



JSCHAEFER
COACHING

I WASN'T EXPECTING THIS

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NOT IF – BUT HOW?



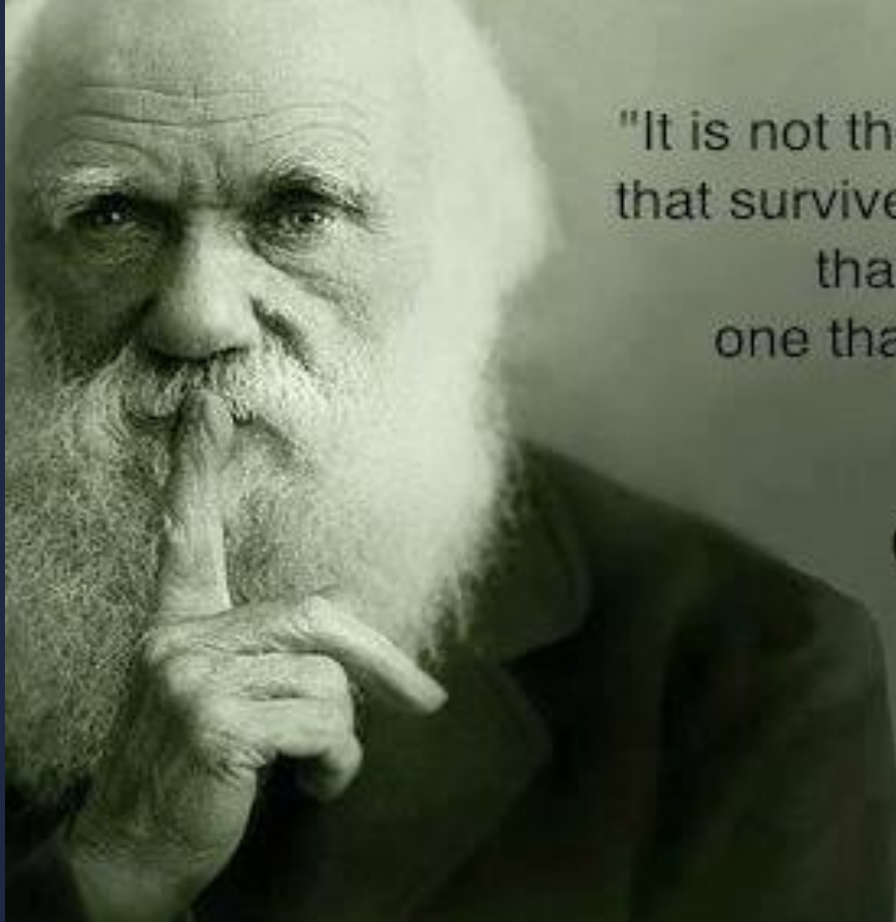
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ADAPTING



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"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change".

Charles Darwin

GOING IN PREPARED



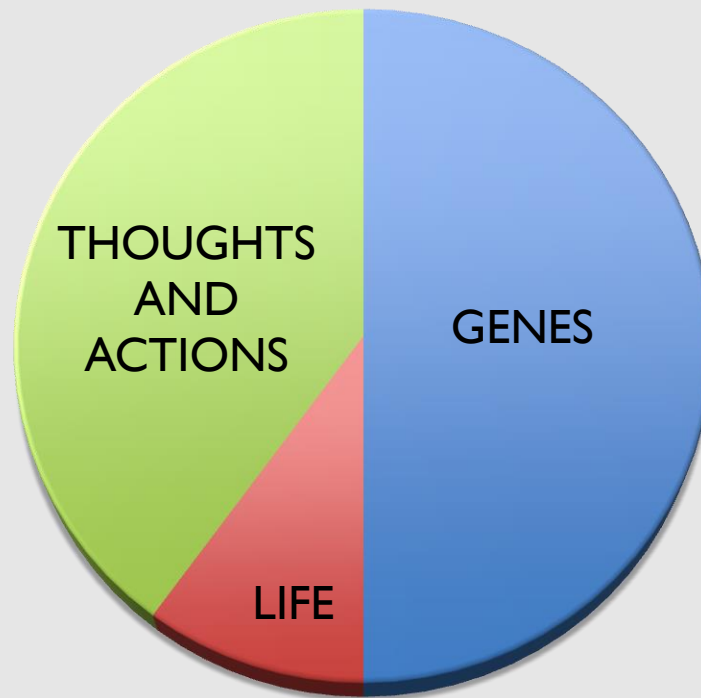
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PROSPECTIVE HINDSIGHT



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SONJA LYUBOMIRSKY

CHARACTERISTICS OF THRIVERS



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GET CURIOUS



CHALLENGE NEGATIVE
EXPLANATORY STYLE

CHARACTERISTICS OF THRIVERS



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CALL IN SUPPORTS



BE GRATEFUL, ACCEPT & FORGIVE



REFUEL