

Rubber Band Resilience

Re-Frame Your Language

Broken Language

I don't have the skills needed to get through it

We won't be able to serve our clients

What is the worst that can happen?

I'm in this alone

I have to do so much extra work

I'm exhausted from it all

Yours:

Re-Framed Language

I'm going to learn from this disruption

Let's talk to our clients more and see what they need

What is the BEST that can happen?

I'm going to seek out some help

I get to apply what I know to help others

I've worked hard and it shows