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Resilience in challenging times

with Supervising Hoffman Facilitator Eliza Meredith

zoom

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Wednesday 1 April

7.30-9.00pm UK

Hoffman Institute UK

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Welcome

What's on offer

Thank you for signing up to our Hoffman webinar. This session is going to be led by Supervising Hoffman facilitator Eliza Meredith, and will focus on building resilience in these changing times. Eliza will discuss what resilience means and then take you through some Hoffman tools to help keep connection to your spirit and compassion for self.



What we ask of you

Our Zoom calls start at 7.30pm UK (you're welcome to log on from 7.15pm) and last until 9.00pm. Instructions will be given, but if you can, it's helpful to familiarise yourself in advance with how to mute/unmute your microphone, as there will be moments that require silence. For those taking part with video, it's also useful to know to switch from Speaker to Gallery view.

As with all Hoffman events, we ask that you respect the confidentiality of other participants at all times and treat other one another with courtesy and respect.

We will be recording an audio-only version of the webinar to share with other Hoffman grads who are unable to attend the live session. If you wish to remain anonymous, you are welcome to use the 'chat' function on Zoom to ask questions, rather than speak out loud. Your details won't be shared with others who are not taking part.

And very important, not-technical bit - please make sure you have a notebook and pen!

What next?

We hope that you will be inspired by this webinar to take part in similar events in future, as well as our daily Zoom Quad Check, which takes place every weekday at 8.00am. For details - as well as access to free visualisations, the Hoffman toolkit and more - visit: hoffmaninstitute.co.uk/post-process-website

Wishing you love and connection in challenging times

Serena x

‘Resilience is not what happens to you.
It’s how you react to, respond to, and recover
from what happens to you.’

~Jeffrey Gitomer

Challenge exercise

Briefly describe a difficult experience from current life or the past:

During this experience, did I feel proud of myself at times? Was I able to stay present or speak up?

During this experience, did I feel ashamed of weakness or regret?

What I learned:

How I demonstrated resilience:

Regrets:

Moving back and forth

The sensations and feelings I experienced in the triggered shape:

The sensations and feelings I experienced when I opened:

My experience of going back and forth:

The value for me in going back and forth:

Self-Compassion & Loving Kindness Practice

- Place your hands over your heart and breathe deeply. You might feel your heartbeat under your palm. You may feel the warmth of your palm against your chest, or the presence of one hand against the other. Notice your sensations.
- Now imagine breathing into and out of your heart center – as if your breath is coming into and going out of your heart. You may feel comforted by this. It may give you a sense of your own presence and/or tenderness toward yourself.
- Softly say the following words out loud (modify as needed):
 - ~ This is a moment of suffering
 - ~ Suffering is part of life, and all human beings suffer
 - ~ May I be kind to myself in this moment
 - ~ May I give myself the compassion I need
 - ~ May I be peaceful
 - ~ May I accept myself as I am
 - ~ May my suffering and sorrow come to an end
- Bring your attention back to your Body, tuning in to the sensations. Notice how your hand feels on your heart. Feel your heart beating. Take another deep breath. Open your eyes.

‘Highly resilient people are flexible, adapt to new circumstances quickly, and thrive in constant change. Most important, they expect to bounce back and feel confident that they will. They have a knack for creating good luck out of circumstances that many others see as bad luck.’

~Al Siebert, Ph.D.

Practices

- What do I love?
- What do I love doing?
- When do I feel most alive, creative, connected?
- How do I connect to life?

Appreciation and Gratitude

Write down three things you appreciate about yourself.

Trust whatever qualities of yourself you appreciate in this moment and write them below.

1

2

3

Write down three things you are grateful for in your life.

Let it be whatever comes up for you now, in this moment, what you are grateful for in your life.

1

2

3

Patterns

- Adopted directly from parent: Mother/Father/Surrogate
- Learned in Reaction or Rebellion to parent: M-R / F-R / S-R

Pattern		Authentic Alternative & New Way of Being
<i>Self-doubt (at work)</i>	M	<i>White, luminous, sparkly energy I approached my project with more energy, confidence, and excitement. I felt playful when sharing my ideas with my colleagues – we were laughing and having fun while brainstorming. Everyone was engaged and felt included in the process.</i>



Thank you!

Thank you for taking part in the webinar. Now you're an expert at Zoom, we look forward to welcoming you at future online workshops and events. Visit: **hoffmaninstitute.co.uk/post-process-website** or remember to keep checking our newsletter for details.

We'd also like to thank Eliza for hosting this webinar.

You can now book one-to-one Hoffman coaching with Eliza (and with other members of the Hoffman UK facilitator team) via our website: **hoffmaninstitute.co.uk/book-hoffman-coaching**

We're working remotely, but you can still get in touch::

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