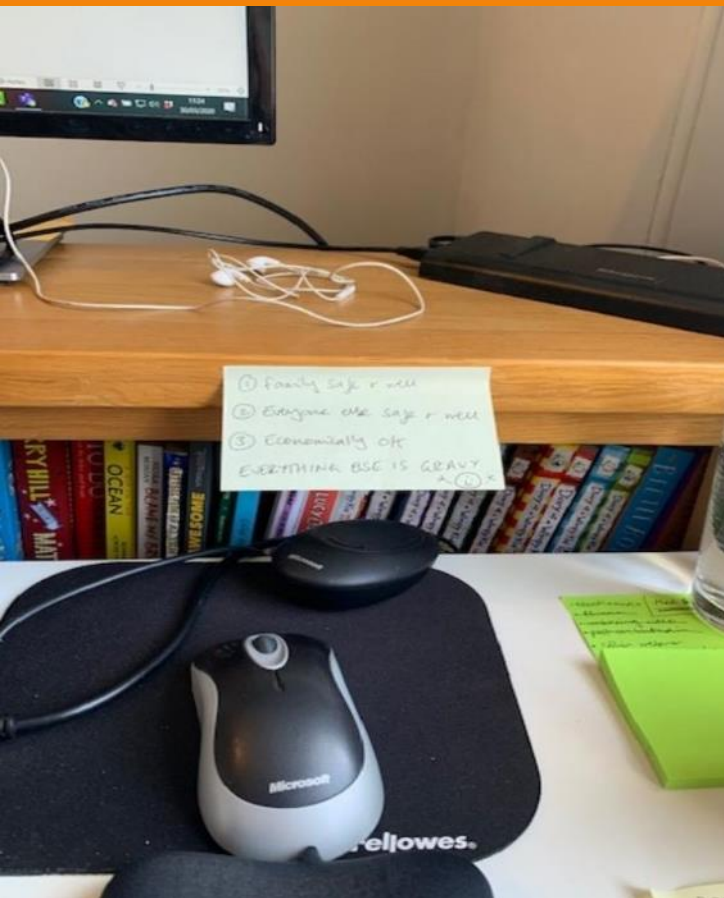
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① Family safe & well  
② Everyone else safe & well  
③ Economically ok  
EVERYTHING ELSE IS GRAVY  
→ 😞

What is important to you?



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## Thank you!

Thank you for giving me the message

Thank you for letting me know

How kind of you



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## Session Overview

2. Bouncebackability – having the resilience to turn around setbacks



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OPPORTUNITYISNOWHERE

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THIS CAN



OPPORTUNITY IS NOWHERE

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THIS CAN



# OPPORTUNITY IS NOW HERE

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THIS CAN



# OPPORTUNITY | SNOW HERE



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AND



**MINIMISE:** How can I mitigate this?

**NEUTRALISE:** How can I handle this?

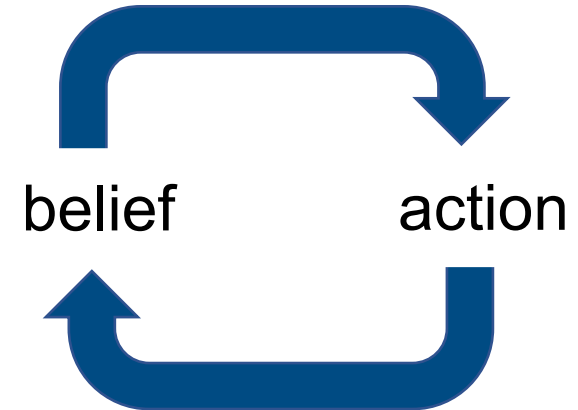
**DISTRACT:** What is OK despite this?

**LEVERAGE:** What *could* be good or useful about this?



## Session Overview

3. Beliefs – tapping into confidence to step up and find new opportunities



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## Fill in the blanks!!

Michael McIntyre is...

The British summer is...

The next three months is going to be...

I am...

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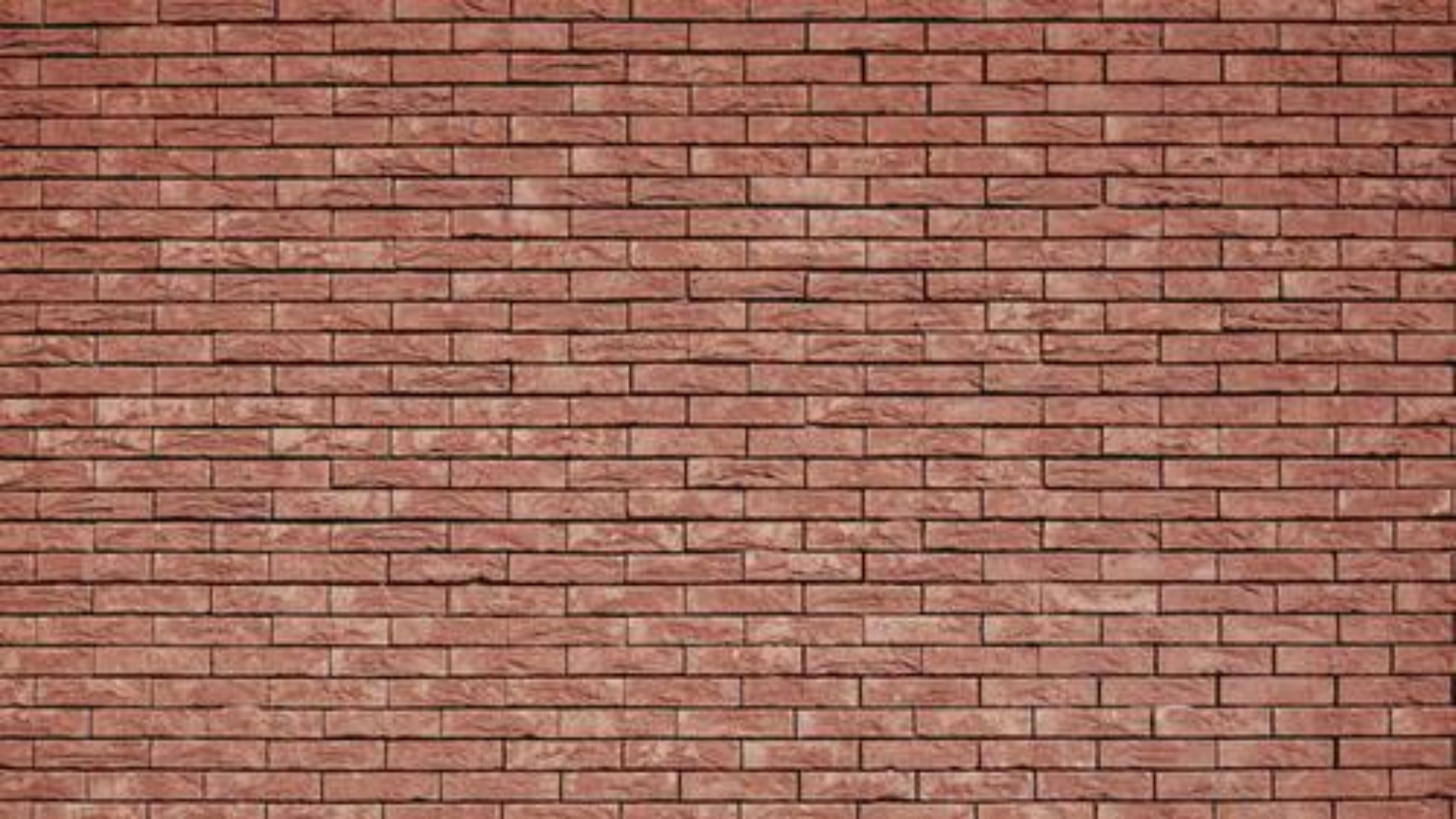
Beliefs are only **interpretations** of the facts, **but they feel like facts** – because we attach the emotion of ‘conviction’ to them

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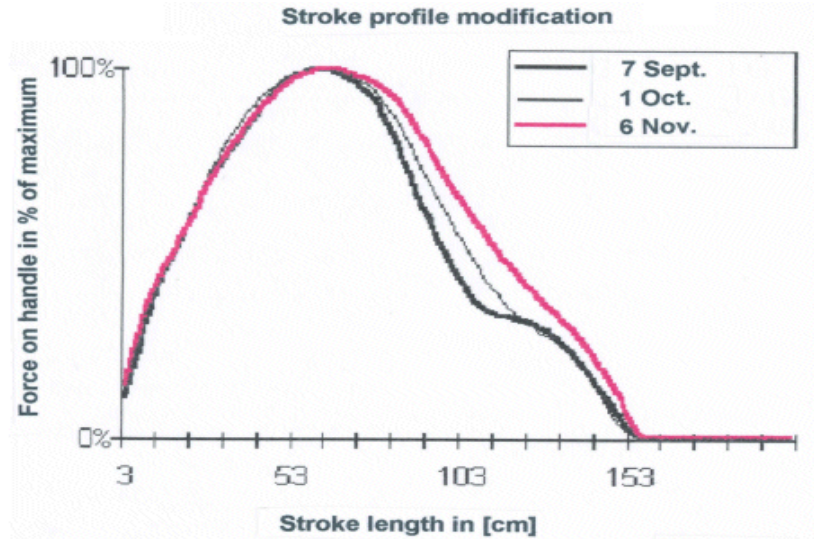
You can handle it





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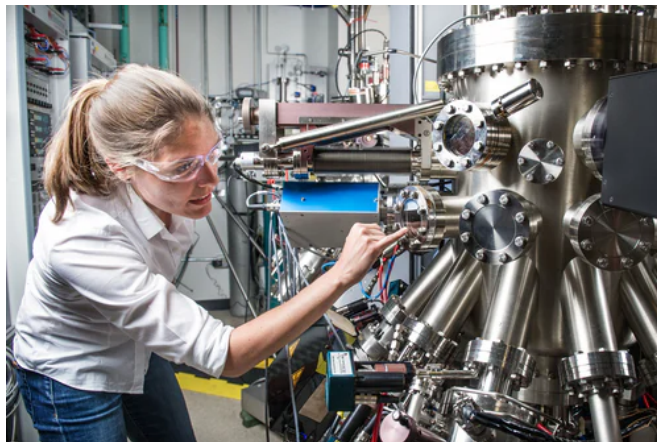
4. Motivation – keeping going even when you are weighed down with distractions and doubt





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5. Simple habits to cultivate resilience



## Resilience Top Tips

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- **Review**
- **Reset**
- **Recharge**
- **Refuel**
- **Reconnect**



## Recommended resources

1. Go to: [Bit.ly/resourcerucksack](https://bit.ly/resourcerucksack) to access Harriet's free coaching resources to help navigate uncertain terrain
2. Will It Make The Boat Go Faster? – by Harriet Beveridge and Ben Hunt-Davis
3. A beautiful constraint – by Adam Morgan and Mark Barden
4. Atomised Habits - by James Clear
5. Rest – by Alex Soojung-Kim Pang
6. 10% Happier, meditation for fidgety skeptics – meditation app

If there are any questions I haven't answered – please do get in touch at [harrietbeveridge.com](https://harrietbeveridge.com)





Thank you!